

Tips to help your teen thrive

- Give them a good breakfast every day!
- Talk about their hopes and dreams.
- Make them feel comfortable asking you for help.
- Involve them in family decision-making.
- Know where they are going and who they'll be with.
- Tell them you love them.
- Let them know when they do a good job.

***The results
last a
lifetime!***



Tribal Logo

ABC Tribe
Suicide Prevention Program
Suicide Prevention Coordinator
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Give your teen
**opportunities,
skills,
recognition,
love, and
breakfast!**



Is your teen getting 4 kinds of medicine each day?

The teen years are a patchwork of excitement and confusion, and family relationships are the main source of physical, mental, spiritual, and emotional health. Everyone needs a balance in all 4 areas.



THE BAD NEWS:

Native youth tend to have higher rates of suicide and other risks.

A statewide Oregon survey found that on average Native youth had two more risks or behaviors that might lead to suicidal thoughts and behaviors than non-Native youth.

These risks/behaviors include things such as:

- Having been intentionally hit or physically harmed;
- Having been harassed;
- Driving in a car with people who have been drinking alcohol;
- Anxiety or depression;
- Violence; and
- Substance abuse.

THE GOOD NEWS:

Family support is the single most important protection against suicide attempts and other risky behaviors.

Even when teens face lots of problems, these supports make a huge and positive difference.



The things that help protect youth against suicide attempts are:

- Family support
- Eating breakfast every day
- Good physical health
- Spiritual and cultural roots in Native traditions
- Adults at school who support them