



Social Media.  
Resilience.  
Healthy Relationships.

# Talk About **It.**

Empathy.  
Vaping.  
Mental Health.

## Mental Health

40%

of Beach Cities 11th graders  
reported experiencing  
chronic sadness or hopeless  
feelings in the past 12 months,  
including nearly half of 11th  
grade girls.

50%

of all lifetime cases of mental  
illness begin by **age 14** and  
75% by **age 24**.

It's never too early – or too late – to start the conversation.

Whatever **"it"** is, have the talk.

Find tips at [bchd.org/talk](http://bchd.org/talk).

Beach Cities Partnership For Youth



# Tips to Talk About It

Listen to your child and create an environment that supports mental health.



Always keep conversations open and honest



Come from a place of love, even when you're having tough conversations



Provide positive reinforcement



It's never too early – or too late – to start the conversation

## Top five tips to help your child address mental health and anxiety:

- Help your child prioritize sleep. Sleeping fewer than seven hours per night is a significant risk factor for anxiety and depression.
- Identify signs of stress, which may include headaches, trouble sleeping, jaw pain, changes in appetite, frequent mood swings, difficulty concentrating and feeling overwhelmed. Help your child find and implement stress management techniques such as time management and exercise.
- Acknowledge the emotions you and your child are feeling. Researchers suggest taking a “self-compassion break” in moments of frustration or when feeling overwhelmed or discouraged.
- Practice reaffirming your family values and reflecting on your family strengths.
- Studies indicate that practicing “loving-kindness” increases empathy and compassion for others. It can lead to more self-compassion and positive emotions. Loving-kindness can be practiced through the following steps:
  - a. Put your body at ease
  - b. Soften the belly and chest
  - c. Recall feelings of love and kindness
  - d. Say aloud: May I be safe, May I be healthy, May I be happy, May I be at ease, May I be filled with loving-kindness, May I be peaceful

## Have the talk.

Find tips at [bchd.org/talk](https://bchd.org/talk).

For parenting resources, blogs and videos,  
go to [southbayfamiliesconnected.org](https://southbayfamiliesconnected.org)

### Information sourced from:

California Healthy Kids Survey 2018-19  
National Alliance on Mental Illness, “Managing Stress”  
Challenge Success Report  
Mental Health America, “31 Tips to Boost Your Mental Health”  
Greater Good Science Center, “How Teachers Can Navigate Difficult Emotions During School Closures”

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