

# Positive Connections with Supportive Adults

## FAMILIES AND CAREGIVERS

Young people thrive and flourish when they are surrounded by caring and nurturing relationships with supportive adults (parents, caregivers, elders, grandparents, neighbors, tribal members, coaches, teachers, mentors, and more). Youth need a circle of people who listen, provide expectations, support, and guidance.

The Partnership recognizes the need to increase the capacity of adults to build supportive relationships with young people and the critical role of families and caregivers.





# Families and Caregivers

**Strengthen the capacity of families and caregivers to provide the supportive foundation for young people's health and well-being.**

The family plays a significant role in nurturing the health and well-being of young people. Yet, the critical supports for parents of adolescents are lacking. The goal of this recommendation is to support strong, stable families and caregivers. The action steps focus on strategies that reach out to parents and other caregivers to develop strong families from birth through adolescence and into young adulthood.

## Action Steps

- Provide opportunities for parents and caregivers of young people to sharpen parenting skills and gain support from each other.
- Create an adolescent version of Early Childhood and Family Education (ECFE) program.
- Direct families to medically accurate information and resources on adolescent health and development.
- Include a parent or caregiver component in health programs for young people.
- Support teen parents as both developing young people and parents.
- Advocate and promote family-friendly policies.



Approximately **80%** of 11th graders report that they can talk with a parent or guardian about their problems.

# 80%

For examples of Families and Caregivers resources, visit [The Minnesota Partnership for Adolescent and Young Adult website \(www.health.mn.gov/people/adolescent/youth/partnership.html\)](http://www.health.mn.gov/people/adolescent/youth/partnership.html).

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