

WTNS Radio OSU Extension Update for February 10, 2020
Healthy People. Healthy Finances. Healthy Relationships.

On today's OSU Extension update for Healthy People, Healthy Finances, and Healthy Relationships we'll talk about developmental assets for young people and some upcoming programs from OSU Extension.

When most of us hear the term "assets," we immediately think of our personal finances. On our balance sheets, assets are the stuff we own that contributes to our net worth. But there are other kinds of assets in our communities that are especially important for young people.

Our experiences we had in our homes, our schools, and in our communities contributed to our development as children and adolescents. The Search Institute in Minneapolis conducts research in youth development, resiliency and prevention. Over the past 25 years of surveying more than 6 million young people, they have identified 40 positive supports and strengths that are the building blocks of healthy development for young people.

Half of these Developmental Assets focus on the relationships and opportunities youth need in their families, schools, and communities. The other half of developmental assets focus on the social-emotional strengths, values, and commitments that are nurtured within young people.

So what does this mean for you? As we look at the world around us, there are varied opinions about young people. Though we strive to be unbiased in presenting information, youth development is obviously important to us in Extension.

The more everyone does to provide external assets for children, the better chance we are giving the youth in our communities to grow into healthy, caring and responsible adults. The role of parents is crucial for youth development, but we all know that not every child has this important asset of family support in their lives.

Of the 20 external assets, there are several that you can contribute as members of the community:

- Other adult relationships – youth receives support from three or more nonparent adults
- Caring neighborhood – youth experiences caring neighbors
- Community values youth – youth perceives that adults in the community value young people
- Youth as resources – youth is given useful roles in the community
- Service to others – youth serves in the community one hour or more per week

- Safety – youth feels safe at home, school, and in the neighborhood
- Neighborhood boundaries – neighbors take responsibility for monitoring youth’s behavior
- Adult role models – parents and other adults model positive, responsible behavior
- Creative activities – youth spends three or more hours per week in lessons or practice in music, theater, or other arts
- Youth programs – youth spends three or more hours per week in sports, clubs, or organizations at school and/or the community
- Religious community – youth spends one or more hours per week in activities in a religious institution

Search Institute research shows that when youth have more assets, they are more likely to thrive now and as adults. They are less likely to engage in a wide range of high-risk behaviors, and they are more likely to be resilient in the face of challenges. Thank you for what you do to grow the assets of our community for our youth.

Also, mark your calendars for two programs I’ll be teaching at the Coshocton Public Library in March. The first will be Monday, March 23 called “Declutter Your Life”. Research has shown that cluttered environments limit your brain’s ability to focus. Clearing the clutter can seem overwhelming but will reap health and wellness benefits that can improve your life. This workshop will help identify your organization preferences to provide lasting behavior change.

The second workshop is the following week on Monday, March 30 and is called “Who Gets Grandma’s Yellow Pie Plate?” Planning for the transfer of both titled and non-titled property is an important issue that can significantly impact family relations. This workshop will not focus on land or buildings or vehicles you own – but all those other important non-titled items that can carry a lot of meaning and significance to us. Come learn about strategies to jumpstart conversations about inheritance and some key decision-making factors in non-titled property transfer. Both of these programs are free and you are asked to RSVP to the Coshocton Public Library at 740-622-0956.

In closing, at OSU Extension, we are proud to work for Coshocton County to help improve our families, farms, and businesses. Please feel free to contact OSU Extension for more information at 740-622-2265 or visit our website at coshocton.osu.edu. Make it a healthy day!