Hearing what our kids have to say can be stressful and cause worry. Take deep breaths. They are sharing and exploring and trying to figure out what the boundaries are. This is your chance to listen, open up the door for communication and learn about what youth know and what they need to still learn.

Listening is stronger than you think.

#STRONGERNH
THE PARTNERSHIP OFFERS:

Accurate and up-to-date INFORMATION about alcohol, tobacco and other substances to inform your decisions and the conversations you have with others.

Every day ACTIONS you can take in your home, school, community or worksite to prevent substance misuse and promote wellness.

CONNECTION to substance misuse prevention professionals, activities and resources.

STRONGERNH.ORG