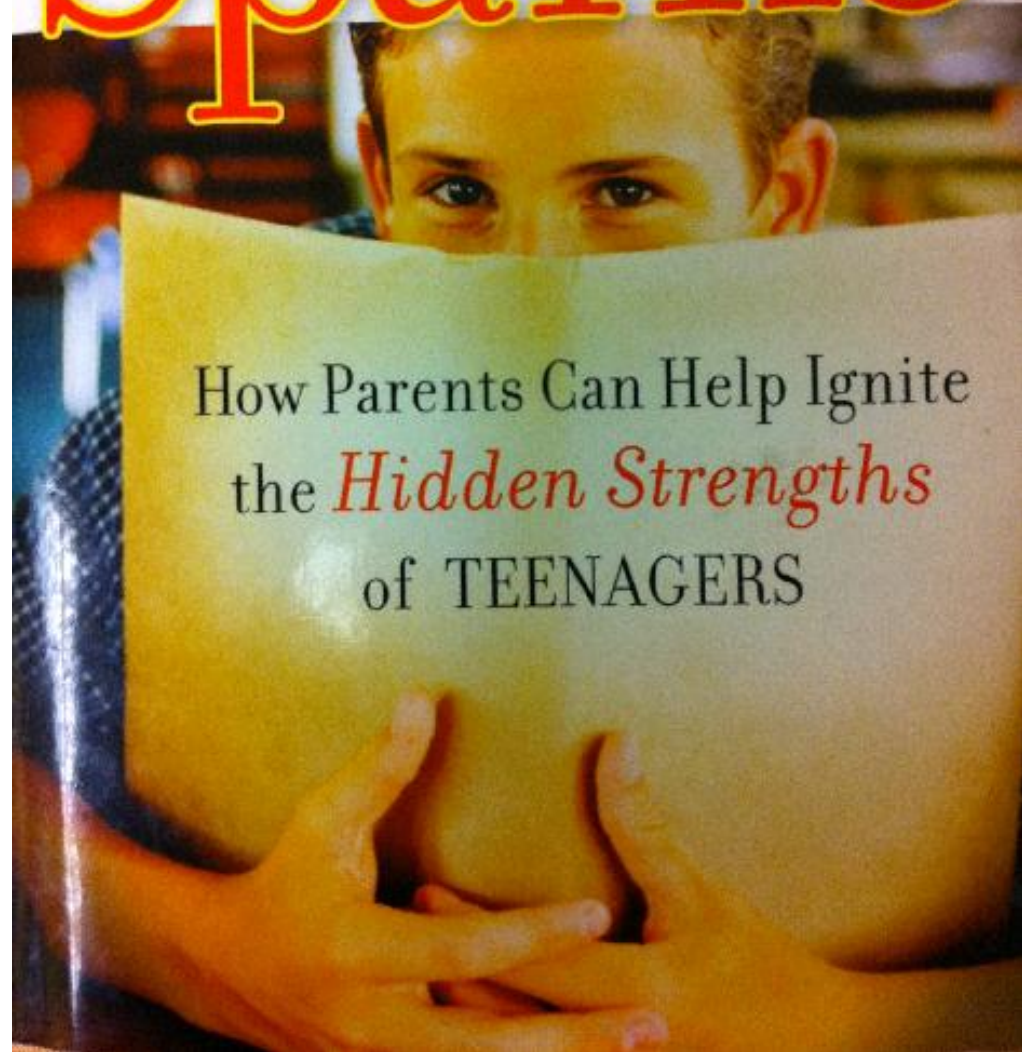
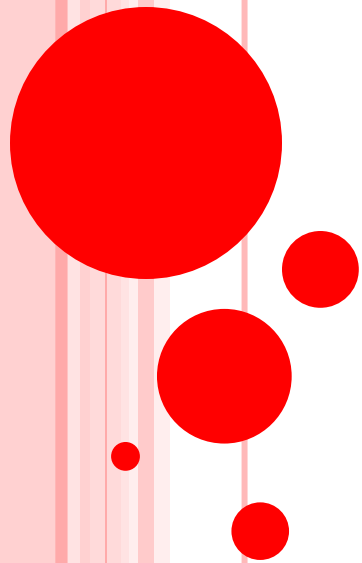


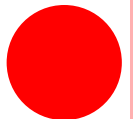
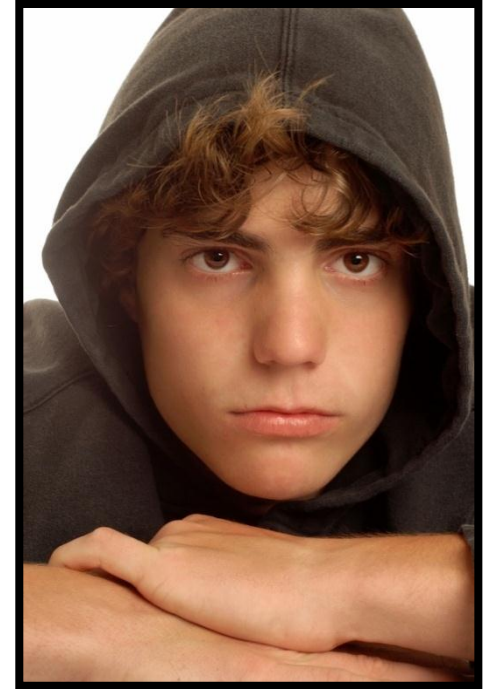
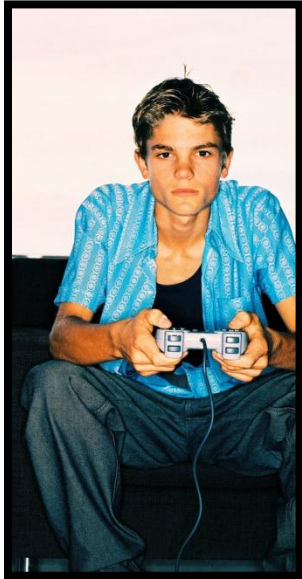
Sparks



How Parents Can Help Ignite
the *Hidden Strengths*
of TEENAGERS

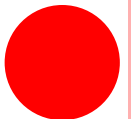


DOES THIS LOOK FAMILIAR??



