

Youth Priorities Calendar

BTS Strategies – Social/Emotional Skills, Literacy/Reading, High School Graduation

Month	Topic	Developmental Assets	Tips Tying to Asset or BTS Strategy
January	National Mentoring Month	Other Adult Relationships (3) Adults Role Models (14) Positive Peer Influence (15)	<p>Agency:</p> <ul style="list-style-type: none"> • Pretend your mic is still on! How would you act and talk in private, if all the world could hear your words or see your actions, as if your mic was still on, or the camera was still rolling? Discuss this with youth. • Share a story of a mentor/mentee and distribute to youth <p>Family:</p> <ul style="list-style-type: none"> • Go out of your way to talk to children or young people who live near you. Ask questions about their lives and activities. • Learn how to become a mentor and volunteer your time. <p>Youth:</p> <ul style="list-style-type: none"> • Deal with foul language by not using it yourself. If you and your peers choose different, acceptable words to use, you create an atmosphere of respect. • Volunteer to be a mentor to someone younger!
February	International Boost Self-Esteem Month	Personal Power (37) Sense of Purpose (39) Positive View of Personal Future (40)	<p>Agency:</p> <ul style="list-style-type: none"> • Have youth create a “selfie-esteem” wall - each youth selects one word that they feel describes them and takes a selfie holding that word. Post all on a wall. • Decorate all mirrors in your agency with decals or pens that write on glass with positive messages and affirming quotes such as “Today is my day to be amazing” or “I am working on improvement, and I am perfect just the way I am.” Have youth take photos and post them. <p>Family:</p> <ul style="list-style-type: none"> • Listen to your child, be encouraging, don’t over-praise, accept, use constructive criticism, encourage independent decision-making, openly show love and affection, encourage creativity, be a good role model, coach your child to reach higher goals. <p>Youth:</p> <ul style="list-style-type: none"> • Decorate all mirrors in your school/home with decals or pens that write on glass with positive messages and affirming quotes such as “Today is my day to be amazing” or “I am working on improvement, and I am perfect just the way I am.” • Write in a journal, make a self-esteem collage, self-esteem bucket, learn about positive self-talk.

<p>March</p>	<p>National Nutrition Month</p>	<p>High Expectations (16) Responsibility (30) Planning and Decision-Making (32)</p>	<p>Agency:</p> <ul style="list-style-type: none"> • Have youth make a <i>vision board</i> as a way to utilize planning and decision-making skills about their dreams or realities. • Hold a cookout competition with those agencies who have kitchens <p>Family:</p> <ul style="list-style-type: none"> • Hang up a calendar or white board so family can mark days or times each week to work together in making or trying out new health meals or snacks, shop for nutritious items, experiment with new fruits and vegetables, plan a trip to a farmer’s market, orchard or local garden and exercise together! • Research local websites for age-appropriate materials on health eating at home as well as free books, posters and activities that families can order to make learning about nutrition fun. <p>Youth:</p> <ul style="list-style-type: none"> • Hang your <i>vision board</i> in a place at home as a way to utilize planning and decision-making skills about your dreams or realities. • Make a mobile display with a healthy-eating decision making process.
<p>April</p>	<p>Stress Awareness /Humor Month</p>	<p>Positive Family Communication (2) Reading for Pleasure (25) Interpersonal Competence (33)</p>	<p>Agency:</p> <ul style="list-style-type: none"> • SOS stress exercise • At a designated time each day, have each youth report on their “highs and lows.” Having time to identify and share a wide range of feelings is an important stress management skill. It also teaches others how to listen actively and models healthy expression of emotions. <p>Family:</p> <ul style="list-style-type: none"> • At a designated time each day, have each family member report on their “highs and lows.” Having time to identify and share a wide range of feelings is an important stress management skill. It also teaches others how to listen actively and models healthy expression of emotions. • Make a calming glitter jar with your child - just add 2 tubes of glitter glue, half a tube of glitter, a few drops of food color and water to a jar with a tight lid. Use warm water and give it a good shake to get the glue mixed in well. Explain to the kids that when you shake the jar the glitter represents all their swirling thoughts, as they watch the glitter settle they tend to calm down. <p>Youth:</p> <ul style="list-style-type: none"> • Find new jokes! Be responsible for learning one new “good clean joke” per day. Try your jokes out on your family at the breakfast or dinner table, or on the car ride to school or work. Borrow a joke book from the library, look up jokes online. Ask your friends and teachers for good clean jokes- you’ll be surprised how much fun this can be!

