



# Your Everyday Moments Are Protecting Them.

Connection is prevention.

Start small, start today.

Protecting kids from substance use doesn't start with a "big talk"—it starts with thousands of small moments. Laughing over dinner, listening in the car, or playing a game together builds a foundation of trust and strength.

When children feel seen and connected, they develop the resilience to navigate challenges.

## Device-Free Dinner

- Make meals a phone-free zone. Ask about the best and hardest parts of their day.

## Share an Activity

- Ask what they would like to do. Play a game, go to the park, or work on a project side-by-side.

## Spark Conversation

- Use movies or songs as a bridge. "What do you think of that character's choice?"

You are your child's best protection. Build bonds that last.



## Visit us for resources:

- Find free local activities for your family.
- Access youth and family resources.
- Take a free, 5-minute assessment to learn about protective factors