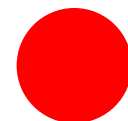
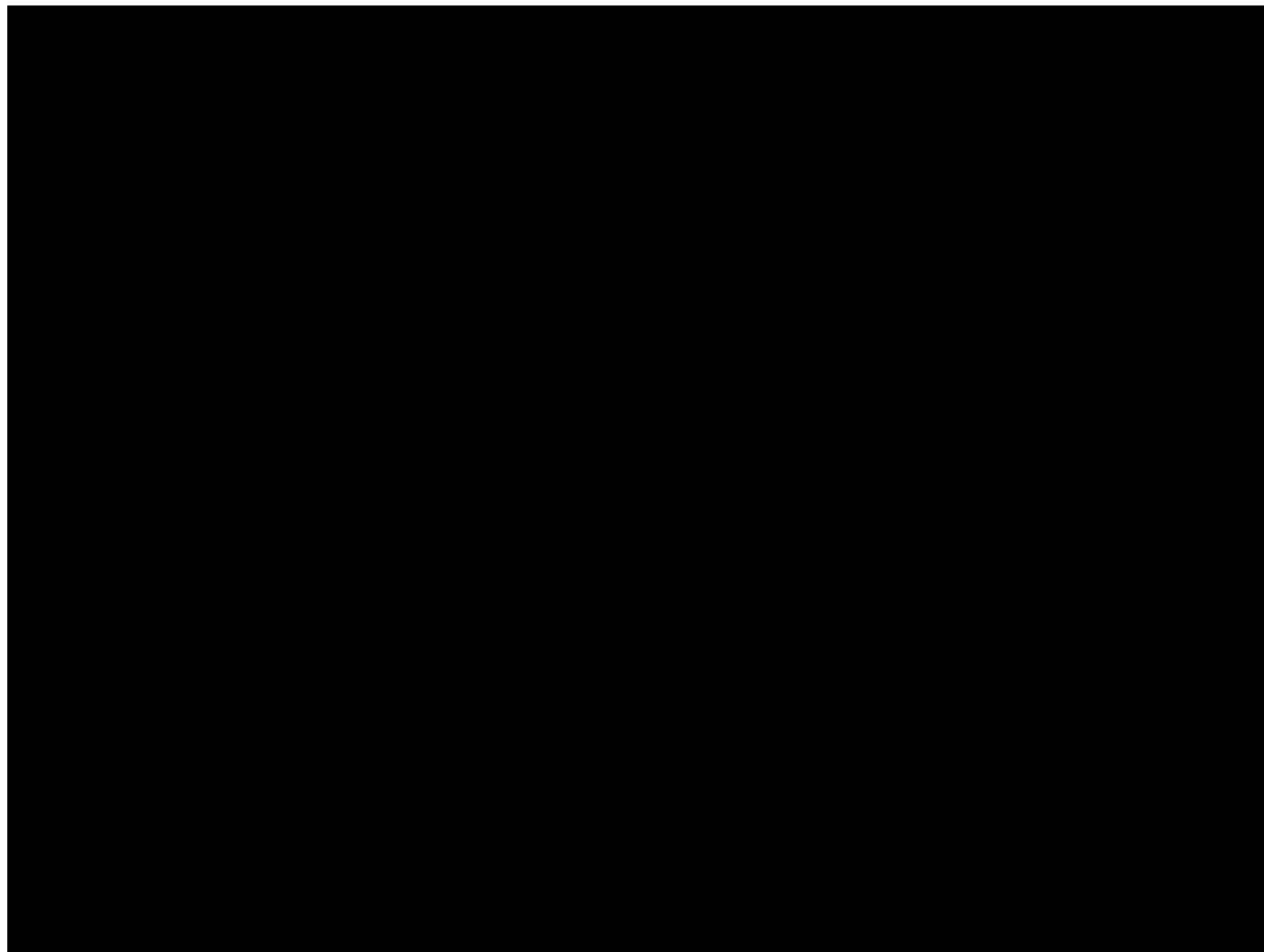
KATY PERRY - FIREWORKS

- [Fireworks video with lyrics](#)
- Ignite the light... let it shine
- Show 'em what you're worth
- Let your colours burst
- Always been inside of you... time to let it through
- Make 'em go Oh Oh Oh!

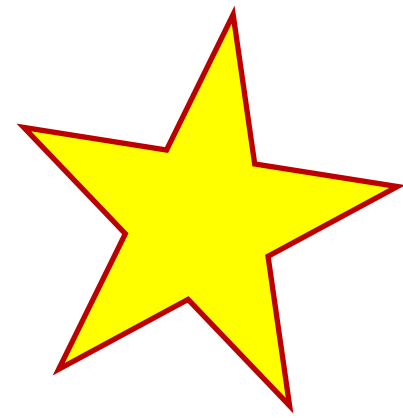


DR. PETER BENSON

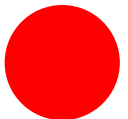
SEARCH INSTITUTE



SPARKS



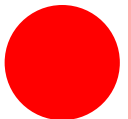
- *Spark n 1: an incandescent particle 2: a glistening particle 3: a flash of light 4: a vital, animating, or activating factor*
- Every teenager has a spark – something inside that is good, beautiful, and useful to the world. Sparks illuminate a young person’s life and give it energy and purpose (*Peter L. Benson – Sparks*).



