



PSA Topic: What Would You Like Your Parent to Know?

In this PSA, we'd like you to address parents and adults in your life and talk about what it's like being "in your shoes".

- **What stresses you out? What inspires you?**
- **What works best in supporting you? What doesn't work?**

No one can deny that today's world is very different from the world when your parents were your age. Technology and social media have changed the way we interact and even perceive ourselves. Social media put a spotlight on our lives 24 hours a day. The stress of Covid is another factor that adults didn't have to deal with when they were in middle or high school.

However, even though it might seem that adults don't understand today's world of young people, parents and other caring adults play an important role in the wellbeing of younger generation.

So, in this PSA you can express what you'd like your parents / adults to know to help you be well.



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