

# TRUSTED ADULTS

it just takes one

One of the most protective factors in the life of a young person is for them to have caring, connected, and positive adults in their life. A Trusted Adult could be a parent, an older sibling, a relative, employer, teacher, coach, faith leader, or community member - anyone that a young person could reach out to.

## THE RESEARCH

A student who tells a Trusted Adult that they play an important role in their life is more likely to return to that adult during a difficult time

A student is more likely to go to a Trusted Adult if a trusted friend names an adult, and explains why they have earned their trust

Students who have a Trusted Adult they can go to have significantly lower suicide rates

[#trustedadults](#)

[Sources of Strength: Practicing Strength at Home](#)

## TALKING WITH YOUR TEEN



Maybe it's not always comfortable... but it's always important.

In a 2017 survey, Jefferson County youth who reported having an adult to turn to with a serious problem were less likely to:

- Drink or binge drink
- Use marijuana or other drugs
- Hurt themselves (cutting, burning) or attempt suicide
- Have experienced recent bullying or violence

[Twelvetalks.com/talking-to-teens](https://www.twelvetalks.com/talking-to-teens)

## UNDERSTANDING YOUTH STRESSORS

As parents, caregivers, and trusted adults, we can **support youth and children with the stressors they face on a daily basis**. In rare circumstances, these stressors may contribute to suicidal behaviors and attempts. For a young person, factors that could contribute to a suicidal crisis might include a combination of the following:

- stress
- feeling socially isolated
- lack of sleep or irregular sleeping patterns
- exposure to bullying
- mental health conditions
- adverse childhood experiences and traumatic experiences
- discrimination about one's identity (gender identity and/or sexual orientation)
- periods of transition
- economic stressors

## TALKING ABOUT SUICIDE & MENTAL HEALTH

It is important that adults **establish open communication with children and youth** to ask about their emotions, their worries, and what gives them hope. Being able to talk about complex and challenging emotions is a way to **build and strengthen resilience, coping skills, and connections** to caring, trusted adults. Although it can be scary, normalizing these conversations and being empathetic listeners can be the most **important first step we can take** in preventing suicides among children and youth and in supporting good mental health.



Read more from the CDPHE Office of Suicide Prevention [English](#) | [Spanish](#)

## FAMILY ACTIVITY GUIDE

Adolescents need many trusted adults in their lives. Whether you are a parent, a caregiver, or someone who matters to a young person, this Family Activity Guide is for you. Find conversation prompts and additional ways of helping a young person to name and connect with a trusted adult in their life.

Jeffco Family Activity Guide: Trusted Adults

[English](#) | [Spanish](#)

## FOR PARENTS OR TRUSTED ADULTS



Check out this handbook

written just for YOU

\*by teens on how to talk to teens\*

[English](#) | [Spanish](#)

[Robbie's Hope Webpage](#)

**\*REMEMBER\*** every school has mental professionals who are happy to provide support, connection, information, and resources.

[Find your school's info here](#)

[Jeffco Public Schools Mental Health and Wellness Hub](#)