

Let's Talk

Tips and Tools for talking with your youth



KEEP IT GOING.

Be truly engaged and ask open-ended questions.

EASY ON THE "HEAVY".

Talk about serious topics and things like music, TV shows, etc.
All conversations are meaningful if both people are engaged.

BE PREPARED FOR THE UNEXPECTED ANSWER.

Don't judge! Try to understand where they are coming from.
Reframe your response so it allows the young person to express their ideas and opinions.

LISTENING IS MOST IMPORTANT.

Try not to tell them the answers or give your opinion unless asked.
Careful listening shows them you care about their thoughts.

TIMING IS EVERYTHING.

Be okay with taking a rain check if you ask a question that is met with silence or "blank look".

ASK THE SAME QUESTION AGAIN.

Asking the same question weeks or even years apart can be met with different responses. This is a great way to see your young person's developmental growth in action.

ENJOY THE EXCHANGE!

There is mutual learning when both people are engaged.
Be prepared to have the tables turned on you.

Do's

- "What do you think?"
- "That's a good question."
- "That sounds important to you."
- "I don't know, but I'll find out."
- "Would you like to share more about that?"

Dont's

- "You're too young to understand."
- "Why are you asking me about that?"
- "If you say that again, I'll..."
- "You don't need to know about that right now." "That's just for boys/girls."

Don't just have "the talk", start a conversation.

#TALKINGISPOWER