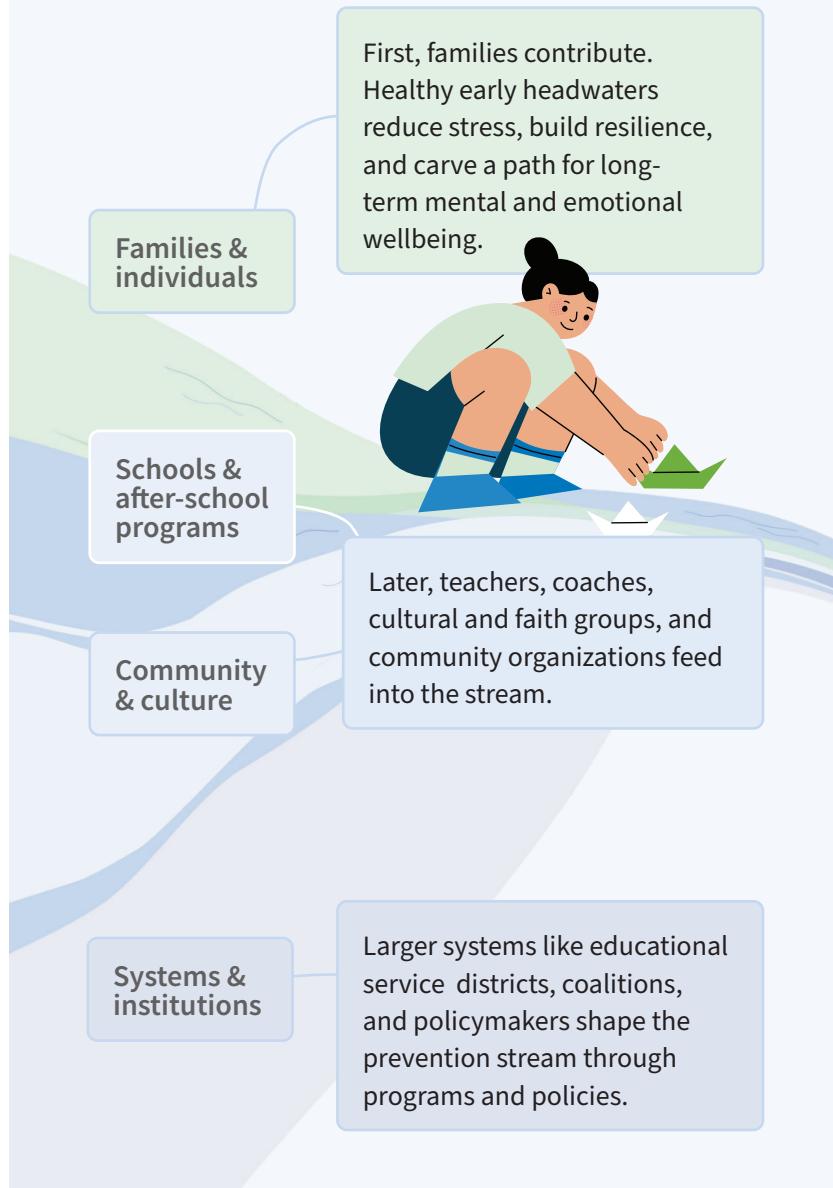


Prevention works best when we work together

Imagine prevention as a wide, flowing stream fed by many small but vital sources.



Get involved.
Connect with your local prevention coalition:

theathenaforum.org/cpwi

Bright lives begin with prevention

Families, schools, communities, and decision makers share a responsibility to equip young people with the knowledge, skills, and resilience to thrive.

We call that responsibility **prevention**.



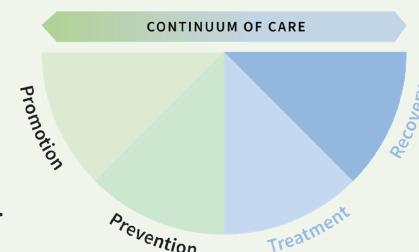
A two-part approach to prevention

When we say “prevention,” we mean:

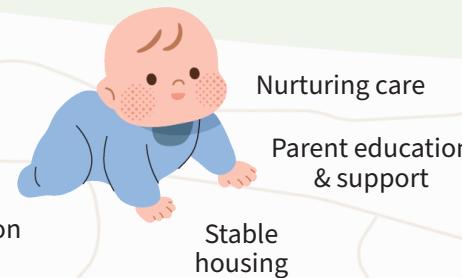
1. Promoting health and wellbeing for young Washingtonians
2. Preventing substance use disorder (SUD)

When we do both, we create thriving communities where children and young people feel safe and healthy in their bodies, minds, and surroundings.

With proven practices, community programs, and smart policies, prevention gets to the root cause of a problem before it becomes a crisis.



What it is:



Why it matters:

INFANCY & TODDLERHOOD

- Fosters healthy brain development
- Improves emotional regulation
- Promotes appropriate coping skills
- Supports secure attachments
- Reduces stress and trauma from challenging situations

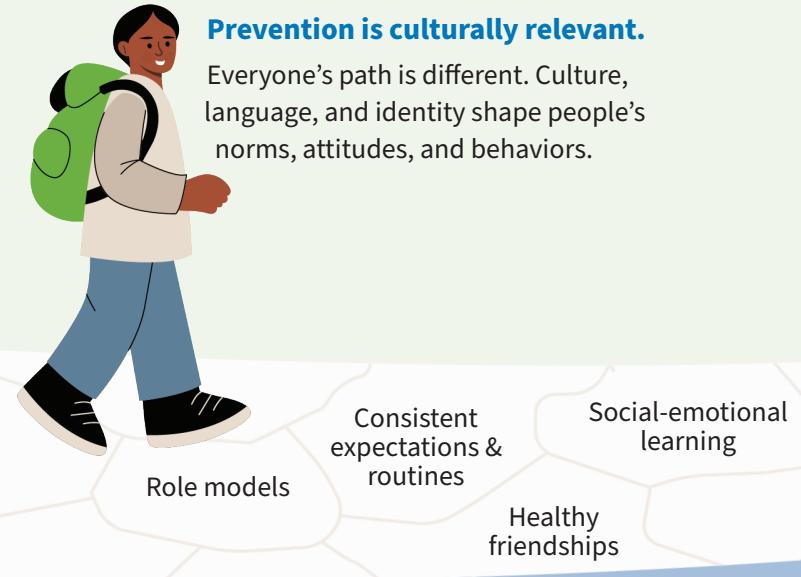
Prevention paves a lifelong protective path

Prevention is collective.

Prevention works best when families, schools, communities, policymakers, and systems clear the path and provide support along the way.

Prevention is community based.

Prevention is about the world people walk through. It's about safer schools, healthier families and neighborhoods, and more equitable systems, so young people stay on track.



CHILDHOOD

- Builds confidence
- Improves decision-making abilities
- Reinforces healthy boundaries
- Reduces risk of behavioral issues or early experimentation
- Provides healthy connections
- Offers a sense of self and belonging

Prevention is rooted in connection.

Every healthy relationship in a person's life is a beacon lighting the way.

Prevention saves money.

Prevention reduces the need for costly care like crisis response, justice involvement, or long-term treatment. It improves outcomes over a lifetime.



ADOLESCENCE & YOUNG ADULTHOOD

- Delays onset of substance use
- Increases resilience to stress and peer pressure
- Supports mental health and life transitions
- Strengthens connection to school, work, and community
- Builds healthy independence