

PARENT & GUARDIAN SUPPORT



MODEL RESPECT

- Ask genuine questions and listening carefully.
- Treat family, friends, and even strangers with kindness. Speak kindly about these people in front of your child.
- Practice self care and put an emphasis on getting enough rest and doing things that you enjoy.



LEARN MORE

- PPNM Conversation Tips for Parents:
<https://preventionpartnersnm.org/resources/partners-hip-for-drug-free-kids-resources/>
- Choose Kindness Project Resources:
<https://thechoosekindnessproject.org/resources-support/>
- NAMI Family Support:
<https://www.nami.org/Your-Journey/Family-Members-and-Caregivers/>



START THE CONVERSATION

88% OF TEENS SAY THE HOME IS THE MOST EFFECTIVE PLACE TO LEARN KINDNESS, COMPASSION AND INCLUSIVITY

-The Choose Kindness Project



DISCUSS INCLUSIVITY

- Ask open-ended questions such as: "I saw something on the news today about bullying. What do you think can be done to help prevent it?"
- "How would you handle a situation if your friends were being unkind or excluding someone?"
- "What do you think are some challenges teens face today when it comes to being kind to one another? How can we overcome those challenges?"



ENCOURAGE EMPATHY

- Encourage teens to express, value, and recognize their emotions.
- Empathy starts with connection. Ask questions like: "Who is someone you feel a connection with, and what makes that connection strong?"
- Use TV shows or movies as teachable moments to observe and interpret emotions in others. Try asking questions like: "What do you think the characters are feeling in this situation? "Why? What clues help you understand their emotions?"

Scan for more information from Prevention Action Alliance