

# Examples of answering the call:



- **Support friendships:**
  - Offer to help plan or brainstorm a low-stress hangout.
- **Build trust at home:**
  - Let your teen take the lead, pick a meal, plan an outing, or choose a show.
- **Encourage motivation at school:**
  - Set small, achievable goals together (e.g., passing one quiz, turning in two assignments).
- **Stay calm during tough moments:**
  - Create a shared “reset ritual” like a walk, playlist, snack, or code word.
- **Spark joy and creativity:**
  - Collaborate on small changes, rearranging their space, adding art, or a fun home project.
- **Support biological family ties:**
  - Brainstorm safe ways to connect through a call, text, or visit.