May	Youth Leadership Month	Service to Others (9) Achievement Motivation (21) Integrity (28)	<p>Agency:</p> <ul style="list-style-type: none"> • Ask a youth to teach a new skill to you or their peers • Hold a community-wide service learning project – coordinate to avoid duplication; encourage youth to journal and reflect; hold a forum afterward to share experiences and learning <p>Family:</p> <ul style="list-style-type: none"> • Your actions reveal your true values. Think about what other family members and friends learn about values from the way you talk and act. • Give appropriate and important responsibilities within the family <p>Youth:</p> <ul style="list-style-type: none"> • Set reading goals: try to read one book for leisure, per month. • Your actions reveal your true values. Think about what other family members and friends learn about values from the way you talk and act.
June	National Safety Month	Family Boundaries (11) School Boundaries (12) Neighborhood Boundaries (13)	<p>Agency:</p> <ul style="list-style-type: none"> • Learn and model peaceful ways to resolve conflict • Hold team building or trust activities with your youth <p>Family:</p> <ul style="list-style-type: none"> • Follow the four Cs of boundaries and expectations. Be <i>clear</i> about what you expect of youth. Be <i>concise</i>; the shorter the explanation the better. Be <i>creative</i>; cleverly stated boundaries and expectations may be easier to swallow. Be <i>consistent</i> in upholding them. • Before setting neighborhood boundaries, work first on creating a caring neighborhood to build trust and respect among young adults and young people. Have a neighborhood block party, cookie exchange, barbeque, or pizza party. <p>Youth:</p> <ul style="list-style-type: none"> • This website has links, games and videos on various topics involving safety from bike riding to bullying https://kids.usa.gov/health-and-safety/safety/index.shtml
July/August	Youth Risky Behaviors Months	Positive Peer Influence (15) Restraint (31) Resistance Skills (35)	<p>Agency:</p> <ul style="list-style-type: none"> • The Asset of Restraint is defined as “Young person believes it is important not to be sexually active or to use alcohol or other drugs.” There are two great pamphlets: 101 Ways to Make Love Without Doing It, & 101 Ways to Get High Without Drugs. Challenge youth to come up with their own “101 ways” to show that they care, or can have lots of fun and laughs, without having sex or using alcohol or drugs. This is a lot of fun and a great project! • Be a role model: Young people need peers who set standards and uphold

			<p>them, act in ways that are respectable, and show them that some things are worth working and waiting for. Whether you are an adult or a teenager, you can be an important role model. You may already be!</p> <p>Family:</p> <ul style="list-style-type: none"> • Enroll your children in activities during the summer that keep them occupied. • Talk to your children about the importance of surrounding themselves with friends who stay away from drugs and alcohol <p>Youth:</p> <ul style="list-style-type: none"> • Think about who the role model is in your life. What do they do and how do they act? Model your behavior after theirs! • Resistance skills means being able to delay gratification and control your impulses. How often do you practice saying “no”, saying no in creative ways, or using positive self-talk to avoid pressure from peers who you really like and want to please? Check yourself in the mirror or with a friend to find out if you are good at being assertive, if your body language matches what you are saying, or if you have an important goal or value that would be negatively affected by giving in to pressure, dangerous, or illegal activity.
September	National School Success Month	Parent Involvement in Schooling (6) Homework (23) Bonding to School (24)	<p>Agency:</p> <ul style="list-style-type: none"> • Host a “How to Help Your Child Succeed in School” event; get teachers and other community organizations involved. Help educate parents about navigating their child’s school online “parent portal” so they can be well-informed. <p>Family:</p> <ul style="list-style-type: none"> • Learn about 10 ways to help your child succeed in school: <ol style="list-style-type: none"> <u>1. Attend Back-to-School Night and Parent-Teacher Conferences</u> <u>2. Visit the School and Its Website</u> <u>3. Support Homework Expectations</u> <u>4. Send Your Child to School Ready to Learn</u> <u>5. Teach Organizational Skills</u> <u>6. Teach Study Skills</u> <u>7. Know the Disciplinary Policies</u> <u>8. Get Involved</u> <u>9. Take Attendance Seriously</u> <u>10. Make Time to Talk About School</u> • Learning to use the parent portal at your child’s school can be a challenge. Staff at the school will often gladly take a few minutes out of their day to show you how to access this important communication tool to find out about

