

8 WAYS

TO CREATE A SUPPORTIVE HOME ENVIRONMENT FOR YOUR YOUTH

1. Nurture Growth

Encourage your child's dreams with love and support.



2. Build Confidence



Foster self-esteem through positive reinforcement and belief in their abilities.

3. Open Communication

Listen actively and engage in meaningful conversations



4. Learn Together



Embrace curiosity and explore new ideas as a family.



BE EPIC
ESCAPE *the* VAPE



extension.usu.edu/be-epic



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5. Set Boundaries

Provide structure with clear, known expectations and consistent routines.



6. Celebrate Success



Acknowledge achievements, big and small, to boost motivation.

7. Create Memories

Cherish moments together and strengthen family bonds.



8. Your Role Matters



You are their first teacher and lifelong guide. Your influence shapes their world. A supportive home is the foundation for their future.

Concepts from Every Day Strong and USU Relationships website:



Information about E-cigarette prevention can be found here:



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