

ASSET #40 POSITIVE IDENTITY:

TO TEENS FROM TEENS: Build Your Personal Strength And Resilience



- Build a network of friends and adults for support.
- Learn problem solving and decision making strategies.
- Develop an optimistic view of your life and your future. Make a list of events that happen in a day that make you feel good.
- Procrastination causes stress. Learn to manage your time.
- Break large jobs into smaller more manageable tasks.
- Believe that your life has a purpose. Explore your talents, interests and dreams.
- Don't tolerate bullying or racism.
- Choose to be resilient. Turn problems into opportunities. When you are resilient you can manage disappointments more easily.
- Learn how to manage your feelings constructively.
- Be accountable. Accept responsibility for your actions.
- Be persistent. Handling stress and disappointments is a learned skill and an ongoing endeavor.
- Take positive risks and be willing to take a stand for your beliefs and values.
- Be future oriented. Choices you make today can affect you for years to come.

ABOUT US: Comprised of student leaders from Archbishop Moeller High School, Cincinnati Hills Christian Academy, Sycamore High School and Ursuline Academy, the NECC Youth Coalition is dedicated to building Healthy Communities ~ Healthy Youth by developing projects that promote positive youth development, student leadership and community service. Our projects include: youth forums, leadership conferences, peer to peer social marketing campaigns, a teen health resource website, and an initiative targeting doctors and dentists to educate teens and parents about health issues related to bullying and underage drinking.



Visit our Teen Health Resource webpages on our site

<http://sites.google.com/site/neccyouth/>