

COALITION FOR BEDFORD YOUTH



Coalition for Bedford Youth
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Task Development Team Meetings:
Every other Thursday in RAL Media Center
Check the Website for details

The Support Category of Developmental Assets

Many studies over the years confirm that caring, supportive relationships with adults are critical for raising young people who are healthy and resilient. Support means freely giving young people love, affirmation, and acceptance; surrounding young people with caring families, guardians, friends, teachers, neighbors, and other adults; and helping young people know they belong, are not alone, and are both loved and lovable.

Support is one of eight asset categories that make up Search Institute's 40 Developmental Assets, the qualities, experiences, and relationships that help young people grow up healthy, caring, and responsible.

Young people need to be surrounded by people who love, care for, appreciate, and accept them. They need to know that they belong and that they are not alone. Within this newsletter you will find ways

to help support the young people in your life to grow into healthy young adults.

The six assets within the support category are: family support, positive family communication, other adult relationships, caring neighborhood, caring school climate, parent involvement in schooling. Each of these assets will be described in future newsletters.

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CULTURAL SERIES:
ICE CREAM SCOOPING



NATIONAL NIGHT OUT:
DODGEBALL TOURNAMENT



CAMP ALLEN CLEAN-UP DAY
OCTOBER 22

The Support Category of Developmental Assets

Here are the facts

Research shows that the more loving, supportive, and caring adults a young person knows, the more likely he or she is to grow up healthy. Search Institute has identified six assets in the Support category crucial for helping young people grow up healthy: Family Support, Positive Family Communication, Other Adult Relationships, Caring Neighborhood, Caring School Climate, and Parent Involvement in Schooling.

Tips for building these assets

Developing bonds with young people takes listening and giving of yourself as needed. Be patient. Different kids and situations call for different kinds of support. Comfort, encourage, and help young people. Or simply be there for them. Remember that support doesn't have to be big or loud to be meaningful.

RESEARCH SHOWS THAT THE MORE ASSETS YOUNG PEOPLE EXPERIENCE THE LESS LIKELY THEY ARE TO ENGAGE IN HIGH-RISK BEHAVIORS AND THE MORE LIKELY THEY ARE TO ENGAGE IN THRIVING BEHAVIORS.

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TIPS FOR BUILDING ASSETS

In your home and family: Have each family member name three ways the family supports her or him. Discuss these, as well as the areas (and ways) in which each family member would like to receive more support.

In your neighborhood and community: Model support for young people by being supportive towards others in your neighborhood, both youth and adults- praise them, take time for them, show an interest in them, and work to understand them.

In your school or youth program: Encourage access to at least one caring adult for each young person in the school or youth program.

Want to learn more about the 40 Developmental Asset and ideas for helping young people build them? Visit www.search-institute.org/assets.

HOW CAN YOU HELP?

ONLINE SHOPPING

Do you shop online for yourself or your business often? Shop over 800 stores using iGive and a portion of your purchase is donated to CBY... FREE! Visit www.iGive.com/cby

WEBSITE MANAGER

Update website with upcoming activities, past events, and post pictures. Please contact CBY at info@cbynh.org

DATABASE MANAGER

Input information into email database & computer files; such as parent contact info, who has attended events, and evaluate responses. Please contact CBY at info@cbynh.org

VOLUNTEER COORDINATOR

Contact and schedule adult volunteers to chaperone CBY events. Please contact CBY at info@cbynh.org

SNACK MANAGER

Coordinate snacks bi-weekly for teen meetings. Please contact CBY at info@cbynh.org

CBY's Holiday Babysitting New Morning School

Back River Rd.

It is not only the community that supports youth, but also the youth supports their community. Coalition for Bedford Youth conducted its 13th annual holiday babysitting. Every year New Morning School allows for many CBYers and future CBYers (toddlers) to invade their space.

Parents are able to drop off their child for a small donation of \$4/hour. This allows individuals to get a head start on holiday shopping or maybe just enjoy a quiet day at home without entertaining the little ones. While parents are shopping or just enjoying quiet time, their child will be involved in arts and craft activities, playing outside, making gingerbread houses, will enjoy story time, and much more! The money raised from the event is used for various projects and meeting supplies as well as leadership events and conferences.

Each event that is sponsored by members of Coalition for Bedford Youth helps develop positive assets in adolescents and all involved. Higher numbers of positive behaviors and outlooks lead to less risk taking. These attitudes are reinforced by increased developmental assets. Assets are the protective characteristics that have been linked by extensive research to enhancing resistance to at-risk behaviors.

Holiday babysitting took place Saturday December 10th 9am-3pm. If you would like to be a part of the event next year, check back to the CBY website during the holiday season.

More information can be found at cbynh.org

CULTURAL SERIES



BEDFORD CELEBRATED ITS 21ST SEASON THIS PAST YEAR HOSTING ITS CULTURAL SERIES AT THE TOWN POOL COMPLEX. THESE FREE FUN-FILLED FAMILY ENTERTAINMENT EVENTS RUN FOR FIVE WEEKS EACH SUMMER. CBY HELPED SCOOP ICE CREAM AND SERVE BEVERAGES EACH WEEK.



NATIONAL NIGHT OUT

CBY CONDUCTED ONE OF ITS FAVORITE EVENTS AT NATIONAL NIGHT OUT THIS PAST SUMMER. THE SUMMER CULTURAL SERIES WAS A GREAT PLACE TO CONTINUE THE DODGEBALL TRADITION. NO RAIN COULD DAMPEN ANYONE'S MOOD TO PLAY. CBY ORGANIZED A SMALL TOURNAMENT FOR ALL AGES.

CAMP ALLEN CLEAN-UP



COMMUNITY COLLABORATION WAS ON DISPLAY IN BEDFORD AT CAMP ALLEN **AGAIN** THIS FALL. CBY WAS SPONSORED BY CENTRIX BANK TO PERFORM FALL CLEAN-UP AT CAMP ALLEN. CBY USED THE \$500 DONATION TO HELP WITH THE CONSTRUCTION OF THE NEW COMMUNITY CENTER IN BEDFORD. THIS WAS A TRUE EVENT OF COMMUNITY SERVICE WHERE FOUR ORGANIZATIONS WERE AFFECTED: CAMP ALLEN, CENTRIX BANK, BEDFORD COMMUNITY CENTER AND CBY.

CBYERS IN ACTION



UPCOMING EVENTS

1. LURGIO'S GOT TALENT
2. STAND BY ME
3. COLLABORATION WITH HISTORICAL SOCIETY: COMMUNITY CENTER

PAST EVENTS

1. CULTURAL SERIES- ICE CREAM SCOOPING
2. NATIONAL NIGHT OUT- DODGEBALL
3. HALLOWEEN SPOOKTACULAR
4. HOLIDAY BABYSITTING
5. LENT HELPING HANDS AT NEW HORIZONS

CHECK OUT CBYNH.ORG FOR MORE DETAILS!

A VERY BIG THANK YOU THIS MONTH TO...

CBY is a non-profit organization which depends on its community to help it operate smoothly. The Task Development team uses donations from these groups/ organizations/ individuals for event supplies, community activities, National Conference travel funds, leadership conferences, and much more. The past few months, various community members and groups have donated their time, facility, or made monetary donations. A very big thank you to

individual contributions from various community members, Parent Volunteers, Centrix Bank, Bedford Town and Rec Department, Hannaford Supermarket on 101, New Morning School, Vachon Dental and the Bedford School District. CBY is thankful for the support from the community. Without your support the Town of Bedford would not benefit from the great work of the Coalition for Bedford Youth.

Check out bedford-nh.patch.com for local event & news information