

Be a Youth First Family

Resources from Youth First Social Workers and Programs for parents and caregivers to use in the home.

High School Student Activity

Creating and Keeping Healthy Relationships with Your Teen(s)

- **Read the same chapter of a book each day and discuss it.**
- **Find a mutual interest in a TV show or movie and watch it together.**
- **Leave positive and encouraging notes for them around the house.**
- **Be present.**
- **Get up and move. Do activities together that at least make you break a sweat.**
- **Get lots of fresh air.**
- **Discover their abilities and challenge them.**
- **Be a good listener. Sometimes they just need you to listen. No advice, no directing...only listening.**
- **Validate their feelings.**
- **They are never too old for hugs!**
- **Eat at least one meal together each day.**
- **Have schedules, rules, consequences and chores.**
- **Don't expect perfection and have grace for one another.**
- **Encourage teenagers to follow their passions and help them learn how to go about this.**
- **Encourage a growth mindset and set goals together.**



About Youth First, Inc.:

Youth First's mission is to strengthen youth and families through evidence-based programs that prevent substance abuse, promote healthy behaviors, and maximize student success. Youth First partners with 81 schools across 10 counties to provide 60 Master's level social workers who assess needs, develop and implement prevention plans, and connect students and their families to community resources. Youth First also offers afterschool programs involving parents and caregivers to strengthen families. For more information about Youth First, please visit youthfirstinc.org or call 812-421-8336.