

Be a Youth First Family

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

Middle School Kids

Be a Youth First Family—Visualization Exercise

Visualization:

You are lost at sea on a stormy night. You see a glimmer of light leading you to land. If you row hard, you can make it. Someone waits for you with a warm meal, dry clothes, and a place to rest.

Draw, color, or paint an image of a lighthouse as a source of guidance in your life. Depict yourself somewhere in the image, either in a boat on the water, in the lighthouse, etc. Add words to represent your sources of guidance in life (i.e. faith, family, hope).



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.