

# Taking Action

## notMYkid Family Prevention Strategies

### Be Consistent:

- Discuss boundaries with spouse/partner in regards to self-harm and come to an agreement.
- Make sure that both parents/partners are sharing the same message on self-harm.
- Create consistent boundaries and consequences around having dangerous objects (razor blades, knives, lighters, ext.). Trust is built by setting boundaries and verifying they are met.
- Extend privileges as they are earned over time.
- Model behaviors that you want to see in your child.  
Engage in positive activities such as: exercise, athletics, faith, and constructive hobbies.

### Communicate:

- Create opportunities for two-way conversations around drug and alcohol use.
- Share real life examples of depression and its consequences.
- Listen more than you speak.
- Role play situations and give your child ways to cope adaptively.
- Teach your child strategies to handle stress in a positive manner.
- Eat a meal as a family consistently five days per week.
- Communicate regularly. This is not a one time conversation.

### Educate Yourself:

- Identify dangerous objects associated with self-harm and suicide.
- Be able to recognize the signs and symptoms of depression, self-harm, and suicidal ideation.
- Learn terminology/slang associated with self-harm and suicide.
- Become a knowledgeable and credible resource to your child through education.

### Be Honest:

- Answer your child's questions with honesty and at an age appropriate level.
- Share personal/family history with honesty, but without reliving or glamorizing past suicide or self-injury.
- Share family genetics around depression.
- Use local news, friends, and family events as opportunities to discuss choices and consequences.

### Deter:

- Properly dispose of unused prescription pills.
- Lock up and monitor home alcohol, prescription drugs, and firearms.
- Be aware of household items that could be used to self-injure.
- Create a home atmosphere where kids feel comfortable, but not a place to get high.

### Monitor:

- Know your child's friend's siblings, and families. Particularly know if there are older children at home.
- Be aware of Internet use and what kids are posting and sharing online.
- Check your child's room and car on a regular basis.
- Discuss boundaries around drugs/alcohol with parents your teens interact with.

### Educate Your Community:

- Educate friends and family members of the dangers of self-harm and suicidal ideation.
- Elicit the support of family, friends, coaches, etc; to help support and uphold family values.
- Encourage members of your community to create a prevention plan also.

### Verify:

- Utilize home drug test kits as a way to prevent, and if need be, intervene in a child's substance abuse.
- Make sure that your child adheres to curfew, grades and other household rules / boundaries.

# Our Family Prevention Plan

Add any additional strategies that will work for your family. Agree, share, and post your prevention plan for all to see

## Be Consistent:

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## Communicate:

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## Educate Yourself:

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## Build Community:

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## Support:

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## Monitor:

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## Document/Report:

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## Become Involved:

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