



The 40 Building Blocks for Healthy Youth ...& WAYS YOU CAN HELP BUILD BLOCKS!

<p>Block 1 - Family provides love & support</p> <ul style="list-style-type: none"> • Parents read to their young child daily. • Show affection every day. • Attend a child's special function - a sporting event, a play. • Send a note in their lunch, post on bathroom mirror. 	<p>Block 2 - Frequently talks with parents and seeks parent's advice</p> <ul style="list-style-type: none"> • Turn off the T.V. and have family meals together, promoting family communication. • Provide at least one opportunity a day for open communication • Listen more than you talk • Be non-judgmental - be open to new ideas. 	<p>Block 3 - Has other non-parent adults for support</p> <ul style="list-style-type: none"> • Choose childcare that will support your child's social and emotional growth. • Provide opportunities for involvement with other adults. • Encourage your child to attend an adult led youth group. • Get to know your child's friends parents. 	<p>Block 4 - Experiences a caring neighborhood</p> <ul style="list-style-type: none"> • Take walks through the neighborhood and take time to visit with your neighbors. • Neighbors ask how school is going, talk to the young people of your neighborhood. • Establish a neighborhood watch program. • Hold a Block Party during the summer. 	<p>Block 5 - Positive & encouraging school climate</p> <ul style="list-style-type: none"> • Teachers of young children should address children by their name. • Teachers and school staff offer extra help when students are struggling. • Join your school's PTA. • Support teachers.
<p>Block 6 - Parents are involved in school</p> <ul style="list-style-type: none"> • Teachers of young children can encourage a parent/child project. • Become involved and support PTA. • Volunteer at school - you can even do take-home projects. • Attend school events. 	<p>Block 7 - Youth feels that adults in the community value him/her</p> <ul style="list-style-type: none"> • Visit your child's school and share with his/her class about your job. • Ask youth about their opinions on community issues. • Get to know your teen grocery clerks. • Talk to teens when you are waiting in line or pumping gas. 	<p>Block 8 - Young people are given useful roles in the community</p> <ul style="list-style-type: none"> • Each child has a daily job/responsibility in the classroom or home. • Give youth leadership roles that have real decision-making authority. • Ask a young person to join your board. • Have your child volunteer at a soup kitchen or church. 	<p>Block 9 - Serves others and the community</p> <ul style="list-style-type: none"> • Promote the importance of helping each other. (i.e. working together to get toys put away). • Encourage youth to volunteer in the community. • Have your child offer to help an older neighbor rake leaves. 	<p>Block 10 - Feels safe at home, school and in the neighborhood</p> <ul style="list-style-type: none"> • Establish rules at home that will keep the child safe. • Make sure that one parent is always home or that the youth always has adult supervision. • Make sure your child knows your neighbors. • Be sure your child knows how and who to call for help.
<p>Block 11 - Parents discipline & monitor whereabouts</p> <ul style="list-style-type: none"> • Don't be afraid to discipline young children - just make it age appropriate. • Parents know where kids are, whom they are with, and when they will be home. • When rules are broken, enforce consequences. • Have your child help you set the consequences. 	<p>Block 12 - School provides clear rules for behavior</p> <ul style="list-style-type: none"> • Involve your children in making a few clear rules that will keep everyone safe. • Rules and consequences are in place at school. • Go over school rules with your child. • Reinforce the schools rules for attendance. 	<p>Block 13 - Neighbors show they care by monitoring youth's behavior</p> <ul style="list-style-type: none"> • Make sure your neighbors know your children. • Neighbors - don't be afraid to tell parents if something is "not right." 	<p>Block 14 - Parents are good role models</p> <ul style="list-style-type: none"> • Adults model positive behaviors for children (i.e. showing respect for others, etc.) • Admit when you are wrong and apologize when making mistakes. • Don't drink and drive. • Don't use "little white lies." 	<p>Block 15 - Neighbors show they care by monitoring youth's behavior</p> <ul style="list-style-type: none"> • Caregivers of young children can pair up an older child with a younger, less experienced child for modeling support. • Know your child's friends and their parents. • Do not let your child hang out with friends who drink or use drugs.
<p>Block 16 - Parents & teachers encourage youth to do well</p> <ul style="list-style-type: none"> • Have age appropriate expectations and make sure he/she knows what is expected. • Encourage child to do his/her best by setting high standards - that may be an "A", it may be a "C". • Teach your child skills and make sure they know how to do them. 	<p>Block 17 - Involved in music, theatre or other arts</p> <ul style="list-style-type: none"> • Business or civic group offers scholarships for students to take music or art lessons. • Take your child to a concert or play. • Enroll them in art or music classes. 	<p>Block 18 - Involved in youth/school clubs or sports</p> <ul style="list-style-type: none"> • Offer choices and set up the environment where children have the opportunity to participate. • Participate in a sport as a family. • Make sure the sport or club is something that interests your child. • Carpool to make it easier for kids to get there. 	<p>Block 19 - Regularly attends religious services or activities</p> <ul style="list-style-type: none"> • Attend a church that has an active youth program. • Set a good example. • Don't schedule activities that interfere with religious services. 	<p>Block 20 - Regularly spends time at home with family</p> <ul style="list-style-type: none"> • Teachers of young children could supply parents with activity ideas to do with their children at home. • Eat one meal a day together as a family. • Make your home a fun, accepting place to be. • Encourage your child to have friends over - do something together!

