

Be a Youth First Family

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

High School Teens

“Night Out—But In”

Can you have a “night out” without leaving the comfort of your home? Sure!

Despite how much we may yearn for our sweats when we are working away from home all day, they may get old eventually.

Lots of us have fun weekend outings we look forward to all week long where we can dress up and get out to do something cultured or meaningful to us. This COVID-19 quarantine situation may offer an opportunity to have the best of both worlds!

Set a date with your family where you all shower, dress up, do your hair and makeup, and meet on the couch at a certain time. Agree on some virtual options for your night out in your living room. Lots of museums are giving virtual tours, student performers are posting their cancelled performances, and zoos are offering learning opportunities for the whole family!

Use some of these links to get started and enjoy your “night out—but in!”

<https://www.travelandleisure.com/attractions/museums-galleries/museums-with-virtual-tours>

<https://www.nytimes.com/2020/03/17/theater/coronavirus-school-musicals.html>

<https://www.houstononthecheap.com/virtual-field-trips>



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.