

Healthy Families believes... #YOUngparentsGOTTHIS

The Children's Trust and Healthy Families Massachusetts believe young parents should be supported and respected, not stigmatized or shamed. Too often, that is not the case.

That is why we are launching a #YOUngparentsGOTTHIS campaign to both spread the message that young parents can be – and often are – great parents AND get the word out to young parents and expecting parents that Healthy Families is there for them as a resource and opportunity.

We are asking you – because you know better than anyone – to **add your voice** to the campaign by telling other young parents that their future *is* bright and Healthy Families believes in them.

Help us make the conversation about young parents positive!

- **Fill out the sign** with a short message of encouragement to other young parents. You could let them know how Healthy Families and your home visitor helped you, why they should believe in themselves, or whatever message you think they might need to hear!
- **Take a photo or video selfie** of yourself holding the sign. Consider including your child, co-parent, or even your home visitor!
- **Send your photos** or videos to a Healthy Families staff person with a signed release form.
- **If you want, post to social media** with a short message and #YOUngparentsGOTTHIS. (You could also use #YOUngmomsGOTTHIS or #YOUngdadsGOTTHIS)

