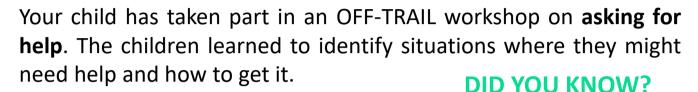
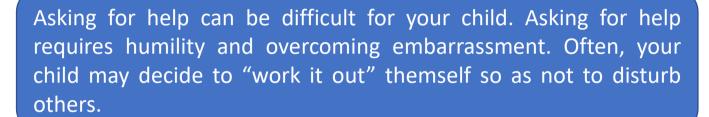


... for parents

4.3 MAKING SURE WE HELP **FACH OTHER**

Asking for help





NOW IT'S UP TO YOU!

You can help your child to ask for help and overcome embarrassment using these strategies:

- Remind them that asking for help is not a sign of weakness;
- Identify with them the resource people who can help them;
- Work on their assertiveness:
- Ask for help yourself when you need it.

To hear this content:





Find out more about the **OFF-TRAIL** program:







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