SPARKS

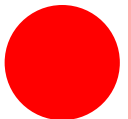
○ 3 Categories of Sparks

- Skill / Talent
 - Something they are good at like piano, soccer or writing
- Commitment
 - Something they care deeply about such as environment, animals, helping people, or serving their community
- Quality
 - Something that they know is special such as caring, listening, empathy, or being a friend



A WORLD OF SPARKS

- Art
- Athletics
- Building
- Computers
- Drama & Theatre
- Entrepreneurship
- Languages
- Leadership
- Learning
- Mechanics & Engineering
- Music
- Photography & Film
- Relationships
- Solving social problems
- Writing



10 MOST COMMON SPARKS AMONG AMERICAN ADOLESCENTS

1. Creative arts (music, art, drama, dance, so on)
2. Athletics
3. Learning (academic subject areas)
4. Reading
5. Helping, serving, volunteering
6. Religion, spirituality
7. Nature, ecology, environment
8. Being committed to living in a specific way (with joy, passion, tolerance, caring, or the like)
9. Animal welfare (caring for, advocating for, protecting endangered species and so on)
10. Leading



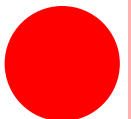
THE THREE MOST COMMON SPARKS

BOYS

- Creative Arts: 43%
- Athletics: 37%
- Learning (history, science, literature, etc.): 18%

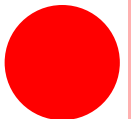
GIRLS

- Creative Arts: 65%
- Learning (history, science, literature, etc.): 18%
- Athletics: 16%



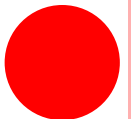
THE SPARK INTERVIEW

- 100 % Get idea of SPARK
- 2/3 Can name at least one spark
- 20% Can name their spark with a little nudge from a caring adult
- Total ~ 86% of teens can name their spark(s)
- **HOWEVER...**



NAME, KNOW OR NOURISH THEIR SPARK...

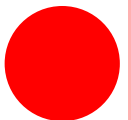
- 50% said that a family member knows their spark
- 35% said that an adult at their school can.....
- 23% Faith community
- 21% After school programs
- 6% Neighbors



SPARK CHAMPIONS

- Nobody grasped you by the shoulder while there was still time. Now the clay of which you were shaped has dried and hardened, and nothing in you will ever awaken the sleeping musician, the poet, the astronomer that possibly inhabited you in the beginning.

ANTOINE DE SAINT-EXUPERY



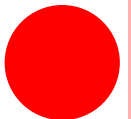
HUMAN THRIVING

○ Definition

- Living a life that exudes joy and energy in becoming one's best self, a process that should begin in childhood and adolescence.

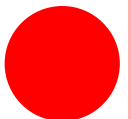
The Thriving Formula

- **SPARK + 3 SPARK CHAMPIONS + OPPORTUNITY**



SPARK + 3 SPARK CHAMPIONS + OPPORTUNITY

- Have higher school attendance rates
- Are more likely to be socially competent
- Are more likely to be healthy physically
- Are more likely to volunteer to help other people
- Are more likely to be good stewards of the earth and its resources
- Are more likely to have a sense of purpose
- Are more likely to report that” I am on the road to a hopeful future”
- Are less likely to experience depression
- Are less likely to engage in acts of violence toward others



SPARK SELF-TEST

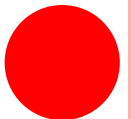
- Did you have a spark or sparks at age sixteen?
 - ❑ Yes
 - ❑ Not Sure
 - ❑ No

What was (were) your spark(s) at age sixteen?

- List / Describe

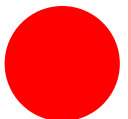
Which of these people gave your spark a lot of support, affirmation, and encouragement? (Check each that applies.)

- ❑ My mother
- ❑ My father
- ❑ A teacher
- ❑ A friend my age
- ❑ A grandparent
- ❑ A youth worker or youth leader
- ❑ An aunt or uncle
- ❑ A neighbor
- ❑ Other (Explain)



YOUR TEEN'S SPARKS

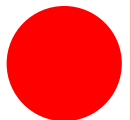
- What are your child's current or potential sparks?
 - Explain
- When did you first understand about or see these sparks? Are they new, or did they show up earlier? When?
 - Explain
- Who are the adults who know and support your teenager's spark? What do they do to help the spark shine?
 - Explain



TALK TO TEENS ABOUT SPARKS

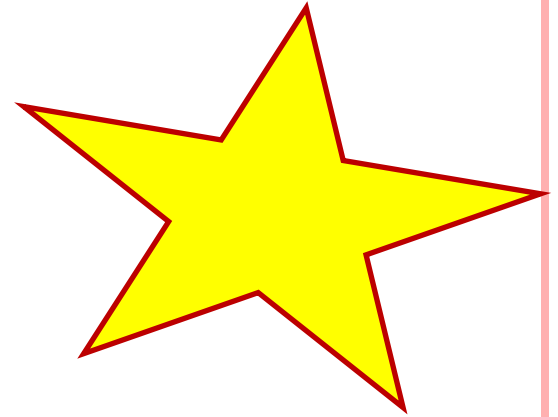
CONVERSATION STARTERS

- What makes you want to jump up out of bed in the morning?
- What makes you dread getting out of bed?
- Which day is your favorite day of the week? What do you look forward to doing that day?
- If you could spend a whole day doing anything you wanted, and money and resources were unlimited, what would you do? Why?
- What makes you feel really happy?
- What is your special talent?
- What are you interested in doing (or learning)?
- What have you done that you're most proud of? Why?
- Who are your adult role models? Why?
- What do you think is your purpose in life?



