


# April 2015

Protective & Promotive Factors:	Cognitive and Social-Emotional Competence	Knowledge of Adolescent Development	Youth Resilience	Social Connections	Concrete Support in Times of Need	
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<b>1</b> Partner with a local community center to do a series on coping through tough times.	<b>2</b> Create or partner with a local "recording studio" for youth to have a creative outlet through which they can share their struggles and victories.	<b>3</b> Invite your local shops to donate and participate in a "Help Exchange" in which families are invited to sample and/or learn about local services that can benefit their families.	<b>4</b> Partner with local businesses to offer youth-friendly activities (bowling, skating, dancing, etc.).
<b>5</b> Sponsor a "community visioning" event to raise awareness of protective factors and to gauge interest in launching a protective factors agenda in your community.	<b>6</b> Engage youth to create a presentation on bullying and help them find performance venues.	<b>7</b> Bring educational and supportive resources into your local homeless shelter targeted toward youth.	<b>8</b> Partner with local agencies to develop workshops for youth on stress relief and relaxation (e.g. yoga, meditation, self-care).	<b>9</b> Work with local businesses to create safe spaces for youth recreation.	<b>10</b> Try to get every service provider in your community on Yelp! and encourage youth and families to review them.	<b>11</b> Coordinate with your local schools, churches, etc. to create a monthly newsletter with FREE local events that youth at all socio-economic statuses can participate in.
<b>12</b> Form a Youth Thrive Leadership team for your community. Partners could include elected officials, home visitors, case workers, job coaches, youth advocates, etc.	<b>13</b> Pair up with local stores to provide youth with books and school supplies to promote awareness of adolescent development.	<b>14</b> Create a youth resource library at local community centers.	<b>15</b> Host trainings and provide tip sheets for those who work with youth on adolescent development.	<b>16</b> Meet with local community center representatives to develop recreational activities for youth to develop positive peer relationships after school.	<b>17</b> Connect schools with youth service providers to develop programs in and after school to foster increased awareness of adolescent development.	<b>18</b> Partner with schools to establish recreational activities through which youth new to the neighborhood have an opportunity to build new relationships.
<b>19</b> Get commitments to build protective and promotive factors year round.	<b>20</b> Work with local libraries to have videos available about adolescent development.	<b>21</b> Partner with local community organizations to provide mentorships with youth.	<b>22</b> Work with local libraries and community centers to establish safe recreational facilities and activities targeted to youth.	<b>23</b> Ask your local library to set up a section for books specifically targeted to youth including educational leisure reading.	<b>24</b> Create a community swap event for families to share items and activities, such as books, school supplies, or clothes.	<b>25</b> Partner with your local library to hold "youth-friendly" events (e.g. reading clubs, movie nights with discussion afterwards, etc.).
<b>26</b> Create a list for your community of "ten things you can do to promote youth wellness" and publicize through media, at local businesses, and on community boards.	<b>27</b> Partner with a local theater company to offer youth acting classes which build skills around naming, recognizing, and coping with emotions.	<b>28</b> Work with local businesses to provide sponsorships to mentorship programs targeted at youth.	<b>29</b> Create a community "Dream Board" for youth and families to share their goals and dreams.	<b>30</b> Encourage local community centers to host youth nights to provide safe space for youth to socialize.		