



## ASSET BUILDING IDEAS FOR YMCA MEMBERS

Whether you realize it or not, you are an individual asset builder who makes a difference in the lives of young people by the way you interact and talk with them. At this YMCA, we believe that in order to create an asset rich YMCA environment for young people, everyone has an important role to play – including you.

- Smile at young people when you see them here.
- Commit to at least one act of asset building every day, whether you are the YMCA or somewhere else.
- Send birthday cards to children and teens that you know.
- Recognize that all young people are still learning and growing. Be patient when they misbehave, and encourage them to act in more positive ways.
- Meet with other YMCA members and brainstorm six ideas on how to build assets.
- Volunteer at the Y. You'll find one-time, easy opportunities if you don't have a lot of time.
- Get to know the names of a couple of young people at the YMCA. When you see them, greet them by name.
- Attend concerts, programs, and activities of young people you know.
- Catch kids doing things right. Be quick to praise their efforts.
- Examine your attitudes about children and teens. See young people as resources rather than as problems.
- Remember that you are a role model at the YMCA. Young people are always watching you, even if they never talk to you. They're learning from you the way to act at the YMCA.

We're not asking you to spend a lot of time and energy - but to start seeing the small but significant ways you make a difference in the lives of young people at the YMCA.