

April Asset of the Month

POSITIVE IDENTITY

Young people need to believe in their own self-worth and to feel that they have control over things that happen to them.

1. Personal Power – Young person feels he or she has control over “things that happen to me.”
2. Self-Esteem – Young person reports having a high self-esteem.
3. Sense of Purpose – Young person reports that “my life has a purpose.”
4. Positive View of Personal Future – Young person is optimistic about her or his personal future.

PRACTICAL TIPS TO CREATE POSITIVE IDENTITY IN YOUR CHILDREN AND IN YOUR NEIGHBORHOOD CHILDREN

- ◆ Teach your child to seek advice from others by encouraging her or him to listen to words of wisdom from others, such as:
 - ◆ *You'll fail at 100% of the things you don't try.* (John Ritchey).
 - ◆ *The world will not recognize your ability until you demonstrate it.* (Arnold Glasow).
 - ◆ *Try not to become a success but rather to become a person of value.* (Albert Einstein)
 - ◆ *The first step in getting ahead, is getting started.* (John Ritchey).
- ◆ Allow your child to freely choose between two desirable alternatives.
- ◆ Help your child learn problem-solving skills.
- ◆ Teach your child how to fix their mistakes and how to apologize.
- ◆ Praise your child instead of criticizing your child.
- ◆ Catch your child “doing something right” especially when she or he is having a difficult week.
- ◆ Give your child opportunities to serve others in your family and in your neighborhood.
- ◆ Expose your child to many different cultural and artistic opportunities.
- ◆ Explore possible career options with your high school student; arrange for them to “job shadow” a neighbor or colleague.
- ◆ Model behavior that shows you have control of your future and that you are responsible for your own happiness.
- ◆ Involve your child in volunteer projects that make a visible difference in your community – like picking up trash or weeding a flower bed or re-painting a community center.