

ACTIVITIES FOR PREVENTION

GET INVOLVED IN YOUR COMMUNITY

Encouraging your child to participate in community programs and groups shows them that they have support both at home and in their neighborhood.

BE CREATIVE

Art and music are great ways to bond with your child while teaching them healthy coping skills.

BE ACTIVE TOGETHER

Build healthy habits as a family and use these activities as an opportunity to talk about other health choices, such as how to avoid drugs and peer pressure.

HOST A PLAYDATE

Being the host for play dates supports your child in building healthy friendships while reinforcing that home is a safe space for them to build relationships.

KID'S CHOICE

Allowing your child to choose an activity shows them that you care about their interests and opinions.