

Help Youth Explore *Positive Risk Taking*

Positive risk taking is a normal and healthy part of youth development. Do you know the difference between positive and negative risk taking?

Negative risk taking includes experimenting with drugs and alcohol, speeding, or cheating on a test. Youth need to know that taking even one negative risk may adversely affect them or someone else.

Positive risk taking includes volunteering/interning, making new friends, trying a new hobby or sport, or visiting a new place. Youth who take positive risks have increased self-esteem and confidence, positive body image, and improved likelihood of attending college.

What can you do?

Communication – Encourage youth to take positive risks by talking with them about their interests and how to pursue them. Normalize the failure that often comes before success by sharing your own appropriate experiences

Opportunity – Youth need opportunities to take positive risk to promote the development of identity and independence. Help them to explore options available at school, the local library, town hall, animal shelters, places of worship, senior centers, and community centers and organizations.

* * *
Video Series!

Watch the Introduction video to see why prevention starts early at www.thebayteam.org

Parenting IS Prevention



www.thebayteam.org



THE **BAY** TEAM

*The Barrington Adult Youth Team
Against Alcohol and Drug Abuse*