



Protective Factors Bingo Challenge!

Eat breakfast with family	Learn a new craft	Visit a museum	Read a book	Play a board game with family
Go outside and enjoy the weather	Struggle your pets	Do some yoga	Take a walk	Learn a new skill
Bake cookies with family	Play a game, like tennis	FREE SPACE	Do some yard work	Go to dinner with friends
Volunteer in your town	Take up a new hobby	Enjoy a puzzle	Do an art project	Join a club at school
Do a random act of kindness	Meditate	Go dancing	Cook a new recipe	Go for a bike ride

Let Your Voice Be Heard
Our brief survey asks questions about hobbies, family, and goals. Help us give Mercer County kids a brighter future!



Small, healthy actions are considered protective factors, which can help shield youth from negative health outcomes, stress, and other challenges.

Protective Factors for a Young Person:



Family support and monitoring; caring adults; and positive peer groups

Strong sense of self; self-esteem; and future aspirations



Engagement in school and community activities

Young people who possess a diverse set of protective factors can experience more positive outcomes.

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