

# Relationships highlighted in survey

Of the 40 Assets for Healthy Youth Development, spearheaded by the Search Institute and incorporated in many organizations in the Town of Amherst, three stand out for promoting healthy relationships. Asset #1 – Family life provides high levels of love and support. Asset #3 – A young person receives support from three or more nonparents. Asset #15– Young persons' best friends model responsible behavior.

When youth and adults in our community were asked, "What relationship in your life do you cherish, receive strength, support and value?" responses included: High school student, age 16: "The relationship that I cherish most is the one I have with my Aunt Jill. She is one of my favorite people in this world because she never fails to put a smile on my face. She is always willing to listen and give advice, and most importantly, her love is unconditional. I tell her things that I don't tell anyone else because I know she will understand and respect me as a young adult."

High school student, age 16: "A relationship that I value is that which I share with my best friend. We are constantly providing each other support and creating memorable life experiences together."

Kalyani, age 17: "I value my relationship with my mother. Ever since day one, she has always been there to support me and provide strength when others haven't. Her guidance made me who I am today, and I can't thank

her enough for it."

Adult: This is such a tough question. ~~It goes without saying that I cherish the relationship~~

with my husband of 47 years. We have grown up together, been best friends, supported each other's goals, and worked through tough times. And through that relationship, we have two wonderful children and an infant grandson who I cherish in a way beyond words.

Adult: The relationships that I cherish the most are with my five woman friends who are also there for me, to talk, to play and sometimes to cry with. These women have been a part of my life for 30 years and I cherish each day with them.

Adult: A relationship I truly cherish is my relationship with nature. I am a gardener and I love working in the dirt and growing flowers, fruits, and vegetables. Being on the river, paddle boarding, hiking, running, or cycling are some of my favorite outside activities. The need to be environmentally literate goes beyond our own cherished activities in nature, it is so important for our community and for our world for each of us to learn how to better support the health of our earth.

Adult: It is quite a challenge to identify one singular relationship that I "cherish most." After having just lost a family member, I am reminded of the importance of the people in my life and how deeply I cherish so many relationships for different, equally important reasons.

