

SPIRITUALITY & RELIGION

Facts sheet

Meaning

Socialization messages about **spirituality and religion** promote the use of such practices (which can vary) to find strength, resilience, and empowerment.

Examples

- "If you're having troubles, turn to God and He'll guide you."
- "Make sure to say your prayers to Allah every day so He may protect you."
- "Talk to the ancestors if you're unsure about the path you need to take."
- Spiritual or religious practices in one's family (eg. going to church; leaving offerings) can communicate this message.

Benefits

Having a religious or spiritual practice can help youth find comfort outside of their friends & family, introduce them to a new community, & even create a healthy routine.

More Information:

@theempowerlab on Instagram

The **EMPOWER** Lab
ENGAGING MINORITIES IN PREVENTION OUTREACH WELLNESS EDUCATION & RESEARCH

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