



Asset of the Month

June Asset Category: Positive Identity (Internal Asset)

June Asset: #37. Personal Power

In a healthy community a young person feels he or she has control over “things that happen to me.”

(42% of youth surveyed believe that they have this asset in their lives.)

What youth say about Positive Identity: “Help me act from my ideals.” “Listen when I talk about the things that mean something to me.”

Personal Power

The positive identity assets tie in closely with the support assets. Young people who feel loved, supported, and nurtured are more apt to feel good about themselves and have a positive view of their future. Children and youth who have families, neighbors, friends, educators, and community residents who see the best in them are more likely to bring out the best in themselves and in those around them.

Parenting Tips & How-to-live the Asset of the Month: Personal Power

Ages Birth – 5

- Love, accept, and respect babies and young children unconditionally.
- Play together in ways that make young children laugh and enjoy the time together.
- Break new tasks and skills into small, manageable steps that preschoolers can master without becoming too frustrated.

Ages 6 – 11

- Help children seek out answers and solutions when they face difficult times.
- Point out to a child her or his special talents, abilities, and strengths.
- Encourage children to identify inspirational, positive role models to emulate.

Ages 12 – 18

- Expect young people to experience ups and downs of self-esteem during these years, but expect self-esteem to increase as they get older.
- Support teenagers as they explore and struggle with issues of meaning, purpose, and vocation. Think with them about schooling after high school, career choices, life relationships, and values.

Becoming a Realistic Optimist

According to author (*The Optimistic Child*) Martin E. P. Seligman after 20 years of research came up with this definition: “The basis of optimism does not lie in positive phrases or images of victory, but in the way you think about causes.” He says that each person has a personality trait he calls an “explanatory style” that describes how we usually view why good and bad events happen to us.

Seligman points out 3 parts of the explanatory style:

- **Permanence** - This refers to how we interpret the lasting power of things that happen. For example, optimists see negative situations as temporary and use words such as “sometimes” and “lately” to describe the difficult spot they’re in. Pessimists see negative situations as permanent and use the words “always” and “never.”
- **Pervasiveness** – This refers to our views on how a bad or good situation affects us. Seligman contends that optimists view good events as global and bad events as just specific points in time. Pessimists are the opposite.
- **Personalization** – This refers to our view on who is to blame. Pessimists tend to blame themselves and optimists tend to blame the circumstance or other people. However, Seligman says that optimists also need to learn to have a balanced view of problems and take responsibility for their behaviors.

Family Discussion Topic/Activity: *Stressed Out* Activity: As a person matures, it is easier to stop and think before acting on raw emotion. The bottom line? It's really up to you to decide how you choose to react in certain situations. Think about the things that stress you out (examples below). Discuss how your body reacts in each situation, and then list positive ways you can respond to your body's stress signals:

1. Afraid for my own, or a family members physical well-being
2. Threatened by natural catastrophe (fire, flood, storm)
3. Angry about a situation in your community or nation
4. Angry at another person
5. Caught in a lie or mistake
6. Frustrated when things don't go as planned
7. Too much to do
8. Embarrassed
9. Anticipating mild physical pain
10. Hungry, tired, or thirsty

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

June HCHY Events/Accomplishments

- June is safety month – make a point to make youth feel safe; address their fears (example: fear of water – try to arrange for one on one swim lessons). The more youth feel safe the more they thrive.
- HCHY / United Way is working with the PGA to coordinate a United Way Day on August 10th – the week of the PGA Championship at Whistling Straits. Watch for information on how you can get involved.
- Summer Teen Anger Management Group – for middle & high school youth. Free – at the Project Youth House Mondays, June 14th – through July 19th 2 – 2:45pm.

***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 . Also contact us if your organization would like a 40-asset presentation or training.

***Next Month's Asset of the Month:** Category: Support: #4 Caring Neighborhood.

Sponsors: Kohler Credit Union, Van Horn Automotive Group

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

