



Let's
Talk
About..



Talking to MY Parents? How do I Start?

Many parents would love to talk to their kids, but they just don't know where to begin. As the responsible TEEN in the family you may need to take the first step!

Here are a few tips to help:

1. **TELL** them about THINGS that are happening in your life, and take an interest in theirs.
2. **SHARE** your FEELINGS with your parents whenever you can—let them get to know you.
3. **ASK** your parents QUESTIONS about their opinions and values.
4. **LISTEN** as well as TALK. If you listen to others—others are likely to listen to you.

If you have more suggestions on how to help teens talk to their parents about touchy topics like sex, let us know at MOAPPP. We will add your suggestions to our list. Thanks and keep talking!

