## Three Tips for Talking with Youth About Sexual Health

**Be an Askable Adult**

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<th>Tips</th>
<th>Traits of Askable Adult</th>
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<td><strong>Tip 1</strong></td>
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**Traits of Askable Adult**

- Wants communication, but doesn’t expect to have all the answers.
- Knows the most important part of communication is listening.
- Doesn’t expect to be perfect, and knows that admitting mistakes is a valuable lesson for youth to see.

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**FOR TALKING WITH YOUTH ABOUT SEXUAL HEALTH**

**BE AN ASKABLE ADULT**

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- Tip 2
  - LISTEN to their point of view, even when it’s difficult to hear.
- Tip 3
  - EXPRESS your opinion without putting down theirs; acknowledge that it’s okay to disagree.

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