

Youth Program Team

Developmental-Asset-a-Month Calendar



Below is the Asset a Month calendar and tips on how you can help reinforce these assets at home with your child(ren)!

<p style="text-align: center;">January <i>Mentoring Month</i></p> <p style="text-align: center;">Asset #14 ADULT ROLE MODELS Parent(s) and other adults model positive, responsible behavior.</p> <ul style="list-style-type: none"> • Treat your child with love and respect. • Model appropriate behaviors. When you make mistakes, admit them. Apologize for failures. • Spend time together often. Be involved in your child's life on a daily basis. 	<p style="text-align: center;">February <i>Youth Leadership Month</i></p> <p style="text-align: center;">Asset #8 YOUTH AS RESOURCES Young people are given useful roles in the community.</p> <ul style="list-style-type: none"> • Ask for your child's opinion on a decision you're trying to make. • Have a family meeting and get everyone's ideas on accomplishing household tasks. Share the decisions and share the work. • Let your child be responsible for certain family needs, such as checking out summer camps, leading a family meeting, or planting a garden. 	<p style="text-align: center;">March <i>Youth Art Month</i></p> <p style="text-align: center;">Asset #17 CREATIVE ACTIVITIES Young person spends three or more hours per week in lessons or practice in music, theater, or other arts.</p> <ul style="list-style-type: none"> • Set aside an arts area in your home. Keep construction paper, paint, glue, string, scissors, and other creative supplies on hand. • Show your child art that you've done and show her or him your interests. Doing so may inspire your child. • Explore the art and music of a culture that is different from yours. 	<p style="text-align: center;">April <i>Volunteer Month</i></p> <p style="text-align: center;">Asset #9 SERVICE TO OTHERS Young person serves in the community one hour or more per week.</p> <ul style="list-style-type: none"> • Together help a neighbor. Maybe an elderly neighbor would appreciate you mowing the lawn. • Help your child put together a weekly schedule of activities that includes some kind of service to others. • Together, think of 10 ways your family can serve others. Choose one idea. Pick a date to do the activity. Afterward, talk about your experience.
<p style="text-align: center;">May <i>National Family Month</i></p> <p style="text-align: center;">Asset #18 YOUTH PROGRAMS Young person spends three or more hours per week in sports, clubs, or organizations at school and/or in the community.</p> <ul style="list-style-type: none"> • Ask your school or community center for a list of after-school activities. Discuss options with your child. • Consider helping your child start a new club (such as photography or skateboarding) if one of interest doesn't exist. Find out how to get (or be) an adviser. • Model having an "extracurricular activity" yourself. If they have time, parents should also have hobbies or activities that they do outside of a job and/or home. 	<p style="text-align: center;">June <i>Safety Month</i></p> <p style="text-align: center;">Asset #10 SAFETY Young person feels safe at home, school, and in the neighborhood.</p> <ul style="list-style-type: none"> • Be an "askable" parent, so your children learn they can tell you about things that concern them, especially personal safety issues. • Give practical suggestions on how your children can be safe in specific circumstances. • Reassure your children that your goal is to keep him or her safe. 	<p style="text-align: center;">July <i>Parks & Recreation Month</i></p> <p style="text-align: center;">Asset #7 COMMUNITY VALUES YOUTH Young person perceives that adults in the community value youth.</p> <ul style="list-style-type: none"> • Attend a family community event together, such as an outdoor concert. • Take a community class on a topic such as art, exercise, or computers. • Invite a neighbor family to have a picnic with your family at one of your community parks. 	<p style="text-align: center;">August <i>National Night Out</i></p> <p style="text-align: center;">Asset #4 CARING NEIGHBORHOOD Young person experiences caring neighbors.</p> <ul style="list-style-type: none"> • Be honest about your hopes and fears about your neighborhood. Discuss these with your family and some neighbors you trust. • Meet with a neighbor group or slowly start a small group if one doesn't exist. Do activities together, such as creating a community garden. • Arrange a get-together so neighbors can meet and mingle. • Spend time outdoors in your neighborhood where other neighbors are. Take walks or hang out on your front step. • Create a neighborhood welcome wagon of youth and adults.
<p style="text-align: center;">September <i>School Success Month</i></p> <p style="text-align: center;">Asset #6 PARENT INVOLVEMENT IN SCHOOLING Parent(s) are actively involved in helping young person succeed in school.</p> <ul style="list-style-type: none"> • Make sure your child knows that you care about how school is going. • Make attending school events a priority. Keep track of them on a family calendar. • Encourage your child's teachers to meet with both you and your child so that everyone can have a say in expectations and goals. 	<p style="text-align: center;">October <i>Communicate with Your Kid Month</i></p> <p style="text-align: center;">Asset #2 POSITIVE FAMILY COMMUNICATION Young person and her or his parent(s) communicate positively, and young person is willing to seek advice and counsel from parent(s).</p> <ul style="list-style-type: none"> • Ask how their day was or maybe follow up with a past conversation to see how they are doing with an issue. • Ask your child's advice about an important matter at home. • Discuss family matters and decisions with your child. • Have your child teach you something. 	<p style="text-align: center;">November <i>Family Stories Month</i></p> <p style="text-align: center;">Asset #41 POSITIVE CULTURAL IDENTITY Young person feels proud of her/his cultural background.</p> <ul style="list-style-type: none"> • Share stories about your child's cultural background to provide understanding and appreciation of their heritage. • Teach them their native language. 	<p style="text-align: center;">December <i>Stress-Free Family Holiday Month</i></p> <p style="text-align: center;">Asset #1 FAMILY SUPPORT Family life provides high levels of love and support.</p> <ul style="list-style-type: none"> • Spend time with your child doing an activity together. Something you enjoy or something they enjoy doing. • Listen to music together, take a walk or just hang out and get to know your child. • Take an active role in your child's activities and life. • Give your child meaningful roles in the home. This helps to provide structure that children need. • Know your child's friends and their parents.

Years of research by the Search Institute of Minneapolis have identified 41 "developmental assets" that have a proven relationship to healthy youth development. These assets include both external experiences which provide young people with support, empowerment and boundaries and the internal values, strengths and commitments that they need in order to thrive. As Asset Charts demonstrate, *there is a direct relationship between increasing the number of assets and decreasing the incidence of high risk behaviors such as violence and drug and alcohol abuse.*