			<p>homework completion, upcoming project deadlines, or behavior in the classroom on a regular basis, versus waiting to find out during progress reports or report card time.</p> <p>Youth:</p> <ul style="list-style-type: none"> • Be an advocate for effective schools. If you're 18 or older, be sure to vote on school referenda. Speak up in support of good schools when your voice is needed. Challenge schools to be strong institutions. Encourage learning for all students, young and older. If you are under 18, visit your local Board of Education during a public meeting and share your concerns and ideas for improvement during open floor discussion time. • Set homework goals high!
October	National Bullying Prevention Month	Caring (26) Interpersonal Competence (33) Peaceful Conflict Resolution (36)	<p>Agency:</p> <ul style="list-style-type: none"> • Make posters about bullying – pick a slogan plus a call to action • Talk about types of bullying(including cyber) and set up rules & what to do when it happens <p>Family:</p> <ul style="list-style-type: none"> • Vow to say one encouraging thing to each other a day • Encourage your kids to watch videos on bullying and then talk to the them about what they saw; tips for parents/caregivers are also included on this website about how to have the conversation. http://www.stopbullying.gov/kids/webisodes/index.html <p>Youth:</p> <ul style="list-style-type: none"> • Peaceful conflict resolution involves the skills of problem solving and decision making, being able to understand the perspective of others, knowing the difference between feelings and actions, and being able to discern and respond appropriately to other people's moods. Each of these skills takes practice. Brainstorm ways to encourage and allow for practice of these skills. Applaud the use of these skills with your friends when you see them in action! • This link takes you to a website where you can watch videos on bullying. http://www.stopbullying.gov/kids/webisodes/index.html
November	Child Mental Health Month	Family Support (1) Positive Family Communication (2) Community Values Youth (7)	<p>Agency:</p> <ul style="list-style-type: none"> • Have youth create "accept me" posters • Discuss how mental health, as well as physical health, is important <p>Family:</p> <ul style="list-style-type: none"> • Kids are more likely to come to their parents and caregivers with problems, when they know that the door is open to talking about these issues. If we

			<p>don't talk about risk-taking behavior regularly, then starting the conversation can be difficult for a young person and for us too as adults! When we initiate the topic, this lets young people know the subject is not taboo and that even if the subject is difficult to discuss, we are approachable and willing to listen.</p> <ul style="list-style-type: none"> • Use these websites as a resource: <ul style="list-style-type: none"> ○ http://www.mentalhealthamerica.net/every-child-needs ○ http://keltymentalhealth.ca/healthy-living/healthy-thinking <p>Youth:</p> <ul style="list-style-type: none"> • Vow to say at least one encouraging thing to someone in your household every day. • Review this website and learn more about healthy thinking: <ul style="list-style-type: none"> ○ http://keltymentalhealth.ca/healthy-living/healthy-thinking
December	Human Rights Month	Equality and Social Justice (27) Responsibility (30) Cultural Competence (34)	<p>Agency:</p> <ul style="list-style-type: none"> • Hold a cultural pot luck with all youth organizations. Celebrate cultural customs and rituals from everyone's heritage. • Research holiday celebrations of different cultures with your youth (Christmas, Hanukah, Kwanza, etc.) <p>Family:</p> <ul style="list-style-type: none"> • Teach your child about their own culture as well as the cultures and beliefs of others around you. • Encourage your children to be caring, honest, and responsible. Explain why these values are important. <p>Youth:</p> <ul style="list-style-type: none"> • Talk to people of all ages (younger and older) in respectful ways. • Encourage your peers to be caring, honest, and responsible. Explain why these values are important. • Celebrate cultural customs and rituals from your own heritage. Share those customs with neighbors, teammates, friends, and classmates by inviting them over for a meal that highlights food from your ethnic heritage.