

School and Family Connections in Adolescence Linked to Positive Health Outcomes in Adulthood

YOUTH EXPERIENCE RISKS

17% of students considered attempting suicide

19% have been bullied at school

14% misuse prescription pain medicine



SCHOOL & FAMILY CONNECTIONS HELP PROTECT YOUTH

Adults who experienced strong connections as youth were

48%-66% LESS LIKELY TO:

Have mental health issues
—
Experience violence
—
Engage in risky sexual behavior
—
Use substances

SCHOOLS, FAMILIES, & PROVIDERS CAN HELP



SCHOOLS can implement positive youth development programs



PARENTS can have frequent & open conversations



PROVIDERS can discuss relationships & school experiences

SOURCE: Steiner RJ, et al. Adolescent Connectedness and Adult Outcomes. Pediatrics. 2019;144(1):e20183766
<https://doi.org/10.1542/peds.2018-3766>
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www.cdc.gov/healthyouth

Improving Mood: Improving Social Connections

Connecting with Others at Home, School, and Within the Community Makes a Difference!

Connectedness means being socially close, interrelated, or sharing resources. When connections are not made, one might feel lonely, isolated and disconnected. This can affect mood.

Improving Connectedness = Improved Mood

Ways to Connect:

- Volunteer. Helping others improves health, increases happiness and allows you to meet new people; Help at a local animal shelter
- Join a club, sport or group-if there isn't one you like, start one!
- Start a conversation!
- Strength Social Connections:
- Try connecting with people you see a lot during the week- smile, wave or start a conversation! Body language matters!
- When possible, stay positive while connecting with others
- Share new experiences
- Make and spend time with others
- Be there for those who need you
- Be flexible, supportive and excited about what others are doing in their lives

Social Media and Depression:

While technology can improve social connectedness in some cases, research finds that those who use social media the most are at a higher risk for depression. Be mindful of how you use technology to support social connections in your life.