



2025-2026



ONTH	HCF EVENT	ASSET	ASSET TYPE
Sept	Back to school	Homework	Commitment to Learning
Oct	TSMD month and dinner & Smile Day	Self Esteem	Positive Identity
Nov	Ready Set Relax & Career Panel	Positive Family Communication	Support
Dec	Holiday Gift Shoppe and Craft Fair	Positive Peer Influence	Boundaries & Expectations
Jan	New Year	Honesty	Positive Values
Feb	Toast to Hudson	Neighborhood Boundaries	Boundaries & Expectations
Mar	Career Panel & Scholarship applications	Personal Power	Positive Identity
Apr	Uncharted Waters	Safety	Empowerment
May	End of the school year	High Expectations	Boundaries & Expectations

Hudson Community First promotes positive youth development by introducing young people to 40 internal and external developmental assets that help youth grow up to be healthy, caring and responsible adults. The more assets young people have, the more likely they will do well in school and the community, and the less likely they are to be involved in negative and unhealthy choices. Each month during the 2025-26 school year, Hudson Community First introduces an asset and highlights ways parents can help their child integrate the asset into his or her life.

For September, as students head back to the classroom, we focus on **homework**, an internal asset that establishes a *commitment to learning*. This asset focuses on helping a young person engage in at least one hour of homework a day. Parents can support this asset by working with their child to create a homework area where they can do their homework daily, planning dinner and family events so that their child has the time they need each day to do their homework, and making a point of looking over their child's finished homework.

In October, Hudson Community First sponsors Take a Second. Make a Difference month highlighting **self-esteem**, an internal asset that supports *positive identity*. This asset emphasizes young people liking themselves and understanding they have a number of good qualities. Parents can support this asset by asking their child what he or she likes about themselves and explaining why, complimenting their child and allowing them to hear the good things parents share about them with others, and telling their child they love them even when he or she makes poor choices.

November is the district wide Ready Set Relax in support of **positive family communication**, an external asset that speaks to *support*. This asset ensures young people and their parents communicate positively and the young person is willing to seek advice and counsel from their parents. Parents can support this asset by always being willing and available to talk, asking their child's advice or opinion about an important matter, and talking in the car when side by side rather than face to face.

In December, Hudson Community First hosts the Holiday Gift Shoppe showcasing **positive peer influence**, an external asset addressing *boundaries and expectations*. This asset highlights how a young person's friends model responsible behavior. Parents can support this asset by getting to know their child's friends

and families, welcoming their child's friends into their home, and avoiding criticizing friendships that seem negative but being honest when they're concerned about a relationship.

January brings in the new year and supports **honesty**, an internal asset that establishes *positive values*. This asset models the importance of telling the truth even when it's not easy. Parents can support this asset by coming up with family rules about honesty and the consequences for dishonesty, giving their child the opportunity to tell the truth when they suspect him or her of lying, and admitting when they have fudged the truth and apologizing.

In February, Hudson Community First hosts Toast to Hudson highlighting **neighborhood boundaries**, an external asset of *boundaries and expectations*. This asset encourages neighbors to take responsibility for monitoring young people's behavior. Parents can support this asset by getting together with neighbors and agreeing on common boundaries to support like respecting each other's property and ending parties by 11pm, talking to neighbors directly about concerns, and making agreements with other parents for things like no alcohol at teen parties.

In March the HHS Career Panel highlights **personal power**, an internal asset supporting a *positive identity*. This asset focuses on helping a young person feel he or she has control over things that happen to them. Parents can support this asset by encouraging their child to contribute to the community by serving others in a variety of ways, advocating that all family members form healthy lifestyle habits, and talking with their child about different ways they can deal with frustrations and challenges.

In April Uncharted Waters at HHS introduces **safety**, an external asset focusing on *empowerment*. This asset is centered on ensuring a young person feels safe at home, school and in the neighborhood. Parents can support this asset by giving their child practical suggestions on how they can be safe in specific circumstances, putting together an escape plan in the case of a fire in the home and practicing it together, and regularly reassuring their child that their goal is to keep her or him safe.

May brings an end to the year and the opportunity to explore **high expectations**, an external asset that supports *boundaries and expectations*. This asset is modeled when parents and teachers encourage a young person to do well. Parents can support this asset by encouraging their child to tackle subjects and hobbies that are challenging but not too difficult, telling their child when he or she is doing well, and expecting the best from their child while keeping in mind her or his abilities and interest.

Learn more about Hudson Community First and the 40 key developmental assets by visiting
www.hudsoncommunityfirst.com