



THE HEART OF PREVENTION

Helping Young People Lead, Resolve and Thrive

SEPTEMBER 2026 • VOLUME 1 • ISSUE 1

BUILDING A STRONG START

Positive Friendships • Belonging • Asking for Help



WHY IT MATTERS

When young people feel accepted, supported and connected to trusted adults, they are more likely to make healthy choices, ask for help and avoid unsafe situations.



WHAT YOUNG PEOPLE CAN DO

- Choose friends who respect your values.
- Walk away from situations that could become unsafe.
- Speak with a trusted adult when something does not feel right.
- Include someone who may feel left out.



START THE CONVERSATION

- What helps you feel like you belong?
- What qualities make someone a good friend?
- Who are three adults you can turn to for help?
- What would you do if a friend pressured you to make an unsafe choice?



★ LEADERSHIP IN ACTION ★

This month, invite someone new to join your group, sit with you or participate in an activity.



FROM JARED'S HEART

Through leadership development, conflict resolution and hands-on learning, Jared's Heart of Success helps young people build the skills to make positive decisions and prevent violence.

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

Your Voice. Your Leadership. Your Impact.