

4 TIPS FOR REAL TALKS WITH TEENS ABOUT SEX, DRUGS AND OTHER RISKY BEHAVIORS

1 ASK PERMISSION

The key to having a genuine talk with your teen is to begin by asking permission.

A normal part of development for teens is their struggle for control. Giving the OK to talk makes teens more open to hearing the information you want to share.

"I would like to talk with you about the situation that happened at school. When is a good time today?"



2 ASK OPEN-ENDED QUESTIONS

Our goal is to keep teens safe and healthy. Lecturing doesn't get us there!

Open-ended questions are not easily answered with a yes or no that immediately close the discussion.

Instead of saying....

"How was the party?"

Open the door to a bigger discussion by asking an open-ended question like...

"Tell me about the party."

3 FIND THEIR MOTIVATIONS

Instead of saying....

"You should always wear a seatbelt. Car accidents are the leading cause of death in teens. You are a new driver and are much more likely to get in an accident."



Ask questions that lead teens into telling you why they need to change a behavior...

"What is it about wearing a seatbelt that you don't like? What are some reasons that you should wear one?"

4 USE CHANGE TALK

When making a change, teens first think about what they want to do (Desire), how they would do it (Ability), why (Reasons), and how important it is to them (Need).

"How do you feel about wearing a condom?" (Desire)

"How would you protect yourself from STIs, if you needed to?" (Ability)

"What would be your biggest reason for waiting to have sex?" (Reasons)

"How important is it for you to wait to have sex until you're married?" (Need)



For more tips, visit possibilitiesforchange.com/teenspeak