



THE HEART OF PREVENTION

Helping Young People Lead, Resolve and Thrive

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YOUR VOICE MATTERS

Respectful Communication • Bullying Prevention • Seeking Support



WHY IT MATTERS

Every young person deserves to feel heard, respected and safe. Practicing healthy communication and knowing when to seek help are important steps toward preventing harm.



WHAT YOUNG PEOPLE CAN DO

- Pause before responding when emotions rise.
- Share your feelings without insults or threats.
- If bullying happens, step away if unsafe and tell a trusted adult.
- Check on someone who is being left out.
- Report hurtful online messages; do not share them.



START THE CONVERSATION

- What helps you feel respected and heard?
- When does a joke become hurtful?
- What can you say when you need a break?
- Who could you turn to for help?



★ LEADERSHIP IN ACTION ★

This month, practice one skill each week: listen, name a feeling, ask for a pause or reach out for help. Caring adults can practice alongside youth.



FROM JARED'S HEART

Caring adults: Listen, take concerns seriously and help young people stay safe.

**WE WORK TO PREVENT VIOLENCE BY HELPING YOUNG PEOPLE
RESOLVE CONFLICT, MAKE HEALTHY CHOICES AND
CREATE POSITIVE CHANGE.**

Your Voice. Your Leadership. Your Impact.