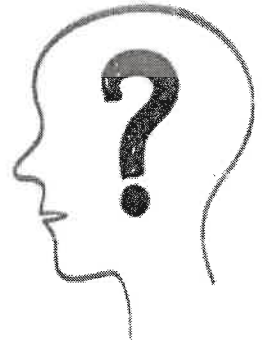


WHY this conversation MATTERS



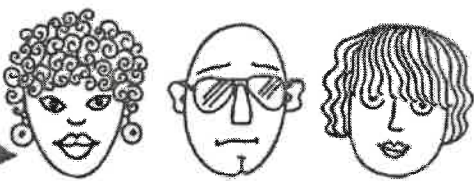
→ Teens receive and process complex information differently than adults.

→ 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

WHO can HELP?



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

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.

developed by:



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