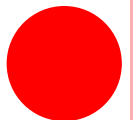
:01

**TAKE A SECOND.
MAKE A DIFFERENCE.**

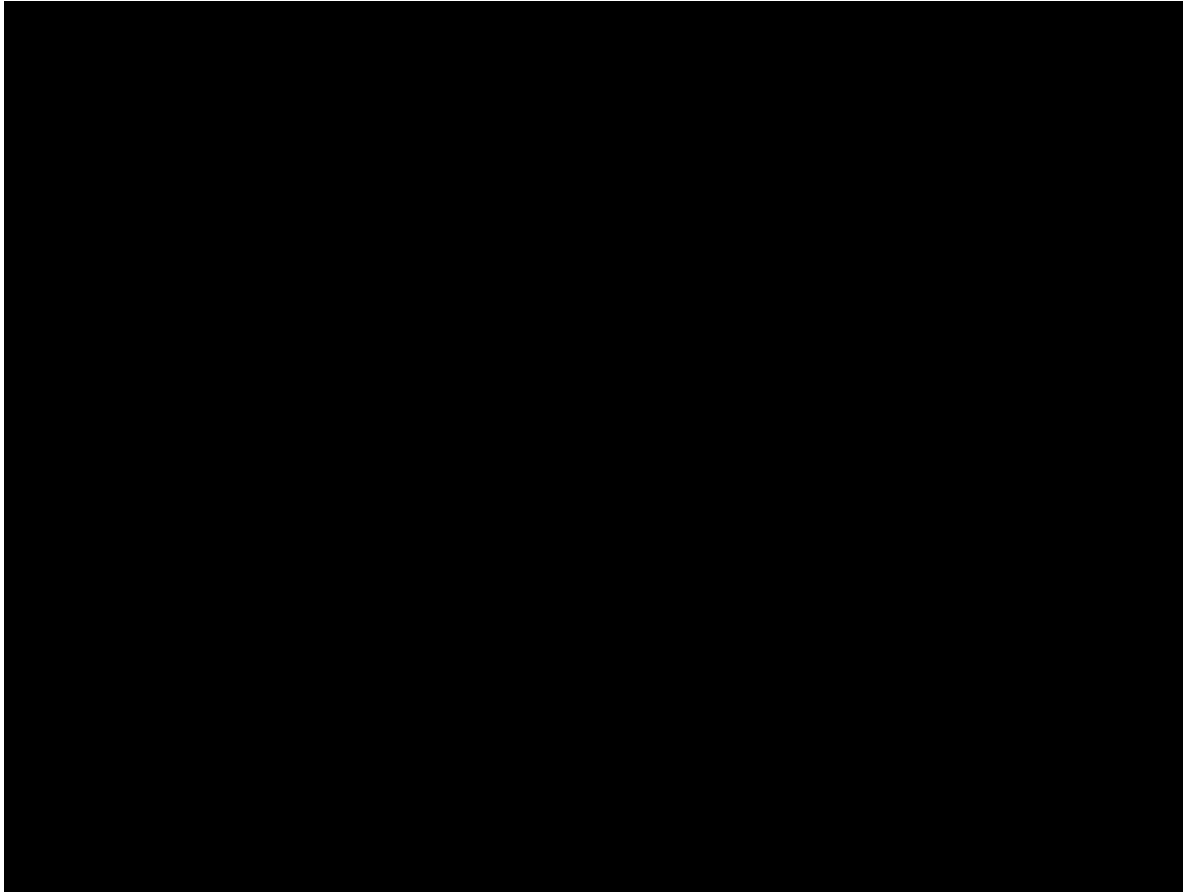


Carl Hendrickson and
his *Spark Champion*,
Simone Gauthier
(Aboriginal Advocate)

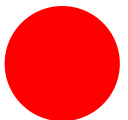
**Dr. Knox Aboriginal Eagle Award Winner
2010-2011**



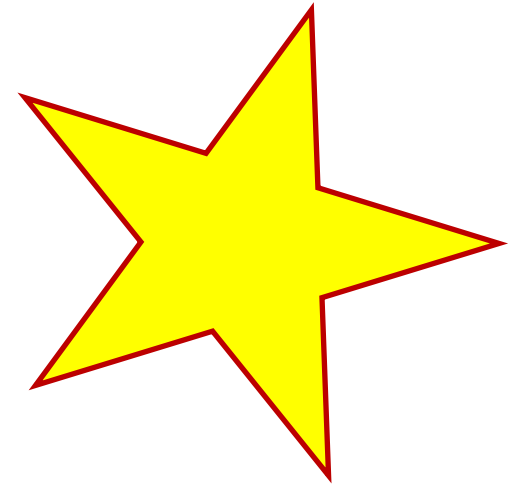
J MAC CLIP



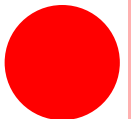
SPARK + SPARK CHAMPION + OPPORTUNITY



BE THE CAPTAIN OF YOUR TEEN'S SPARK TEAM



“Love is knowing a person’s song so well that you can hum it back to them on the days they can’t remember the tune.” Maya Angelo



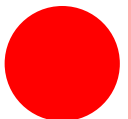
RESOURCES

○ Books

- *Sparks: How Parents Can Help Ignite the Hidden Strengths of Teenagers* By Peter L. Benson, Ph.D.
- *Parent, Teacher, Mentor, Friend – How every adult can change kids' lives* By Peter L. Benson, Ph.D.

