Steps for Supporting Youth

When they see something concerning online

1. **Start the Convo**
   - Normalize the topic of talking about concerning online messages by letting youth know you’re around if they need to talk.

2. **Listen & Ask Questions**
   - Validate youth’s feelings and concerns about a friend while you ask questions to dig a little deeper.

3. **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

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

https://linktr.ee/npaihbthrive