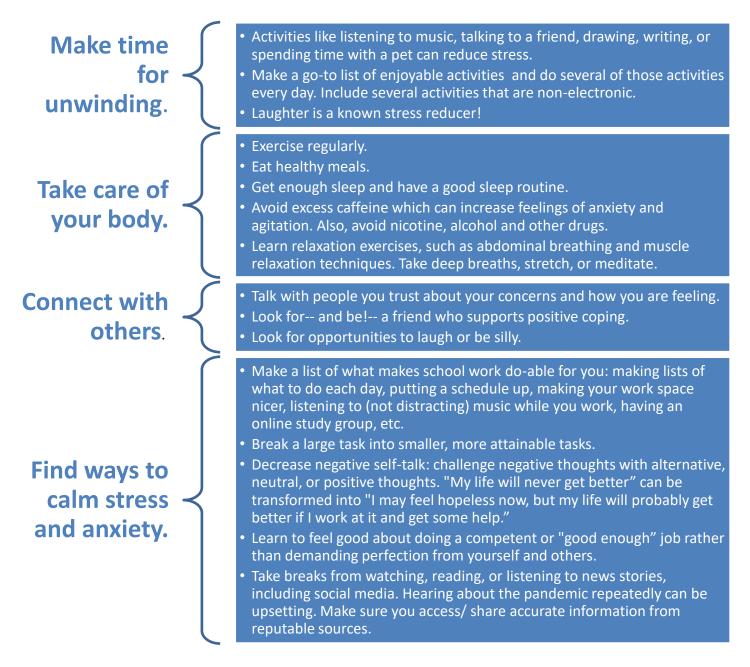


## **Healthy Coping**

<u>According to the CDC</u> and the <u>American Academy of Child & Adolescent Psychiatry</u>, there are specific actions our teens can take to deal with the stress of this situation, including:



www.twelvetalks.com

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