BELIEVE you MATTER

Creating a Safe & Supportive Home Environment

Open door to conversations

Your child should know that they can come to you about anything without fear of judgment or punishment.

- Make time for regular check-ins.
- Let them know it's okay to feel sad, angry or overwhelmed.
- Listen more than you speak.
- Acknowledge their feelings, even if you don't fully understand them.

Model mental wellness

Your child learns a lot by watching you.

- Share healthy ways that you manage stress or strong emotions.
- Normalize talking about mental health in everyday life.

Encourage healthy routines

Structure helps kids feel safe and supported.

- Prioritize sleep, meals and physical activity.
- Limit screen time, especially before bed.
- Encourage social media breaks.
- Support hobbies and creative outlets.

Reduce access to harm

If your child is struggling, safety at home matters.

- Lock up all medications.
- Keep firearms locked and unloaded; store ammunition separately.
- Remove or secure anything that could be used in a suicide attempt.
- Ask your child's doctor, school counselor or school social worker for help creating a safety plan.

Know when to seek help

You don't have to do this alone.

- Watch for changes in mood, behavior or sleep that last more than a few days.
- You know your child best. If something feels off, don't ignore it.
- Reach out to a mental health provider, school counselor or school social worker.

Need help right now?

TEXT, CALL, CHAT

988

Text, call or chat 988 anytime for free, confidential help. Counselors are caring, trained and available to talk in English, Spanish and other languages.

You are not alone. Help is here for you and your child.

Scan QR code or visit **beavertonsd.org/BYM** to learn more.

BEAVERTON SCHOOL DISTRICT