

# BUILDING CONNECTION



## Why Connection?

One of the main drivers of mental health struggles among youth is a lack of connection. If a large group of adults in our community work on increasing connection opportunities for youth, we can make a real impact on the youth mental health crisis. Consider how you can create supportive relationships with the youth in your life.

## How Can I Start Building Better Connections?

**Make time to check in with your kids, your kids' friends, and other young people. A quick "Hey, how have you been?" can go a long way.**

**Plan weekly family and multi-family meals. Pizza night, taco night, ice cream sundae night--all are great opportunities to connect.**

**Create hobbies and rituals. It can be as easy as going for a walk or bike ride, watching a specific show, or having a themed movie night.**

**Encourage young people to join activities, attend events, and extend their social circle. These can be through school or places like the local library, parks & rec, or other organizations.**

**Invite youth to volunteer with you. Volunteering has many mental health benefits and can take some of awkwardness out of building a connection.**

**Get creative together. Arts, crafts, building projects, you name it. You do not need to be an expert.**