

PowerTalk for Families

Our Family Can Have a Positive Influence

Our focus this year has been to strengthen the skills of resilience in our children and in our families. Contribution is another important building block in that process.

“Confident young people who recognize their **competencies**, who feel **connected** to people and who have a strongly rooted **character** are poised to **contribute** to the world” —Kenneth R. Ginsburg, 2015)

Adolescents who take active steps to contribute, gain a sense of purpose that will motivate them and prepare them to succeed. As we develop the skills of resilience in our families, we need to think about the unique talents that our family can contribute to the world and find ways to develop and use those talents. Each family has the power to become a positive influence. Gather your family for a brainstorm session to discover ways that you can use your talents to become a positive influence in your community.

Family Brainstorm

Brainstorming is a technique used by a group to gather a spontaneous list of ideas contributed by all members of the group. *(It can be helpful if everyone can see the ideas as they are brought up, so try to have a large sheet of paper, poster board or white board on which to write the ideas, that is helpful.)* Assign one family member to be the recorder. That person is responsible for writing down all of the ideas that the group comes up with during the brainstorm. Add these headings to the paper you are using to record the ideas:

What are some needs we see in our community	What talents/abilities do we have as a family to contribute to the community

Start with column one. What are some needs that we have seen in our community? Is there a neighbor that needs lawn care? Is there a young family that could use child care? Is there a group that we can contribute money to? Be creative and make sure all family members share their ideas.

Move to column two. Think about the talents and abilities your family members have to contribute. Include time, knowledge & abilities in areas like coaching or tutoring, compassion to care for others, love of animals, money, etc.

Make the connection. Are there talents and abilities that you listed in column two that could meet a need listed in column one? Draw a line to connect the talents that can meet the needs. It is improbable that your family is going to be able to meet all of the needs of your community, so be honest and realistic.

Make a plan! Is there an opportunity to contribute to a need in your community that your family has talents to accomplish? Is there something you can plan for in the near future (in the next 6 months)? Is this something that is an ongoing contribution or will it be a one-time event?

Individuals and families who contribute become stronger and more resilient and recognize that they are valuable and contribute to making the world a better place.