○ Youtube links

- TedxTC Peter Benson – Sparks: How Youth Thrive
<http://www.youtube.com/watch?v=TqzUHcW58Us>
- J Mac Hoop Dreams ESPN
<http://www.youtube.com/watch?v= JQcJ-wr0M>



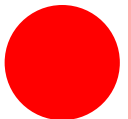
YOUR TEEN'S SPARKS

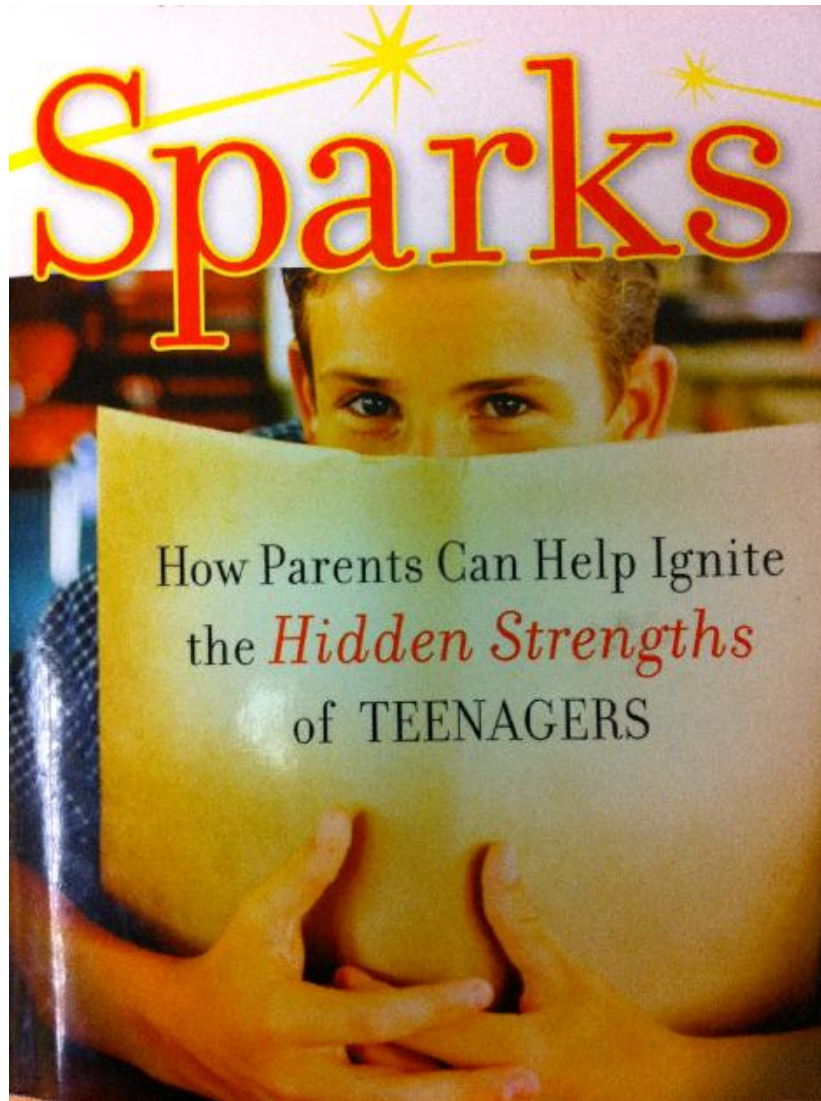
IF YOU HAVE A SPOUSE, PARTNER OR ANOTHER SIGNIFICANT ADULT IN YOUR LIFE WHO KNOWS YOUR CHILD WELL, IT WOULD BE USEFUL FOR HIM/HER TO ANSWER THEM TOO. BUT DO SO SEPARATELY. AFTER COMPLETED – SHARE YOUR ANSWERS.

- What are your child's current or potential sparks?
 - Explain

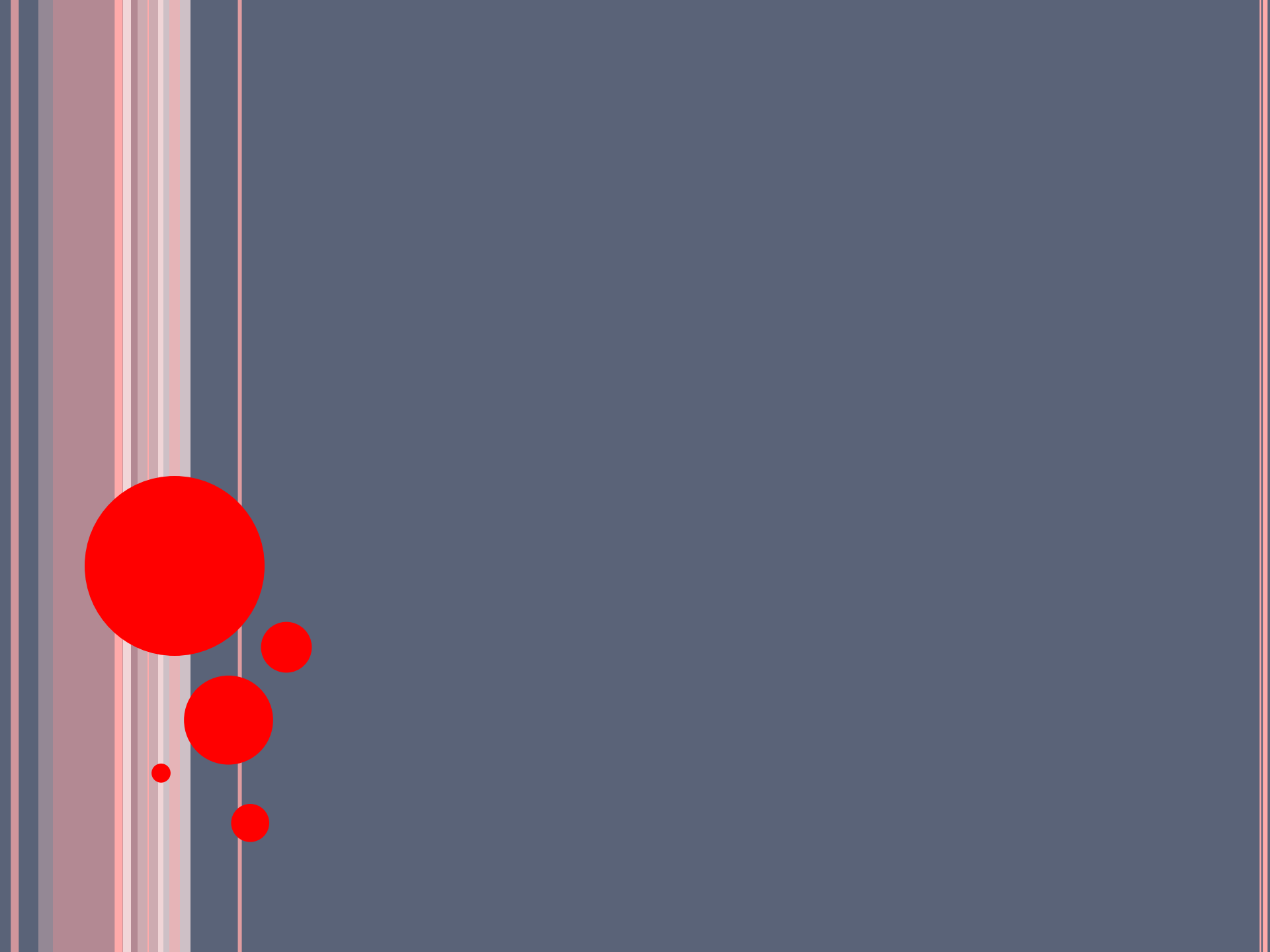
- When did you first understand about or see these sparks? Are they new, or did they show up earlier? When?
 - Explain

