

**Looking ahead:**

- Midterm reports will be HANDED OUT to students on Friday, October 7th
- No School Oct 20th & 21st
- 6/7/8 Band & Choir Performance October 18th  
2:15 pm High School Auditorium

## Valued and Valuable

Everyone wants to feel valued and be valuable, but it's easy for children and teenagers to feel as if they have little to contribute. In our fast-paced society, it's often easier to *do* things for young people instead of doing things *with* them so that they gradually learn and master their own skills.

Young people need meaningful, valuable roles at home, at school, in the community, and in all the places where they spend time. They also need to feel safe. When children and youth feel safe and valued, they're more apt to bond with their families, their schools and their communities. They then become even more valuable because they *want* to contribute.

Empowerment — the sense that you can make a difference and that you have a valued place or role — starts at home and starts slowly. What makes your

child feel valued? What unique skills and talents does your child have to offer? What meaningful, age-appropriate roles does your child have in your family?

And what about you? How do you as a parent feel empowered? What made you feel valuable when you were a child? A teenager? How can you translate your experience into creating a home that empowers your children?

Even if you don't know the answers to all of these questions, begin today with one thing you do know about empowerment. Start small. You can help your child feel more valued and valuable today.

*The more a young person is valued and feels valuable, the more likely he or she is to grow up healthy.*

## Helpful Hints

Tips that make empowering your child easier:

1. Have regular family meetings to plan, solve problems, and encourage each other. Rotate who leads the meetings.
2. Get involved with your child's school and in the community
3. Think of yourself as your child's empowerment coach or behind-the-scenes consultant.
4. Advocate that your community develop meaningful opportunities for young people

## 4 Key Areas of Empowerment

Search Institute researchers have identified four empowerment assets that are crucial for helping young people grow up healthy. Check the areas of strength in your child's life:

- Community values youth—Your child perceives that adults in the community value children and youth
- Youth as resources—Your child is given useful roles in the community
- Service to others—Your child serves in the community one hour or more per week
- Safety—Your child feels safe at home, at school, and in the neighborhood

**Quick Tip:**

Treat everyone as equally important