

# ASSETS AWARENESS ARTICLE

**Constructive Use of Time...** Time is a hot commodity for most young people so make sure youth are using time wisely.

**Constructive use of time helps youth develop self esteem, social skills, and find positive role models. Here are some ideas to inspire you and youth you care for.**

**Creativity: Youth spends 3+ hours each week practicing music, theatre or art.**

- Check out YET (Youth Expression Theatre) at Girls Inc. Youth find their inner actor or actress and teach others about important issues like drug use and violence.
- The school marching band isn't the right fit for every kid so help them think outside the box. Check out your local craft store for classes like scrapbooking, jewelry making, and calligraphy or check [www.teenink.com](http://www.teenink.com) a magazine that publishes teens' writing.



**Religious Community: Youth spends at least 1 hour per week in religious activities.**

- Some kids are intimidated by religious organizations at first. Introduce them to your faith by inviting them to attend a pot-luck dinner or other social event first.
- Some youth are skeptical of religions. Try introducing them to meditation, yoga, or spending time in nature. These are all methods of self-discovery and making meaningful spiritual connections.

**Youth Programs: Youth spends 3+ hours each week in sports, clubs, or organizations.**

- 4-H clubs provide opportunities for youth to develop leadership skills, learn about technology, the environment, and health! Contact Anita at Cooperative Extension for more information.
- Girls Inc. offers after school and summer activities for boys *and* girls. Learn computer skills, how to make and save money, or take on a challenging ropes course! Call 374-9800 to learn more!
- Contact your local Boys & Girls Club to get involved in photography, swimming, dance, sports, or arts.
- Sign up at the YMCA for a family adventure trip of camping, ice fishing, or skiing.

**Time Spent at Home: Youth is out with friends "with nothing special to do" less than 3 nights per week.**

- If you sit on the couch and watch television all day, your children probably will too. Check out SCC for classes the whole family can enjoy. Try rock-climbing, cooking, or horseback riding.
- Start a new family tradition that your kids will look forward to. Try a weekly or monthly theme night at your house and plan your meal, décor and activity around the theme. Need some ideas to get you started? Try... "Fiesta," "Mardi Gras," "Western Night," or "Tropical Paradise".



**girls  
inc.**

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Have these ideas worked for you or do you have ideas for helping youth spend time constructively? Contact Lori at [llh38@cornell.edu](mailto:llh38@cornell.edu) or 372-1622 to share your thoughts & ideas!