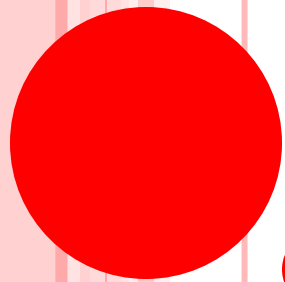
- Who are the adults who know and support your teenager's spark? What do they do to help the spark shine?
 - Explain





**Presentation by: Jaci Guignard (DRK counsellor)
Dr. Knox PAC Meeting
Tuesday, February 21, 2012**



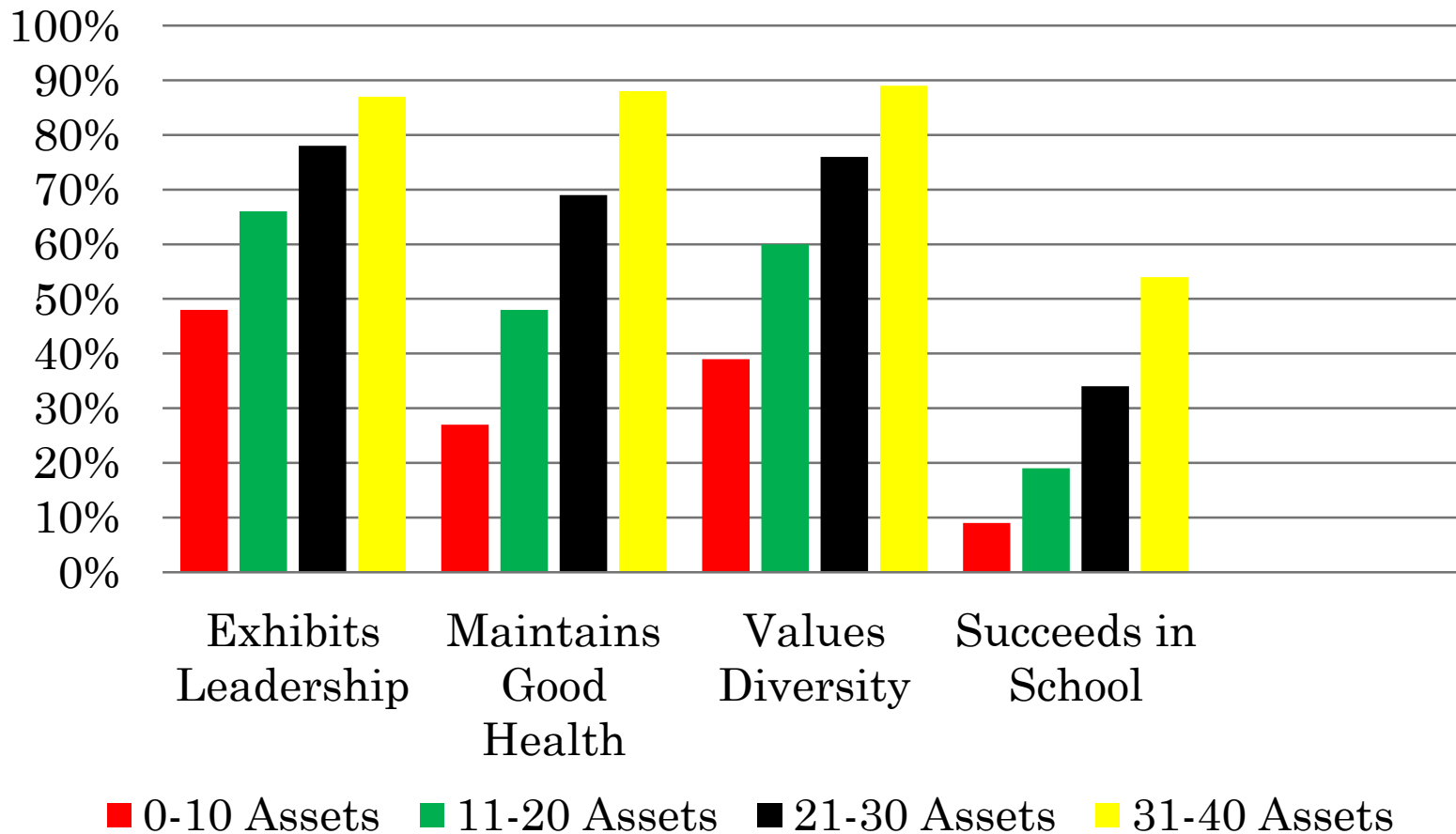


40 DEVELOPMENTAL ASSETS

● Search Institute

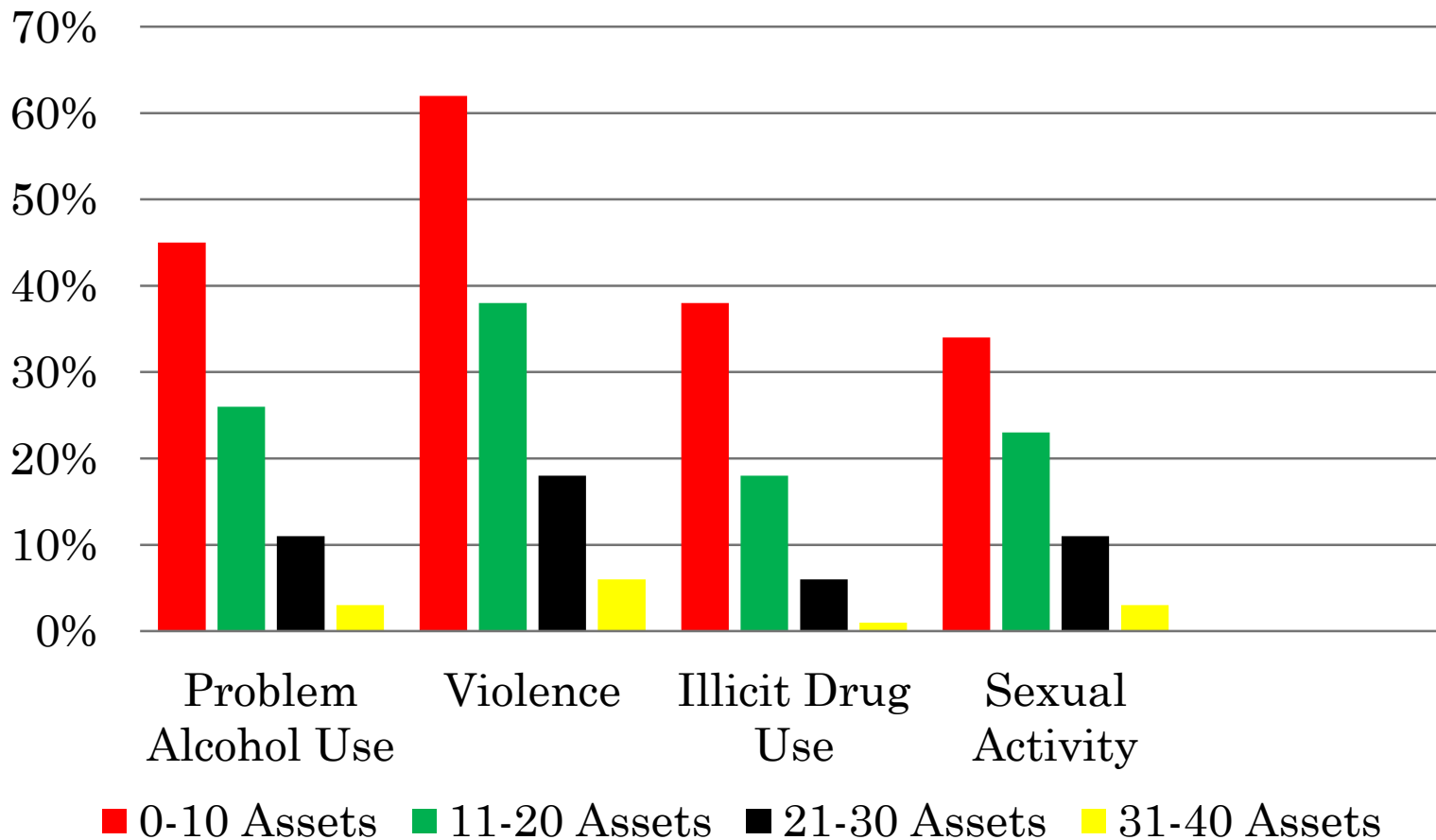
THE POWER OF ASSETS

Promoting Positive Behaviors and Attitudes



THE POWER OF ASSETS

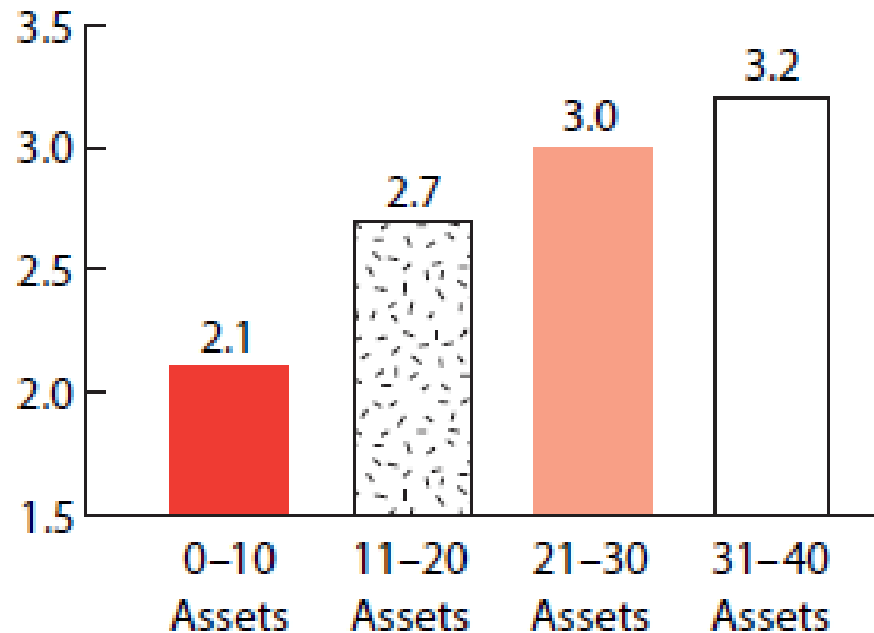
Protecting Youth from High-Risk Behaviors



ASSETS AND ACADEMIC SUCCESS

