

December

Developmental Asset

Asset #1

Family Support

Family life provides high levels of love and support.

Tips on how to use this month's asset

- Families should try to set at least one evening to spend time with each other – Such as having weekly movie night or game night!
- Let them know you appreciate the support! When your family does something supporting, say thank you!
- Say “I love you” to your family before you leave the house, because it will show how much you care about them.
- Don't just take! The best way to enable a steady flow of support is to always give support when your family members are in need of it!

How this applies to Morgan Hill



- According to a 2011 survey of the Santa Clara County, 88% of 4th-6th graders reported having family support. Only 69% of middle and high school students reported having family support.
- As youth get older they desire more independence. Parents often struggle to provide the correct mix of control and independence. Interestingly, studies have shown that family support does **not** lower independence! Instead, it gives youth a better emotional control over their lives!

How does this apply to YAC

- YAC, which consists of 25 teens, works together as a family, and supports each other.
- YAC is also supported by parents who help with the YAC Retreat, Senior Citizens Ball and Youth Leadership Programs every year. This creates a mix of teens and parents, all working together and supporting each other!



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Developmental Asset

Asset #38

SELF-ESTEEM

Young person reports having
a high self-esteem

The importance of Self-Esteem

- Positive Self-Esteem will give youth and teens the ability to hold their head high and feel proud of themselves.
- Having high self- esteem will allow you to think positively, and not negative. That is important because when you have a negative outlook on things, you often do not have a happy life and may be suffering from depression.
- Self-Esteem plays a huge role in how people perceive you. If you have positive self-esteem others will enjoy being with you, likewise, if you have negative self-esteem others will not enjoy being around you.