



Asset of the Month

May Asset Category: Boundaries and Expectations (External Asset)

May Asset: #14 Adult Role Models

In a healthy community parent(s) and other adults model positive, responsible behavior.

(27% of youth surveyed believe they have this asset in their lives).

Parenting Tips & How-to-live the Asset of the Month: Adult Role Models

Role models are important. Young people need adults and peers who set standards and uphold them, act in ways that are respectable, and show them that some things are worth working and waiting for. Whether you're an adult or a teenager, you can be an important role model. You may already be!

Children

- Nurture the relationships children have with extended family members, teachers, and neighbors. Tell these adults how much you appreciate the role modeling they do.
- Be what you want children to be. If you believe that education is important, take a class or study something that builds your skills or interests. Share what you're learning with children.
- If you enjoy infants, spend a lot of time with them. An adult who's enthusiastic about babies is a great role model.
- Model how to behave when toddlers throw temper tantrums. Be calm and rational. Don't mimic or tease the toddler.
- Help children find positive role models on television and in books.
- Talk with preschoolers about the characters they see on television. Say, "Do you think that person did the right thing? What would you choose to do?" Have conversations like this frequently.
- Be clear about which superheroes are acceptable and which are not. If a preschooler is drawn to aggressive, overtly sexual, or violent superheroes, identify more acceptable superheroes who resolve problems or express feelings in positive ways.
- Although children may seem more interested in movie or sports celebrities, their real adult role models are the adults around them. Help children meet adults who are good role models, and act like a role model worth following.

Teens / Parents

- Usually the best role models are people that you know. *Tip:* Role models don't have to be perfect. Everyone has flaws; everyone makes mistakes. Role models work to overcome their flaws and learn from their mistakes.
- Choose your role models carefully – before you choose to model celebrities and/or athletes learn more about them.
- Ask other adults you know and trust to describe their role models – people who have influenced them in positive ways. You might want to learn more about those people or meet them if they live near you.
- Look around you – in your neighborhood, youth organization, faith community; who might make a good role model? Spend time at the library reading about notable people – in biographies, history books, magazines, newspapers, and reference books. *Tip:* search for people to guide and inspire you, not people to worship.
- Ask your religious leader to give a sermon or homily about role models. Offer to help by doing a survey of youth in your faith community to find out who their role models are.

Resources / Web sites: Giraffe Heroes Program: www.giraffe.org ,

Role Model Project for girls: www.womenswork.org/girls

* Visit <http://www.familyresourcesheboygan.org>. Learn more about Adult Role Models and the other 39 assets. This website also lists other great websites for parents, youth group leaders, teachers, etc. with tools, handouts, etc.

May HCHY Events/Announcements

1. **We need your help!!** Please contact Mike or Erik (contact info below) with how you are putting assets into action. We are putting together a short newsletter called “Assets in Action” with HCHY Happenings and stories and testimonials on the impact asset building is having around the county.
2. We are lining up trainings and presentations – please contact Erik Wagner (892-6706) or Mike Burns (451-8000) to reserve a training or presentation for your youth group, parent group, service club, students, staff, etc –**there is no cost for trainings/presentations and the time spent will be well worth it.**
3. This month marks the **40th monthly bulletin of the 40 developmental assets –“asset of the month”**. Next month we start updating and start over. We hope these have been helpful in all of your interactions and positive relationships with youth – if so let us know how.

***Please forward this information to co-workers, clients, families, and other contacts.**

*Please respond with feedback, ideas for upcoming assets of the month, etc., or if your organization would like to be listed as a resource to: ysports@sheboygancountymca.org or erikfrc@excel.net .

***Next Month’s (May) Asset of the Month:** #1 Family Support. Category: Support

Sponsor: Van Horn Automotive Group

The Asset of the Month campaign is an effort under the Healthy Community/ Healthy Youth Initiative:

