

Cyberbullying.
Vaping.
Alcohol.
Anxiety.

Talk About **It.**

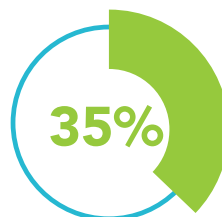
Stress.
Resilience.
Empathy.
Purpose.



Anxiety



Nearly **1 in 3** adolescents in the U.S. will meet criteria for an anxiety disorder by age 18.



of **11th graders** in the Beach Cities reported experiencing chronic sadness/hopelessness in the past 12 months.

You're the most important influence in your child's life.

Whatever **"it"** is, have the talk.

Find tips at bchd.org/talk.



Beach Cities Partnership For Youth

Tips to Talk About It

Is it stress, or is it something more? Talk to your child about anxiety and depression.



Always keep conversations open and honest



Come from a place of love, even when you're having tough conversations



Provide positive reinforcement



It's never too early – or too late – to start the conversation

Top five tips to help your child manage anxiety:

- Pay attention to your child's feelings and modify expectations during stressful times.
- Help your child prioritize sleep. Sleeping less than seven hours a night is a major risk factor for anxiety and depression.
- Work with your child's school and connect with other families for support.
- If your child needs help, get a referral to a mental health specialist.
- Limit screen time. Depression and unhappiness in teens have increased in tandem with smartphone use.

Have the talk.

Find tips at bchd.org/talk.

For parenting resources, blogs and videos, go to southbayfamiliesconnected.org

Information sourced from:

California Healthy Kids Survey, 2017-18
Anxiety and Depression Association of America
Child Mind Institute

National Alliance on Mental Illness

Twenge, J. M. (2017). "iGen: Why today's super-connected kids are growing up less rebellious, more tolerant, less happy – and completely unprepared for adulthood (and what that means for the rest of us)."

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