



CHILDHOOD
IS SACRED



When Life is Hard Connect to Heal & Grow

Connect to Others

- Everyone needs help sometimes
- Reach out to family, friends, or another trusted adult
- Text "Native" to 741741 for free counseling support or call



Connect to Nature

- Pet your furry friend
- Walk outside
- Sit under a tree
- Put your feet in the sand or water
- Find a special rock to keep with you



Connect to Culture

- Sing like no one is listening
- Listen to your favorite music
- Dance your way
- Play a game or sport
- Smudge or pray
- Listen to an elder tell stories



If you or a
friend are
in crisis,
we've got
your back!



Scan the QR code using
your phone for Native
Youth Support Resources



for more information, go to:
<https://miace.org/up>
<https://itcni.org/childhoodissacred>