

The Asset of the Month May 2013



The goals of the Asset of the Month is to help align adults throughout our diverse community in their efforts to promote positive youth development by fostering developmental assets.

Provided by the I Have Assets Program at the Family Resource Center of Sheboygan County

DEVELOPMENTAL ASSETS

The more assets young people have, the more likely they are to make good choices.

Asset of the Month Flyer



(Click for printable flyer)

Asset Overview and Evidence:

The Developmental Assets® are 40 common sense, positive experiences and qualities that help influence choices young people make and help them become caring, responsible, successful adults. Because of its basis in youth development, resiliency, and prevention research and its

Self-Esteem

Young person reports having a high self-esteem

- Boiled down to its simplicity, self-esteem simply means appreciating yourself for who you are – faults, foibles and all.
- The difference between someone with a healthy or good self-esteem and someone who doesn't isn't ability. It's simply acknowledgement of your strengths and weaknesses, and moving through the world safe in that knowledge.
- Here is how you can increase your self-esteem?

1. **Take a Self-Esteem Inventory.** You can't fix what you don't know.
2. **Set Realistic Expectations.** Nothing can kill your self-esteem more than setting unrealistic expectations.
3. **Set Aside Perfection and Grab a Hold of Accomplishments... and Mistakes.** Perfection is simply unattainable for any of us. Let it go.
4. **Explore Yourself.** "Know thyself"
5. **Be Willing to Adjust Your Own Self-Image.** Self-esteem is useless if it's based upon an older version of you that no longer exists.
6. **Stop Comparing Yourself to Others.** Nothing can hurt our self-esteem more than unfair comparisons.

For more detailed information on the six steps,

visit: <http://psychcentral.com/blog/archives/2011/10/30/6-tips-to-improve-your-self-esteem/>



Ideas for Parents, Mentors, and Community Members

Self-Esteem can be influenced by a person's family, upbringing, and environment, but it isn't inherited like brown eyes or curly hair; it's taught. Self-esteem can be built and strengthened over time, or it can be gradually eroded. And no one has more power to build or erode a kid's self-esteem than his or her own parents. By teaching our kids to value themselves and the things they're good at, they also learn how important it is to be treated with respect and valued by others.

proven effectiveness, the Developmental Assets framework has become one of the most widely used approaches to positive youth development.

The Assets represent the relationships, opportunities, and personal qualities that young people need to avoid risks and to thrive.

Over time, studies of more than 2.2 million young people consistently show that the more assets young people have, the less likely they are to engage in a wide range of high-risk behaviors and the more likely they are to thrive.

The positive power of assets is evident across all cultural and socioeconomic groups of youth, and there is also evidence that assets have the same kind of power for younger children.

Furthermore, levels of assets are better predictors of high-risk involvement and thriving than poverty or being from a single-parent family.

For more than 50 years, Search Institute® has been a leader and partner for organizations around the world in discovering what kids need to succeed. For more information on the 40 Developmental Assets, visit: www.search-institute.org.

Tips for all parents:

- Start with the positive. Even when you're correcting your kids or pointing out areas for improvement, it's almost always possible to start with a positive.
- Encourage your kids to walk in another's shoes. Respect and esteem for others goes hand-in-hand with self-esteem.

For parents with children ages birth to 5

- Hugs and kisses go a long way. Research shows that not only does caring, physical contact improve brain development in infants and children, it contributes to feelings of safety and well-being, and teaches them the importance of affection.

For parents with children ages 6-9

- Be attentive. To be ignored, or made to feel as though you are not listened to can make kids feel unimportant.

For parents with children ages 10-15

- Set reasonable goals. At this stage where self-doubt is not uncommon, setting kids up to fail can have long lasting consequences such as robbing them of motivation.
- Set Limits and boundaries. Your kids know that the rules and boundaries you set are an expression of love. They will feel valued (and valuable) if you care about where they are, who they are with, and what they are doing when they are not with you.

For parents with children ages 16-18

- Celebrate accomplishments with care. At this stage, your kids are old enough to distinguish between genuine accolades and attempts to soothe their ego. Beware of overpraising your child, as giving false praise can cause more harm than good.
- Take their feelings seriously. Time and experience has taught you that the teenage years are fraught with false crises and melodrama. But remember how real it felt to you at the time? Never belittle or ridicule them for their emotions; it will make them feel diminished and discourage them from sharing their feelings with you and others they develop relationships with in the future.

For more information, examples, and details for children of all levels, visit:

www.parentfurther.com/resources/enewsletter/nurturing-self-esteem

Ideas For Young People



Surround yourself with people who raise your self-esteem!

If you have someone in your life that brings you down, talk to them and tell them how you feel. Let them know that you don't appreciate being around their negative comments and constant put-downs. If it's not someone that you feel comfortable talking to, or if you do talk to them and things don't seem to get better, then start spending time with others

who actually lift you up, remind you that you're beautiful, and contribute to your positive self-esteem. Always remember that you should never settle for less. You deserve the best! Block out negativity. Any time someone says or does something that brings you down, ignore it. You are the one who ultimately decides how you feel about your body - not anybody else! Remember that you deserve to live a life full of confidence and happiness, surrounded by people who make you feel good about being you!

Want to get advice from a fellow youth? The Living High on Life website offers just that. www.livehighonlife.com/

For Professionals

Links for ideas and tips:

- **Ten Activities to Improve Students' Self-Concepts:** http://www.educationworld.com/a_lesson/lesson/lesson085.shtml
- Teaching self-esteem activities: http://www.ehow.com/list_7591003_teaching-self-esteem-activities.html
- Enhancing self-esteem lessons and activities: <http://www.goodcharacter.com/BCBC/SelfEsteem.html>

[Click here](#) for a link to activities that coincide with this month's Asset

[Click here](#) and [here](#) for Self-esteem Newsletters created by the Search Institute.

* The June 2013 Asset of the Month is **Creative Activities** under the constructive use of time category

* The July 2013 Asset of the Month is **Service to Others** under the empowerment category

For more information about the I Have Assets program or the Asset of the Month, click here www.frc-sc.org or email Erik Wagner at:

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The I Have Assets program is a program of the Family Resource Center