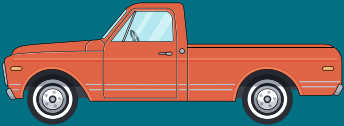


Mind 4 Health

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