Mind 4 Health

Creating safe spaces to talk to your youth doesn’t have to take a lot of work. Find moments in your everyday routines.

**GRAB THE MOMENT**

**In the car**
The car is a private space where your youth doesn’t have to look at you but can still hear what you have to say.

**After a Show**
Storylines and characters pave the way to have great convo's about reinforcing positive behaviors and discussing the consequence of risky behaviors.

**Through texting**
It's an easy, acceptable way to reinforce messages discussed in-person.

**TIPS FOR TALKING TO YOUTH**

**SHARE** what you've been thinking about, rather than waiting for your youth to talk.

**LISTEN** to their point of view, even when it's difficult to hear.

**EXPRESS** your opinion without putting down theirs; acknowledge that it's okay to disagree.

Text "mind4health" to 65664
HealthyNativeYouth.org

#Mind4Health
#TalkingIsPower
#HealthyNativeYouth