

# How to Help a Youth Who is at Risk to Run

## Prevention Tips for Caregivers

### What you can do

“How was your day? Did anything good happen?  
How do you think you did on that test?”

#### How can I help?

- Engage the youth in everyday activities
- Encourage them to plan for the future
- Support their dreams
- Listen to what they want

#### Create a Youth Run Prevention Plan with the youth and caseworker:

- Identify their strengths
- Brainstorm and list calming activities
- Discuss and create awareness of possible triggers

#### Provide a sense of normalcy:

- Treat all youth in the home the same
- Encourage youth to participate in activities of interest
- Allow youth to hang out with their friends
- Attend school and community events

#### Support a sense of belonging and safety:

- Include foster youth in all family activities
- Have clear house rules that apply to all youth
- Talk with youth about their feelings
- Let them know they are important

#### Family meals:

- Eating together helps build relationships
- Check in with each other
- Make plans for the weekend

#### Share ordinary time:

- Day to day tasks create a bond
- Walk the dog
- Chat in the car
- Allow youth space to share
- Listen without judgment

#### Show up:

- Attend youths school events
- Watch them practice sports
- Help them create a hobby

#### Stay curious:

- Ask questions about their life
- Get to know their friends
- What do they like to do?
- Where do they hang out?

#### Set clear limits:

- Youth need guidance
- Involve them in setting house rules
- Consequences should be related to the behavior
- Be consistent
- Be fair

#### Let the youth have a voice and choice:

##### Empower the youth to:

- Say what they want or need
- Express their opinions
- Take responsibility
- Learn new things
- Make decisions for themselves whenever possible

#### Provide meaningful activities, opportunities and life skills:

##### Show that you are invested in their life and future

##### Possible life skills you could teach the youth are how to:

- Cook
- Grocery shop
- Find resources
- Do laundry
- Maintain a car

#### Safety Plan:

##### Create a plan and provide youth with contact information for:

- Shelters
- Drop-in centers
- Food resources
- Crisis Residential Centers
- Hope Programs

Your words and actions help youth feel secure. Don't forget to say and show how much you care.

#### For more information, visit:

[www.dcyf.wa.gov](http://www.dcyf.wa.gov)



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**CHILDREN, YOUTH & FAMILIES**

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