



HOW CAN YOU EMPOWER COÖS YOUTH?

Recommendations for Educators Fall 2015

- + Offer students information about a variety of activities to help them find something they enjoy. Think about the cost of the activity and the transportation needed to get there to find a good fit for each student.
- + Reconsider school policies that bar students from participating in extracurricular activities when their grades are slipping. Instead, help students to stay positively connected to their schools and offer them support when they are facing academic or personal challenges.
- + Talk to your students about what they can do in this area to pursue their academic, vocational, and professional goals, including scholarships and other funding opportunities.
- + Sometimes students have to deal with stressful situations like being bullied, the death of a loved one, or substance abuse by a family member. Reach out to students when they are having a hard time, and help them access the services they need to cope with stress in healthy ways rather than turning to drugs or alcohol to ease the pain.

For more information on the Coos Youth Study visit...
carsey.unh.edu/policy/coos-youth-study