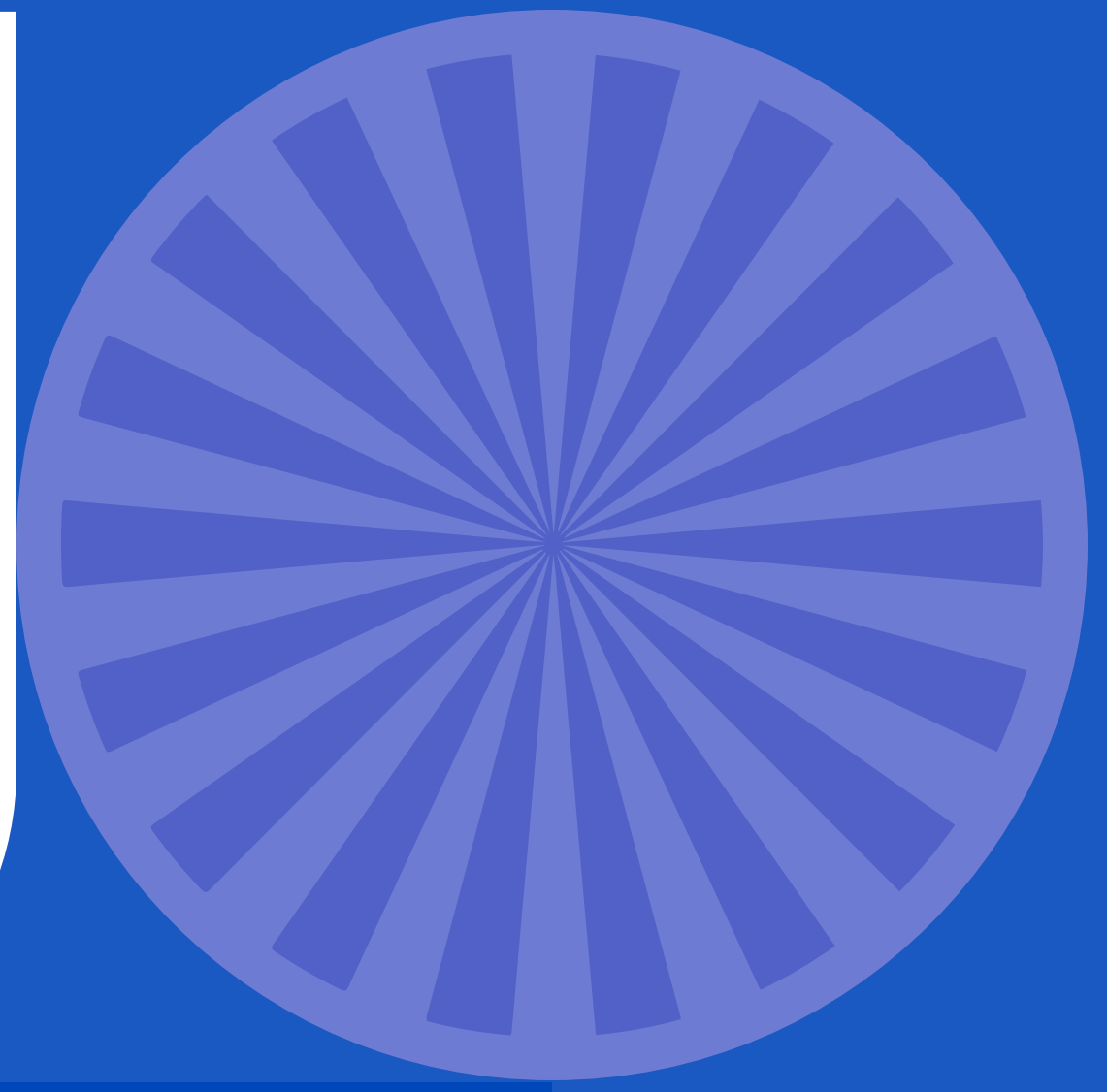


Do you remember a *positive*  
experience or relationship  
from *your own childhood*?  
What made it *feel* so good?



Now think about how you can  
bring similar experiences to kids in  
your life or in your community.

The impacts of adversity on children  
and teens can be reduced with  
positive experiences we create for  
them. These can be nurturing  
relationships, participating in culture  
and community, and learning skills  
to cope with challenges.



Whether you're that auntie, grandpa, mentor,  
teacher, or coach — we all play a role in healing  
and supporting a healthier generation of young  
people. Visit [livebeyondCA.org/stories](https://livebeyondCA.org/stories) to hear  
tips from parents, caregivers, and youth from  
across the state.

