



HOW CAN YOU EMPOWER COÖS YOUTH?

Recommendations for Youth Fall 2015

- + **Find an activity that you enjoy** and get involved. Music, sports, books, games, the outdoors ... what's available in your town? If you don't know, ask your parents or school guidance counselor to help you get information.
- + Life can get really stressful at times. If you feel overwhelmed, like you have too much to deal with and don't know what to do, **ask someone for help**.
- + Volunteering is a great way to help others, build new skills, and get connected with your community. **Seek out volunteer opportunities that align with your goals and interests.**
 - + www.volunteernh.org
 - + www.outdoors.org/volunteers
 - + www.211nh.org
- + **Spend some time with an adult role model** – someone that you trust and respect – and see what you can learn from the experience.

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