

Steps for Supporting Youth

When they see something concerning online



Start the Convo

Normalize the topic of talking about concerning online messages by letting youth know you're around if they need to talk.



I'm here if you ever want to talk about anything...

Listen & Ask Questions

Validate youth's feelings and concerns about a friend while you ask questions to dig a little deeper.



Have you seen anything online that makes you worried about someone?

Connect to Support

Connect youth to resources to:

- Find youth's Trusted Adult(s)
- Connect adult(s) and youth to Counseling Services & Resources
- Follow-up



I can give your number to the Tribal clinic counselor so she can follow-up with you.



Scan the QR code using your phone for Native Youth Support Resources

<https://linktr.ee/npaihbt thrive>

TEXT
"MIND4HEALTH"
TO
65664