



FOR YOUTH DEVELOPMENT™
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

**PROJECT
CORNERSTONE**
A YMCA of Silicon Valley Initiative

ABC Tips for Yard Duty

Life lessons about boundaries, friendship, and standing up for yourself and others, are beautifully illustrated in this month's ABC book, **ONE**.

ONE teaches youth that:

- *It just takes ONE person to make a difference!*
- Each of us has the power within to be *someONE* who chooses to react as an *UPstander*.
- *EveryONE COUNTS!*
- Forgiveness and second chances help *everyONE COUNT*.

Caring adults on campus can help by:

- Listening to youth. Showing empathy and validating their struggles with the complexities of human relationships.
- Practicing forgiveness and allowing opportunities for second chances to help create a caring school culture where *everyONE COUNTS!*
- *Noticing, naming and celebrating* the power that each of us has to influence others- the power of **ONE!**

ABC Skill Building Vocabulary:

COUNTS— *something that matters; something of value*

- We all *COUNT!* We are all valuable. Our feelings, words, ideas and actions matter.
 - Our feelings *COUNT*. We all have a wide range of emotions and feelings. At times, we can feel like the characters of blue, yellow, red, orange, purple, green and *ONE*.
 - In the story, the colors choose to take a stand and *COUNT*. As they turn into numbers, they *COUNT*.