WHY this conversation MATTERS?

→ Teens receive and process complex information differently than adults.
→ Youth want to make healthy choices but need regular guidance without judgment to do so.
→ Your teen needs to know you care about them and are willing to have hard conversations even if it gets uncomfortable.

TIPS to help adults CONNECT

1. Establish clear rules, set your expectations and stick to them.
2. You may need to put your opinions aside before you have a conversation with your youth. Any emotional charge you bring to the table will affect the clarity of your message for your youth.
3. Seek to listen and connect. Find common ground with your teen. When they know you're on their side, you can have an ongoing conversation to help guide good choices.
4. Keep the conversation balanced, listen and don't talk over or down to them.
5. Focus on positive messages and compliment youth when they make healthy decisions. Focusing on the negative might overwhelm them or make them act out of fear or defensiveness.
6. Talk about friends: know your teen's friends and how they might influence your child.

Almost everyone has a sassy aunt or cool uncle. Enlist your favorite to help out!
Close Friend • Grandparent • Chosen Family • Doctor
School Counselor • Trusted Teacher • Faith Leader

YouthNow (youthnow.us) IS A PROGRAM OF THE PREVENT CLARK COUNTY COALITION (preventclark.org) "Brought to you by the Washington State Department of Health, Dedicated Marijuana Account Funding."