

5 EASY WAYS TO

Support Your Adolescent's Mental Health

1 Help your teen know they belong in the school community.

- Talk about school often at home. Tell your teen what you see them learning and achieving.
- Support your teen's participation in extracurricular activities.

I know your classes are more challenging this year, but I'm proud of how you've _____

2 Support your teen's relationship with their teachers.

- Ask your teen which teachers or other adults at school they feel supported by.
- Make sure the teacher or school counselor knows if your teen feels lonely or unwelcome at school.

Who can you talk to if things are tough at school?

3 Experience family and school traditions together.

- Encourage your teen to share with their friends and teachers about cultural or family traditions that are important to your family or community.
- Participate in school traditions with your teen (*Example: Attending school concerts*).

Let's celebrate together! Remember last year when...

4 Support behaviors that build success and well-being.

- Talk about and model healthy sleeping habits (*Example: Early, regular bedtime*).
- Promote activities that align with your teen's interests and that build problem solving skills (*Examples: Sports, yoga, music, theater*).

What do you need to do today to meet your goal? Do you need any help from me?

5 Continue to build nurturing relationships at home.

- Have fun together as a family by playing games, making food together, etc.
- Have simple, daily conversations with your teen about school, friends, and more.

How are you feeling about _____?