

PARENT GUIDE

Season 5, Episode 17 – Prevention Through Creative Expression (Best of)

What This Video Teaches

This video introduces prevention through **connection and shared creative experience**, rather than fear or lectures:

- Creativity is something kids can **do with others**, not just alone
 - Art, music, movement, and stories help kids **share ideas and experiences**
 - Creativity gives kids a **positive way to channel energy and stress**
 - Shared creative activities build **belonging, confidence, and identity**
 - Strong connections with family and peers are **protective over time**
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Before Watching (ages 6–9)

Ask:

- “What are some things people make together?”
- “What do you like doing with other people?”
- “Have you ever made something as a family or with friends?”

Keep it light and social — no need to talk about feelings.

During Watching

Point out:

- People creating **together**
- Different kinds of creativity (art, music, movement, stories)
- Moments where creativity brings people closer

You can quietly say:



- “Look, they’re doing that together.”
- “Everyone’s making something different.”

No explanation needed.

After Watching

Discuss

Ask:

- “What kinds of things did you see people make?”
- “Who was creating together?”
- “What looked fun to try?”

Avoid:

- Interpreting artwork
 - Asking children to explain emotions
 - Turning it into a lesson
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Optional Family Activity – Create Together Time

Set aside 10 minutes and choose **one** activity:

- Draw or color together at the table
- Put on music and move or dance as a family
- Build something simple together
- Make up a short story where everyone adds a part

Guideline:

Join in, don’t lead.

No fixing. No correcting.

Explain:

“This is just time to make something together.”



Ages 10–13 (use with or without the video)

What to Focus On

At this age, kids are:

- More peer-oriented
- Exploring identity and belonging
- Comfortable creating *alongside* adults, not being directed

Creativity supports this by:

- Offering shared activities without pressure
- Building confidence through participation
- Creating connection without forcing conversation

Conversation Starter

Say:

“Doing creative things together helps people connect — even when they don’t feel like talking.”

Ask:

- “What kinds of creative things do kids your age do together?”
- “What makes something fun to do as a group?”
- “Where do you feel most comfortable being yourself?”

Ages 13+ (use without the video)

How to Frame Creativity with Teens

Core message:

Creativity is about **choice, connection, and respect** — not performance or instruction.



What to say:

- “You don’t have to explain everything to connect with people.”
- “Shared experiences matter more than perfect outcomes.”
- “Creative communities help people feel less alone.”

Avoid:

- Analyzing their work
 - Turning creativity into a coping lecture
 - Pushing participation
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Conversation Starters

Use culture as the entry point:

- “What do you think people connect to in that music/show/art?”
- “Why do you think it resonates with so many people?”
- “What makes a creative space feel welcoming?”

Let the conversation end naturally.

Parent Framing That Builds Trust

Use language like:

- “Spending time together matters.”
- “You don’t have to be good at something to enjoy it.”
- “Connection comes from sharing space, not fixing problems.”

Avoid:

- Over-interpreting behavior
 - Using creativity as a diagnostic tool
 - Expecting conversations to follow immediately
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Why This Matters (Parent-Only Note)

What parents learned from this episode:

- Creativity builds community, not just skills
- Shared activities strengthen family and peer bonds
- Belonging and identity are protective factors
- Prevention works best when kids feel **connected and capable**

You're not saying:

“Use creativity to manage your feelings.”

You're saying:

“Let's do something together.”

And that's often what kids need most.

