



GCAPP PARENT TOOLKIT:

Power Up Together

Strengthen family bonds, build healthy habits, and create lasting memories with these simple activities:

► STAY CONNECTED

- Organize a family fun day.
- Share the best and most challenging parts of your day.
- Talk it out! Write questions to discuss over a family dinner.
- Be an “askable” parent. Let your kids know they can come to you about anything.

► STAY HEALTHY

- Add 5 healthy foods to your grocery list.
- Getting together: ride bikes, go hiking, or take a walk.
- Wind down before bed to get at least 8 hours of sleep.

► LEARN AND GROW TOGETHER

- Role-play scenarios to practice how to handle sensitive or uncomfortable topics.
- Take a cooking class and learn new skills in the kitchen.

RESOURCE :

- <https://www.happysimplemom.com/20-free-activities-to-do/>
- <https://discoveratlanta.com/50fun/family-fun/>
- <https://atlantamom.com/atlanta-family-events/>
- <https://www.happysimplemom.com/20-free-activities-to-do/>



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