

APRIL: COMMUNITY & SOCIAL SUPPORTS

– What Caregivers Need to Know –

Basic Definitions

Community: a feeling of fellowship with others, because of sharing common attitudes, interests, and goals that can provide help and encouragement.

Social Support: Emotional and practical assistance provided by friends, family, and peers.

Remember! Being part of a safe, positive community is vital for one's mental health and wellbeing. Community can include people from different groups including family, friends, teachers, teammates, and peers. Children and adolescents need to feel loved and supported by their communities, especially as they continue to grow and change.

Tips and Strategies

- **Reflect on Connections:** Support youth in reflecting on their communities. Think about what helps connections develop like similar identities, interests, physical proximity, and frequency of interaction. Don't be afraid to end relationships that are not healthy.
- **Engage with Local Resources:** Explore community organizations and services that are free to the public. Volunteer, join a club, or visit a neighborhood you don't see often.
- **Expand Support Networks:** Be open to meeting new people. Encourage youth to introduce themselves to other students who may not be in their grade or teachers from a different class. Discuss how diversity in community is a strength.

Resources and Links

Practice using positive [Social Skills for Kids](#) to build friendships for elementary-aged youth.

[Love is Respect](#) has resources for high school-aged youth on healthy relationship boundaries.

[DC Public Library](#) has weekly events and classes available to the public.

