

Building Life Skills



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40 Key Building Blocks to Help Kids Succeed

Search Institute has identified 40 building blocks of healthy development that help young people grow up healthy, caring and responsible. These building blocks are referred to as "assets." Local schools have united in identifying monthly "asset" themes for schools and communities to help kids reach their potential.

Theme for February TRUSTWORTHINESS

Young people have strong values that guide their choices and make them worthy of trust, honor, and confidence.

I am dependable.
I keep my word and honor my commitments.
I pay my debts and return what I borrow.
I have the courage to stand up for my beliefs.
I do what I know is right even when others might want me to do something else.
I am loyal to my family, my friends, and my country.
I tell the truth even when it is not easy.
I choose friends who are honest and trustworthy.
I follow the rules of my family.
I tell my parents where I am going and who I am with when I am not at home.
I follow the rules of my school.
I respect my neighbors and appreciate it when they show they care about me.

MONTHLY THEMES

February.....Trustworthiness
March.....Positive Identity
April.....Citizenship
May.....Empowerment
June.....Support
July.....Constructive use of time
August.....Commitment to learning
September.....Decision-making
October.....Respect
November.....Responsibility
December.....Caring
January.....Fairness

A refreshing twist.

by Josh Landis

I watch TV and get really depressed: We see the best and worst of what makes us human when we flip through the channels. After only 20 minutes of viewing reality shows on the tube, being a part of humanity gets less and less desirable and living in the woods somewhere away from people sounds more and more enticing. According to what we see on TV we must lie, cheat and steal to get anywhere in this world; like these three things are the key to success?!?.

I want you to think of the time that you were the thirstiest, when your mouth was as dry as fresh lint coming out of the back pocket of your jeans.

Like sandpaper, your tongue scratched again the top of your mouth and stuck. I remember my thirstiest time was a backpacking venture on the Adirondack Trail. I was only thirteen and on a backpacking trip through Virginia with a few friends and their dads. Our goal was to hike 50 miles of the Adirondack trail in 7 days. It was a very lofty goal for a bunch of old guys and young sons, but we pushed so hard to make our goal. At the end of one day, everyone was out of water and absolutely exhausted; after hiking ten miles, my body ached and my mouth screamed for water. At this point I didn't care if it was a dirty puddle or the dew on the underside of a toadstool, I wanted hydration! Just when it couldn't be anymore hopeless we all stopped, the sound of running water echoed in the distance. Running towards the sound of the water, we found a stream flowing over a boulder. What relief! We all took turns placing our canteens underneath the stream, shoving our heads in the cool water and laughing. Finally, after hours of waiting, the first sip: I remember how cool and refreshing it was, running over my sandy-feeling tongue and down my parched throat.



Trustworthiness is just like this fresh stream of water. In a world where cheating and lying are the ways to forward yourself, how refreshing it can be to find someone who you can trust in.

My challenge for you is to be a refreshing stream in this desert of a world, a place where people can come and find cool, inspirational energy.

Pictured to the left, Josh Landis, his wife Melissa and their son Gabe on one of their many hiking trips.



Josh Landis, Program Development/Presenter with Campus Impact. For more information about Campus Impact™ visit us online at www.campusimpactohio.org.



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