



2024-2025

ONTH	HCF EVENT	ASSET	ASSET TYPE
Sept	Back to school	School Engagement	Commitment to Learning
Oct	TSMD month and dinner & Smile Day	Integrity	Positive Values
Nov	Ready Set Relax & Career Panel	Time at Home	Constructive Use of Time
Dec	Holiday Gift Shoppe and Craft Fair	Youth as Resources	Empowerment
Jan	New Year	Family Boundaries	Boundaries & Expectations
Feb	Toast to Hudson	Family Support	Support
Mar	Career Panel & Scholarship applications	Sense of Purpose	Positive Identity
Apr	Uncharted Waters	Interpersonal Competence	Social Competencies
May	Graduation & Prom	Creative Activities	Constructive Use of Time

Hudson Community First promotes positive youth development by introducing young people to 40 internal and external developmental assets that help youth grow up to be healthy, caring and responsible adults. The more assets young people have, the more likely they will do well in school and the community, and the less likely they are to be involved in negative and unhealthy choices. Each month during the 2024-25 school year, Hudson Community First introduces an asset and highlights ways parents can help their child integrate the asset into his or her life.

For September, as students head back to the classroom, we focus on **school engagement**, an external asset that establishes a *commitment to learning*. This asset focuses on helping a young person actively engage in learning. Parents can support this asset by talking with their child every day about what is happening at school, making their home an engaging learning place, and working with their child’s teacher(s) as a partner in their child’s education.

In October, Hudson Community First sponsors Take a Second. Make a Difference month highlighting **integrity**, an internal asset that supports *positive values*. With this asset, young people act on their convictions and stand up for her or his beliefs. Parents can support this asset by discussing their family values with their child, writing letters to Congress with their child advocating for or against pending legislation, and watching tv or reading books together and discussing the values presented and why they are important.

November is the district wide Ready Set Relax in support of **time at home**, an external asset that speaks to a *constructive use of time*. This asset ensures youth are only out with friends “with nothing special to do” two or fewer nights per week. Parents can support this asset by ensuring the whole family eats dinner together 2-4 times per week, asking their child how to make time at home more appealing, and trying to balance individual commitments with quality family time.

In December, Hudson Community First hosts the Holiday Gift Shoppe showcasing **youth as resources**, an external asset addressing *empowerment*. This asset highlights the importance of young people having useful roles in the community. Parents can support this asset by including their child in family decision making, asking their child to teach them something new, and creating useful roles for their child at home.

January brings in the new year and supports **family boundaries**, an external asset that establishes *boundaries and expectations*. This asset models how a family has clear rules and consequences and monitors a young person's whereabouts. Parents can support this asset by making boundaries positive, simple and within reason, observing the boundaries of other families and discussing with their child what's appropriate and what's not for their family and why, and letting their child earn more freedoms as he or she shows more responsibility.

In February, Hudson Community First hosts Toast to Hudson highlighting **family support**, an external asset of *support*. With this asset, family life provides high levels of love and support for youth. Parents can support this asset by asking their child how family members can support each other more, showing love every day through hugs, words, and smile, and developing an openness so their child always knows that their parent is available and they'll love her or him, no matter what.

In March the HHS Career Panel highlights a **sense of purpose**, an internal asset supporting a *positive identity*. This asset focuses on helping a young person find a sense of purpose in their life. Parents can support this asset by reminding their child he or she was created for a reason and has a special purpose to fulfill, asking their child what dreams he or she has for the future, and supporting their child when he or she tries new things of interest.

In April Uncharted Waters at HHS introduces **interpersonal competence**, an internal asset focusing on *social competencies*. This asset is centered on helping young people gain empathy, sensitivity and friendship-making skills. Parents can support this asset by ensuring their child connects with people in person and not just through social media, building empathy in their child by modeling and talking about their emotions appropriately, and asking their child what he or she values in their closest friends and why these values are important.

May brings an end to the year and the opportunity to explore **creative activities**, an external asset that supports a *constructive use of time*. This asset encourages youth to spend three or more hours per week in sports, clubs or organizations at school and/or in community organizations. Parents can support this asset by setting aside an arts area in their home, emphasizing participation in the arts for enjoyment not just to be the greatest performer, and asking their child how to better incorporate the arts into their family life.

Learn more about Hudson Community First and the 40 key developmental assets by visiting www.hudsoncommunityfirst.com