



Early Steps Youth!

Ready for the Age 14 Home Visit?

We want your help!

It's time for your Age 14 home visit. We've enjoyed visiting you every year since you were very young, and now we want to continue to learn more about you as a teenager. We'll be calling your parent in the next couple of weeks to see if your family would like to continue to participate in our research project on youth development.

What will you be asked to do?

- Answer some questions privately on an iPad.
- Provide a saliva sample of DNA by spitting into a tube.
- Discuss some topics with your parent(s) like school, family, and friends.
- The visit will take about 2½ to 3 hours.

What are the Benefits?

Your participation will help researchers create more useful ways to support youth & their families.

As a Thank You...

We will give you a \$60 check for your participation.

If you're interested, ask your parent to call us today!

Thank you for helping us learn more about youth development!

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Community Resources for Virginia Youth

Free e-books for all ages

<http://www.loyalbooks.com/>

Free homework help

<http://www.hippocampus.org/>

**Family Life Resource Center
– Harrisonburg**

540-434-8450

Counseling agency helps with the behavioral health needs of individuals, couples, and families.

www.flrc.org

Take a study break!

Discover your next favorite song at <http://www.live365.com/>

Find out more about your health and wellness at

www.cyh.com/teen/

Get information on important teen issues at

<http://teenshealth.org/teen/>

**National Suicide
Prevention Hotline**

1-800-273-8255

**24-Hour Teen Crisis
Hotline**

**434-972-SAFE
(434-972-7233)**