

Here are 10 things you can do about Youth Prevention & Communication.

- 1 Never worry alone.
- 2 If you are worried about a child reach out sooner rather than later – research shows that early intervention makes a big difference.
- 3 If your child asks to talk to you, stop what you are doing and listen to them.
- 4 Create safe space for youth to talk. Let them know that it's okay to ask questions/disagree/talk about things that you disagree with; focus on their feelings rather than your own.
- 5 Talk about your values with your children, even if it feels like they may not be listening.
- 6 Model healthy behavior. Model positive coping mechanisms such as exercise, don't use alcohol or drugs to cope. Ask for help when you need it.
- 7 Set clear boundaries and maintain consistent consequences (Youth with harsh rules or no rules are most likely to experiment with drugs or alcohol).
- 8 Remind yourself and your children that you love them even when you don't like what they are doing.
- 9 Children are aware of concerns in the family, rather than shielding them from problems, provide them with age appropriate information. This helps in reducing anxiety and worry.
- 10 Properly dispose of unused/expired medications. 24/7 drop boxes are located at police stations across the region.



JUPITER HALL

