

Your future is worth protecting.

Prevent the Next First Use
The choices you make today shape your future.

HAZEL PITTMAN CENTER

PARENT FACT SHEET

Healthy Decision-Making

Helping youth build confidence and healthy choices

Parents and caregivers play an important role in helping youth develop healthy decision-making skills. Supportive communication, guidance, and positive role modeling help young people navigate challenges and make informed choices.

Why It Matters

Youth are influenced by:

- Peer pressure
- Social Media
- Stress
- Emotional development
- Curiosity and risk-taking
- Desire for acceptance

Strong decision-making skills help youth:

- Build resilience
- Improve self-confidence
- Reduce risky behaviors
- Strengthen emotional wellness
- Develop healthy coping skills

How Parents and Caregivers Can Help

Encourage Open Communication

Help youth feel comfortable asking questions and sharing concerns.

Teach Problem-Solving Skills

Help youth think through consequences and healthy alternatives.

Model Healthy Decision-Making

Youth learn by observing adults and responsible behavior.

Discuss Peer Pressure

Talk openly about social influences responding confidently.

Support Positive Activities

Encourage involvement in sports, clubs, arts, and other healthy community activities.

Conversation Starters

- “What would you do if...?”
- “How do you think your friends influence your choices?”
- “What helps you feel confident saying no?”
- “Who do you trust when you need support?”

Remember

Every conversation, healthy choice, and opportunity to practice decision-making helps build skills that can prevent the next first use.

