

Connection Is Prevention: Building Bonds That Protect

Prevention Starts Here. In the **Laughter**, the **Conversations**, and the **Time** We Share.

Strong, connected relationships are one of the most powerful tools we have to protect our youth from substance use. It's not about a single big talk—it's about countless small moments.

Explore Conversation Starters

See Connection Ideas

Discover Safe & Affordable Activities

Why Connection Is Your Superpower

Prevention doesn't always look like a serious lecture. More often, it looks like laughter during a family dinner, listening on a car ride, or the teamwork of a game night. These moments of genuine connection build a foundation of trust, resilience, and open communication.

When young people feel seen, heard, and bonded to their family and community, they develop the strength and self-worth that are critical protective factors against the risks of substance use. Shared time builds stronger relationships, and stronger relationships mean lower risk.

Connection, in all its everyday forms, is prevention.



Your Toolkit for Connection

You don't need a grand plan. Start small, start today. Here are simple, powerful ways to build protective bonds.

Everyday Moments Matter

Dinner Unplugged: Make meals a phone-free zone. Talk about the best and hardest parts of your day.

Shared Activities: Sing and dance together, go for a walk, watch a movie, play a sport, or work on a project side-by-side.

The Power of Presence: Sometimes, just being there—driving them to practice, sitting in the same room—opens the door to conversation.



Greater New Bedford Organizations For Youth

Engaging young people in positive communities is one of the most powerful forms of drug prevention. If you are looking for positive, safe, and affordable programs for the youth and teens in your life, the list below is a curated collection of local opportunities to help them thrive.

Search Organizations



View free things to do with your child in the Greater New Bedford Area

PACE Family Calendar of Events

New Bedford Libraries Calendar of Events

New Bedford Parks and Recreation Calendar of Events

Spark the Conversation

Talking about tough topics is easier when you're already in the habit of talking about everything else.

Ask open-ended questions.

"What was something that made you smile today?" instead of "How was school?"

Listen more than you speak.

Show genuine interest in their thoughts and feelings.

Use media as a bridge.

Ask about characters' choices in a show or song lyrics.

Sample Conversation Starters

Take the Next Step

Take this free, five-minute, confidential assessment to learn about potential substance use risks and protective factors.

Substance Use Risk Assessment

Access Local Youth & Family Resources

Resources for caregivers on Alcohol and Substance Use

Learn About Positive Prevention