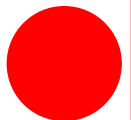
FIGURE A

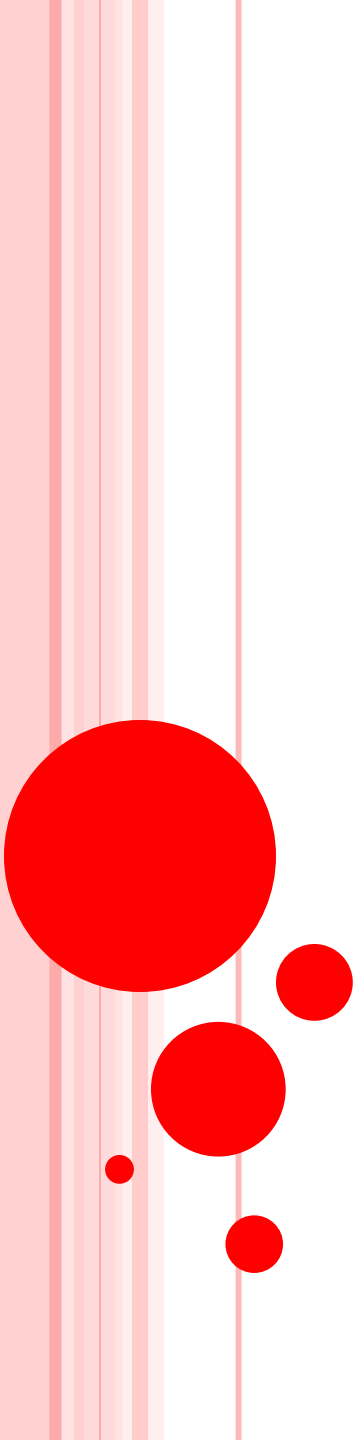
Average GPA* by Levels of Assets



*4.0 grade point scale.

N = 325 6th- to 12th-grade students in St. Louis Park, Minnesota, 1998.





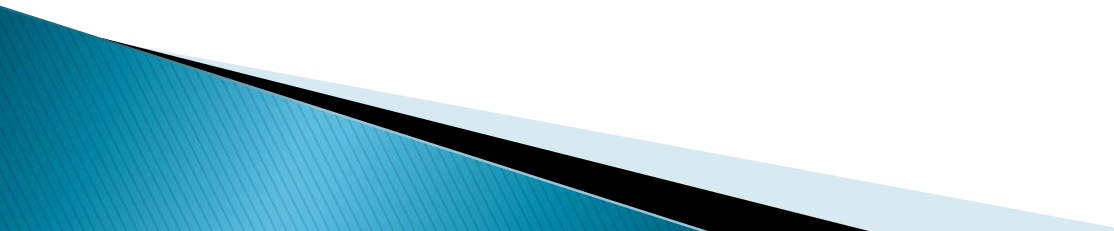
“Love is knowing a person’s song so well that you can hum it back to them on the days they can’t remember the tune.”

M. Angelo

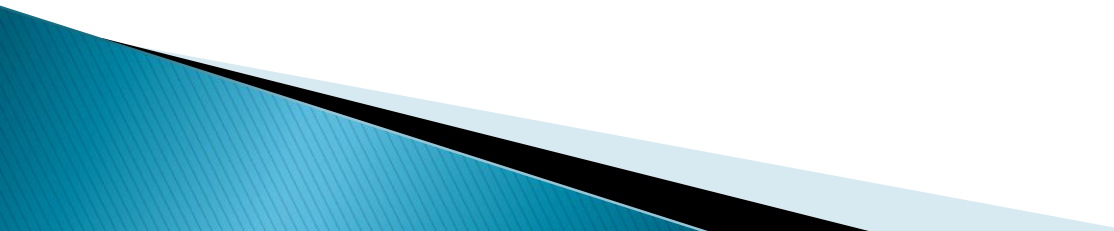


NGE 40 Assets Data

External Assets

- ▶ Family provides high levels of love & support
 - ▶ Child feels safe at home, school, & in neighbourhood
 - ▶ Child's closest friends model positive, responsible behaviour
 - ▶ Parents & teachers expect children to do their best
 - ▶ School provides clear expectations and consistent consequences
 - ▶ Child feels empowered = making them feel valued and valuable
- 

Internal Assets

- ▶ Child cares about and feels cared for by teachers and other adults at school
 - ▶ Positive Values: helping others, equal rights, stand up for one's beliefs, tell the truth, accept responsibility, healthy habits
 - ▶ Self-Esteem = child likes and is proud of the person s/he is
- 

Ethos

