



6 WAYS PARENTS & EDUCATORS CAN OBSERVE WORLD TEEN MENTAL WELLNESS DAY



1

“Have the students and teachers identify a self-care activity they will engage in.”

2

“When teens enter the building, think about how their day could have been so far. Maybe ask them about their day and really listen to what they have to say.”

3

“Find a fun way to connect with your teen. Choose an activity they like, and do it with them! Let them lead the activity. Some examples might be joining them in a video game, baking, or going for a hike.”





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4

“Take a minute to reflect on your teenage years and what you experienced and then think about what the current teenagers may be experiencing. We all can use a little slack now and then.”

5

“Driving in the car is the perfect place to connect with your teen. Start by talking about your teen's favorite song or musical artist. Music often elicits an emotional response, thus, music can be used to understand your teen's current emotional state.”

6

“Let teens know if you're picking up vibes that they might be upset about something. Express that if your hunch is right, you'd be willing to talk to them about anything if and when they're ready to.”

