



Welcome to Early Adulthood

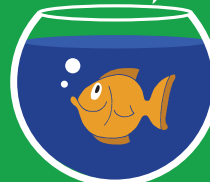
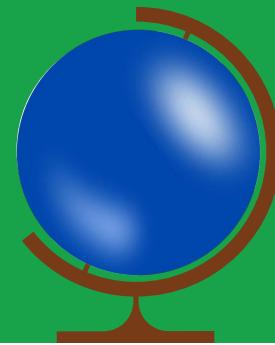
(Gr. 12+)

Help Children “Feel Good in their Own Skin” Appreciate & Value Differences

- Encourage your child to branch out and find opportunities to make new friends through clubs, sports, arts, or other interests
- Remind your child that being beautiful means being themselves; show them that you love them exactly as they are
- Practice and model positive “self-talk” and respectful language about/attitudes toward others
- Encourage genuine human connection with friends/family and opportunities for community with others

What’s Happening Now? (Typical)

- Physical: growth is generally complete, capable of reproduction, but the brain is still developing into the early twenties
- Cognitive: development of the prefrontal cortex responsible for planning, organizing, complex behavior, and personality continues to age 25
- Social/Emotional: possibility for increased stress and anxiety as young adults transition from home to the “larger world”, from childhood to adulthood



CONTENT BY



Food for Thought

Manage Stress & Anxiety Develop Resilience

- Remind your child that they are capable of recognizing stress and anxiety and using tools they have learned to reduce it: mindfulness practice, deep breathing, yoga, eating well
- If your child is away at school, help them identify good places to relax and de-stress on campus, help them plan for some time alone if they share a dorm
- Make sure your child knows how to access campus resources such as counseling centers, health services, dean of their program/academic advisors, residence advisors, on-campus faith-based groups or local church/synagogue/mosque
- Teach your child to practice “TLC”: Talk to a friend, Look for the Silver Lining, Change the Channel

TO DO

Establish Expectations, Set Boundaries and Appropriate Consequences

- If your child is away at school or in a structured gap year program, be aware of their policies and resources you can access as a parent
- Discuss drug and alcohol use and give your child accurate facts about the health risks associated with them
- Set expectations and goals together and take time to reflect on how things are going when your child is home or when you connect by phone
- Let your child know you love them unconditionally and believe in their ability to take advantage of the opportunities ahead of them

Balance the Need for Autonomy with the Need for Parental Supervision

- Help your teen find the college or university environment that’s right for him
- Consider a “gap year”, part-time school, or work if you think your child needs a little more time to be ready for college
- While you can no longer supervise your child directly when she is away, you can make regular times to connect and check in
- Actively listen and give your undivided attention when he does reach out
- Respect and encourage your child’s ability to take care of things for herself
- Know what resources are available to parents and students should you have a concern

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