

What helps kids and teens thrive?

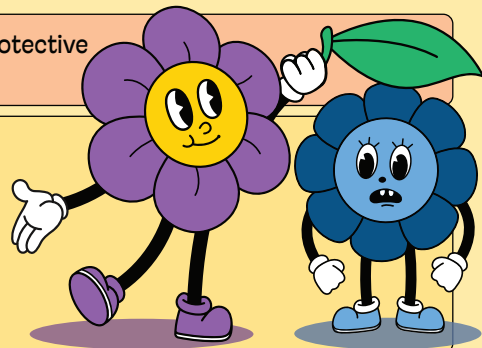
Positive Childhood Experiences (PCEs) help kids and teens have *strong relationships, feel like they belong, and learn how to handle life's ups and downs.*

You don't need grand gestures to make a difference; it's the everyday moments that matter. Together we can all create Positive Childhood Experiences, which can help kids deal with life's stresses now and in the future.

Even the smallest acts make a lasting impact.

They can also serve as protective factors against suicide.

When kids feel supported by parents, caregivers, and other supportive adults in their families or communities, they grow up healthier and more confident.



Built for 13- to 25-year-olds in California, Soluna provides 1-on-1 chatting with professional coaches. Plus: free-writing journals, de-stressing tools, and forums where you can get and give advice (or vent). Free and confidential. [Solunaapp.com](https://solunaapp.com)



Get coaching and mental health support — for a parent, caregiver, or kid (up to age 12) in California. English and Spanish coaches. Video or chat. Free and confidential. Hellobrightline.com/brightlifekids

Learn more tips for supporting youth and suicide prevention at NeveraBother.org

How can I create Positive Childhood Experiences?

Build nurturing, supportive relationships

- ✦ Show genuine interest by asking about hobbies, friends, school
- ✦ Spend quality time together without distractions
- ✦ Show love and encouragement through words and actions

Help them feel like they belong

- ✦ Encourage them to join school, spiritual, or community activities
- ✦ Help them connect with supportive friends and other caring adults
- ✦ Celebrate their culture, traditions, and identity

Create a safe, stable environment

- ✦ Make sure they have a space where they feel heard and protected
- ✦ Set routines and clear expectations at home
- ✦ Listen and respond to them without judgment

Teach social and emotional skills

- ✦ Help them name and manage their emotions
- ✦ Model healthy ways to handle challenges and practice self-care
- ✦ Remind them they're **never a bother** and can always come to you



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