Be a Positive Role Model: Children and youth learn by your example, not just by what you tell them. Be fair and respectful in all that you do.
You Have The Power: Promote positive thinking by reminding yourself of three good things every day. Make it a family tradition at dinnertime.
Young People Still Need Support After Violence Happens:
Be there for them, spend more time with them, and listen if they want to talk about their feelings or worries.
Good Friends Matter: Hang out with friends who are doing good things in school, in the community, and for their families.
Young People Have A Lot to Offer if You Let Them: Help connect them to businesses and organizations that can value their energy, vision, and potential.