



ADDRESSING CHILDREN'S WELLNESS AT MULTIPLE LEVELS

Intrapersonal



- Teach children self-caring habits like exercising to reduce stress, getting adequate rest, and holding reasonable expectations for oneself

Interpersonal



- Support safe, stable, and nurturing parenting
- Teach young people how to resolve conflicts peacefully
- Teach adults how to have positive interactions with teens

Institutions



- Create a welcoming, wellness-oriented climate within schools, businesses, and other places where young people spend time

Community



- Foster widely-shared responsibility for caring relationships
 - Foster wellness-promoting practices, including stewardship of the natural and physical environment

Infrastructure & systems



- Provide supervised recreational activities for young people
- Restrict access to firearms, drugs, and alcohol
- Support planning for community response to trauma
- Identify community strengths and build on them