

THREE TIPS

FOR TALKING WITH YOUTH
ABOUT SEXUAL HEALTH

BE AN ASKABLE ADULT

Tips

Try This

Tip 1

SHARE what you've been thinking about, rather than waiting for your youth to talk



Want to communicate, but don't expect to have all the answers

Tip 2

LISTEN to their point of view, even when it's difficult to hear



Know the most important part of communication is listening

Tip 3

EXPRESS your opinion without putting down theirs; acknowledge that it's okay to disagree



Don't expect to be perfect, and know that admitting mistakes is a valuable lesson for youth to see



Text
"Empower"
to 94449

#TalkingisPower

#HealthyNativeYouth