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<p>Block 21 - Motivated to achieve in school</p> <ul style="list-style-type: none"> • Topics are presented to children in a fun way. • Go to the library, take a class, do research together. • Discuss possible careers and need for education. • Praise them when they do their best. 	<p>Block 22 - Interested in learning new things</p> <ul style="list-style-type: none"> • Pick a topic, place, or issue to discuss each week as a family. • Present activities to children that will promote curiosity and exploration. • Show your interest and excitement in new things. • Take time to answer a child's questions. 	<p>Block 23 - Regularly spends time doing homework</p> <ul style="list-style-type: none"> • Capitalize on teachable moments with your children. • Parent and child have "special time" every evening to do homework. • Set aside a special place for doing homework. • Make sure other activities, including a parent's, does not interfere. 	<p>Block 24 - Cares about their school</p> <ul style="list-style-type: none"> • Parents present a positive image about the preschool/childcare where the child attends. • Neighborhood adopts school and does special projects for school. • Have child make cards for teachers, bus driver. • Attend school events. 	<p>Block 25 - Regularly reads for pleasure</p> <ul style="list-style-type: none"> • Parents take their young children to the library. • Be a role model - read in front of your child every day. • Parent and child spend time every night reading together. • If child likes comic books, that's "OK" - let them read.
<p>Block 26 - Believes it is important to help others</p> <ul style="list-style-type: none"> • Parents model helping others (i.e., taking food to a friend who is ill). • Offer opportunities that involve youth such as neighborhood clean-ups, service projects, etc. • Discuss stories in the news. • Teach your child to open doors for others, help the elderly, etc. 	<p>Block 27 - Concerned about world issues</p> <ul style="list-style-type: none"> • Promote awareness of diversity. • Discuss community and world issues at home. • Discuss timely articles on T.V. or in the newspaper. • Have and use an atlas. 	<p>Block 28 - Can stand up for what they believe</p> <ul style="list-style-type: none"> • Allow young children to stand up for self by using appropriate words to express self. • Strive to make your words and actions match. • Model this behavior. • Let your children know what is right and wrong. 	<p>Block 29 - Tells the truth</p> <ul style="list-style-type: none"> • Adults model telling the truth by the way they interact with others. • Simply recognize youth who act with honesty and praise them publicly. • Do not make a child afraid to tell the truth. • Do not tell "white lies" - a lie is a lie. 	<p>Block 30 - Takes responsibility for self</p> <ul style="list-style-type: none"> • Encourage self-help skills in young children (i.e., wiping up spilled milk). • Create a list of family chores and assign them appropriately. • Have child clear their own dishes. • A teen should get themselves up - don't remind or nag.
<p>Block 31 - Feels it is important not to use alcohol or other drugs and to be respectful</p> <ul style="list-style-type: none"> • Be aware of what your child is watching and listening to. • Stop movies during sexual/drug/alcohol situations & discuss with your child how each of you feel about them. • Talk to your teen about drugs & alcohol - let them know your expectations, be precise. 	<p>Block 32 - Can plan ahead and make decisions</p> <ul style="list-style-type: none"> • Allow young children the opportunity to make choices. • Provide and model "to-do lists", planners. • Allow child to plan a weekend activity or family meal. • Have your child use a calendar. 	<p>Block 33 - Good at making friends, empathetic & sensitive</p> <ul style="list-style-type: none"> • Model good behaviors for your child. • Be aware that they are watching your interactions with others. • Label feelings for your children. • Invite friends over - make your home friendly. 	<p>Block 34 - Comfortable with people of all cultures, races, ethnic backgrounds</p> <ul style="list-style-type: none"> • Include in your environment opportunities for children to be exposed to diversity through books, pictures, toys, etc. • Discuss different cultures. • Visit museums with cultural art exhibits. • Visit multicultural restaurants. 	<p>Block 35 - Can resist negative peer pressure</p> <ul style="list-style-type: none"> • Empower children to use their words and not their hands. • Parents have family meetings to discuss problems youth might encounter. • Set clear rules - they will be a "back up" for teens. • Let teens know why they should not do something.
<p>Block 36 - Seeks to resolve conflict nonviolently</p> <ul style="list-style-type: none"> • Support children in problem solving by asking open-ended questions. • Community or business supports a conflict mediation or peer-mentoring program in schools. • Don't model hitting at home. • Don't scream and shout. 	<p>Block 37 - Feels "in control" of their lives</p> <ul style="list-style-type: none"> • Allow children to develop personal preferences. • Have child name two specific things they can do to have personal power. • Don't schedule all their free time. • Let teens make decisions about what to wear, eat, etc. 	<p>Block 38 - Has high self esteem</p> <ul style="list-style-type: none"> • With youth, analyze messages about self-esteem in magazine ads. • Display children's artwork, showing their work is valued. • Praise your child frequently - don't stop when they are teenagers. • Help them succeed. 	<p>Block 39 - Reports that "my life has purpose"</p> <ul style="list-style-type: none"> • Parent provides support for child to complete tasks successfully. • Help children feel good about what they do. • Talk with your child about possible careers. 	<p>Block 40 - Is optimistic about his/her personal future</p> <ul style="list-style-type: none"> • Celebrate with your child the mastery of a skill (i.e., catching a ball). • Parents encourage child to "dream" about their future. • Don't paint a negative picture of the world/ world events. • Help children believe they can achieve and get ahead.

Call 888-2020 for more block building ideas!