



With Communication, there's more Connection



We all have had different experiences in our lives which shape the way we interact with one another. Many of our community members have shared that talking about relationships can be hard because they may feel embarrassed, scared, or unsure how others may respond. But, we also know that most of our community members seek their friends and family first to get support or advice. Feeling connected to family, schools, and community can help reduce violence and improve mental health. **With communication, there's more connection. Let's start the conversation!**

1. Create time together: Have family fun nights where you connect with one another by talking, playing games, and spending quality time. Disconnect from social media and connect with your family
2. Invest in learning: Connect with other parents and youth to talk about relationships. There are amazing educational groups, workshops, and resources within the community. Lean in to learn new perspectives and skills that can open up new dialogues within your family.
3. Create a safe space to express emotions: Violence can leave an impact on the family as a whole. Create safe spaces to express emotions as a family, listen without judgement, and develop positive healthy solutions together.
4. Lead with strengths: Lift your friends and family up by reminding them of what makes them amazing, strong, and wonderful. Remind them of their worth and build up their self-image.



For more information or for resources head to
<https://www.communitysolutions.org/prevention-services/>
or <https://www.scyouththrive.org/>

