

Talking is Power: The Talking Journey

Start your talking journey with conversations about topics you feel more comfortable with, then expand to additional topics that build upon previous conversations, and maintain momentum by keeping the conversations going and growing to cover more challenging and complex topics over time.



ORIENT YOURSELF

TIPS

- Get in the habit of having short, regular conversations about everyday topics.
- Build a foundation of open communication and listening.
- Practice listening without interrupting and not lecturing.
- Use open-ended questions and help your teen think through what is right for them.
- Share cultural values, stories and teachings to help connect them to culture.

TOPICS

- Future Goals
- Friendships
- Puberty & Development
- Cultural Teachings & Values
- Making Healthy Choices
- School & Other Interests



COVER MORE GROUND

TIPS

- Build upon your conversations to cover more topics.
- Get in touch with your values and feelings about these topics.
- Practice the conversation in your mind (or with a friend) if you feel it will be a tough topic to discuss.
- Help your teen think about what is important to them, what they think and what is right for them.
- Remember not to argue! Stay calm and keep the conversation going!

TOPICS

- Peer Pressure
- Drugs & Alcohol
- Mental Health & Self-Care
- College & Career Plans
- Dating & Abstinence
- Healthy Relationships
- Traditions & Ceremonies
- Setting & Maintaining Boundaries



MAINTAIN MOMENTUM

TIPS

- Don't shy away from topics, even if you feel uncomfortable.
- Do research ahead of time or work with your teen to search for answers if they have questions you can't answer.
- It's more important to teach teens how to think rather than what to think. Help them weigh options, consider consequences, and think about the impact of their choices.
- Continue sharing cultural teachings and connecting your teen to elders, aunts and others that can help keep the conversation going.

TOPICS

- Pregnancy Prevention
- STI Prevention & Condoms
- Masturbation
- Healthy Sexual Relationships
- Gender & Sexual Identity
- Communicating Boundaries
- Respecting Consent
- Caring for Mind, Body & Spirit



Text "EMPOWER" to 97779

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