

Support Thriving Youth
Tips for all adults

Ages 6 to 11

- Be a caring adult to the youth in your life.
- Be a positive role model—do things like volunteer in the community and be respectful of others.

Ages 12 to 15


- Greet the teens you know by name.
- Accept teens as individuals, be careful not to stereotype them or expect them to act in a certain way.

Ages 16 to 18

- Say “hello” when you see teenagers—even if you don’t know them.
- Value teenagers. Ask for their opinions and suggestions.

Developed by Bloomington Public Health and Bloomington United for Youth (BUY). Funding provided by a grant through the Substance Abuse and Mental Health Services Administration (SAMHSA).

BUY works to engage the entire community in the positive development of youth. For more information about BUY call 952-681-6527 or email BUY@bloomington.k12.mn.us



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Support Thriving Youth
Tips for caregivers

Ages 0 to 1

- Respond immediately to their cries and needs.
- Give them lots of loving, gentle touches and affection.

Ages 1 to 2

- Say “yes” more than “no.”
- Continue to hold, cuddle, read to, and talk to them often.

Ages 3 to 5

- Get down to their eye level whenever you interact with them.
- Allow them to make simple choices, such as what color socks to wear.



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Developmental Assets are positive influences, opportunities and personal qualities that all youth need to become successful, responsible and caring adults.

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