

40

ways to build assets in Leduc



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SUPPORT

- Get to know your neighbours
- Speak kindly to people
- Volunteer to mentor a young person
- Tell your family and friends how much they mean to you
- Share your passions and interests with others

EXTERNAL ASSETS

EMPOWERMENT

- Include young people in discussions when planning for the future
- Find a volunteer opportunity together at Leduc.ca/volunteers
- Help them create a resume and practice interviewing for a job
- Keep your neighbourhood safe for kids to play in
- Give them age-appropriate chores at home

EXTERNAL ASSETS

BOUNDARIES AND EXPECTATIONS

- Establish rules and consequences as a family
- Role model expressing your feelings
- Get to know their friends and their parents
- Know where they are
- Expect them to succeed and encourage them when they don't

EXTERNAL ASSETS

CONSTRUCTIVE USE OF TIME

- Visit the Leduc Public Library or explore Fred Johns Park
- Encourage hobbies
- Eat at least one meal a day together as a family
- Have a games night
- Go outside and get active together

EXTERNAL ASSETS

COMMITMENT TO LEARNING

- Attend parent / teacher interviews
- Help youth set goals to complete homework
- Read to them at bedtime
- Ask them to read to you when they can
- Work together with their teachers and encourage the same

INTERNAL ASSETS

POSITIVE VALUES

- Help your neighbours
- Discuss your beliefs and values with your children
- Try new things
- Learn about social issues in your community
- Forgive mistakes, it's a part of life

INTERNAL ASSETS

SOCIAL COMPETENCIES

- Help children deal with their emotions
- Teach them it's OK to cry and hug them when they do
- Learn about your family's history and culture
- Practice sharing and taking turns
- Ask them to help you grocery shop

INTERNAL ASSETS

POSITIVE IDENTITY

- Celebrate your child's uniqueness
- Let them talk about their passions
- Be proud of the youth in your community
- Focus on what youth do well and acknowledge it
- Talk about your goals and help them do the same

INTERNAL ASSETS

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