



Stay Smart This Summer

Prevention tips for parents for the summer of 2025

Summer is just around the corner, bringing with it all kinds of adventures.

As schools close for the summer holidays, children's daily routines change, new activities take over, and it's important to remember that parental responsibility continues until the age of 18 – it doesn't take a summer break. We still have a vital role to play.

The municipality of Árborg is participating in the prevention campaign **"Stay Smart"** in hopes of raising societal awareness about the challenges we face in prevention work. The campaign aims to reach children and young people with positive and constructive messages, as well as parents and other key players in prevention efforts. The main theme for parents is: **Stay Smart** for what matters most for the well-being of our children and youth.

- Talk to your children about boundaries, consent, and healthy relationships.
- Keep an eye on where they are, who they're with, and what they're doing.
- Get to know your child's friends – and their parents.
- Respect age limits regarding curfews, substances, and smart device use.

Unfortunately, in recent years there has been a setback, both in terms of parental oversight and an increase in substance abuse and growing violence

We want to encourage parents to be aware of the importance of joining forces, safeguarding the aforementioned protective factors, and respecting age restrictions. Town festivals are not intended for unsupervised children and teenagers. When it comes to the social and nightlife of young people, parents play a key role, both as role models and supervisors.

The youth center Zelsíuz will be running outreach activities this summer. Staff from Zelsíuz will be out and about Thursday to Saturday evenings, from June 12 to July 19. The summer programming has two main parts: pop-up events featuring popular activities from the youth center at various gathering spots in the municipality, and outreach work, which will run until 1:00 AM or later, depending on needs. Special focus will also be placed on local festivals such as Kótelettan and Summer in Selfoss.

Remember: Children and teens need presence, guidance, and boundaries – not lack of supervision. Let's be there with them, listen to them, and take part in their summer.

Stay smart this summer – join forces, care about these matters, and be knights of kindness.