

# Helping Young Alaskans Thrive

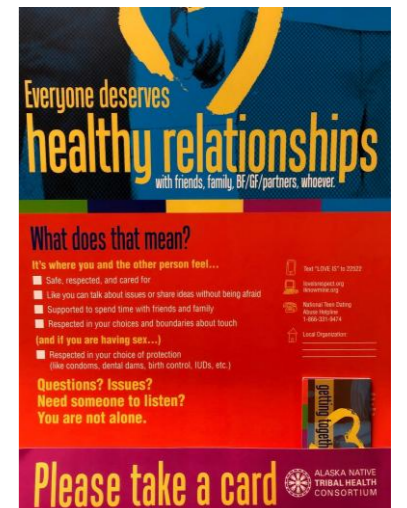
Free resources and supplies for youth and those who work with or support them, to promote healthy relationships, healthy coping skills, and build knowledge and skills to prevent teen dating violence and related issues.

Some resources available for download, or order materials to be sent directly here:

[Online Google Order Form](#)

**TEEN SAFETY CARDS** – Created in partnership with Alaska teens, these wallet size card read like a quiz, helping youth and those who love them identify healthy to abusive behavior in relationships, know how to get help or help a friend. Poster with pocket for the cards included.

The Getting Together Teen Safety Card can be downloaded at:  
[http://anthctoday.org/epicenter/healthyFamilies/teenCard\\_111014.pdf](http://anthctoday.org/epicenter/healthyFamilies/teenCard_111014.pdf)

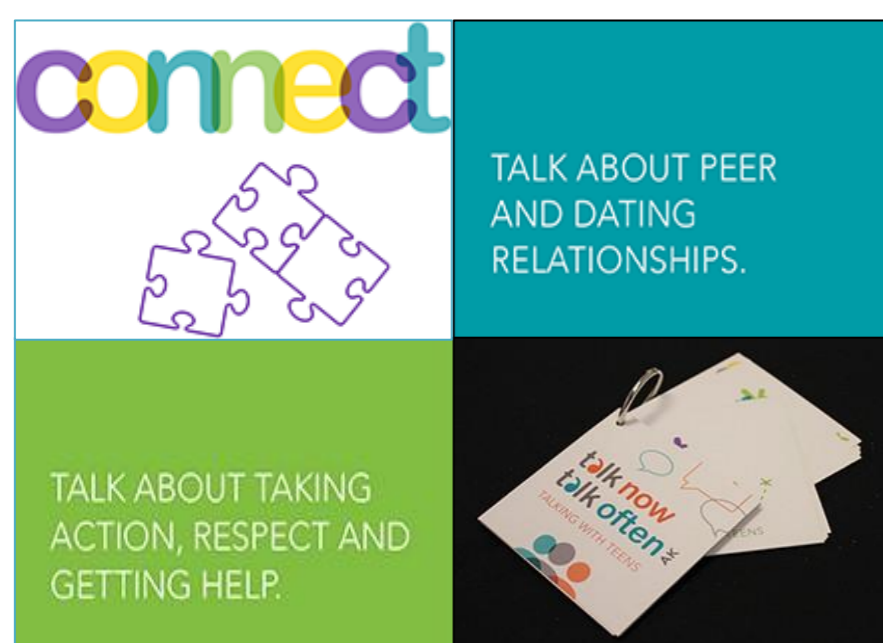


## HEALTHY ME, HEALTHY WE POSTERS/STICKERS

Created by Sitka Youth Leadership Council (SYLC) teens, this strength-based series promotes healthy relationship traits such as respect and boundaries, while encouraging positive self-image and self-care.

## TEEN DATING VIOLENCE AWARENESS & PREVENTION STICKERS

This series of creative stickers help make the serious issue of teen dating violence easier to talk about while encouraging respect, healthy relationships and taking action to end violence in teen relationships.



**TALK NOW TALK OFTEN CONVERSATION CARDS** – Made by and for Alaskans, these cards help adults start discussions with teens about some of the things that matter most, strengthening relationships and connections while setting up teachable moments. Questions range, starting small (*who's your fav superhero?*) and building to more serious, bigger topics (*what are signs of an unhealthy relationship?*)

Download TNTO cards here: <http://www.tntoak.org/conversation-cards/>

**STAND UP SPEAK UP SHIRTS & HOODIES** – Sent out in multi-size packs for giveaways and prizes, these promote taking action to promote healthy relationships and end teen dating violence, directing youth to the [LeadOn Alaska](#) website to get inspired by other teens taking action across the state to create positive change, while also sharing resources for youth in Alaska.



# Helpful Online Resources

Check out and share these websites and online resources with youth and others working with and supporting them.

## HEALTHY RELATIONSHIP INFO FOR TEENS:

- [Love is Respect](#)
- [iknowmine](#)
- [Alaska Teens Against Abuse](#)
- [LeadOn](#)
- [Sitka Youth Leadership Healthy Relationships](#)
- [STAR Personal Safety & Consent](#)

## ONLINE SAFETY

- [Alaska Children's Trust Youth Online Safety](#)
- [SAMSHA Online Safety for Youth and Families](#)
- [Connect Safely Resources for Caregivers](#)

## MENTAL HEALTH SUPPORT:

- [Sitka Youth Leadership Mental Health is Health](#)
- [Alaska Careline](#)
- [988 Hotline in Alaska](#)
- [ANTHC Suicide Prevention](#)

## ADULTS TALKING WITH YOUTH:

- [Talk Now Talk Often](#)
- [Healthy Native Youth Talking is Power](#)
- [Askable Adult](#)