

TALKING TO YOUR KIDS ABOUT

HEALTHY COMMUNICATION

Clear, open, honest, and frequent communication is a basic characteristic of a strong, healthy family.

Families that communicate in healthy ways are more capable of problem solving and tend to be more satisfied with their relationships. In addition, how and what parents and adult caregivers communicate about body image, peer pressure, puberty, reproduction, sexuality, love, and intimacy can make a significant difference in the well-being and health of their children.

HOW TO START TALKING:

BE THE KIND OF PERSON YOU WANT YOUR CHILD TO BECOME

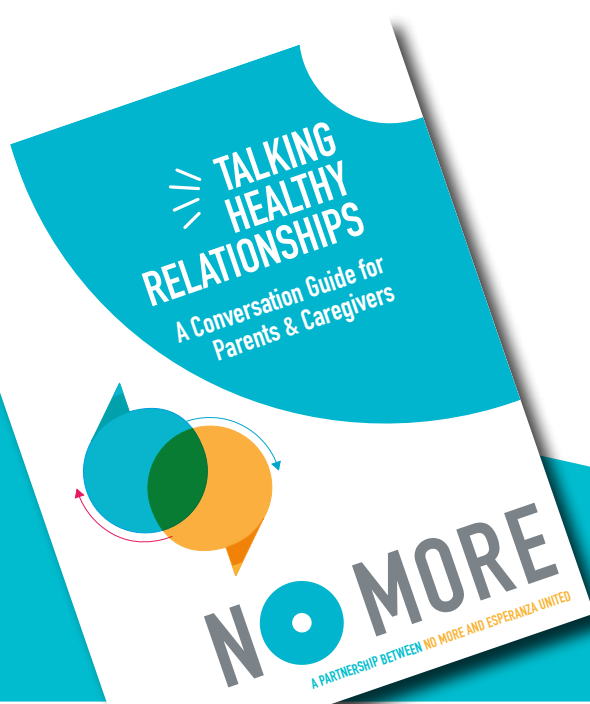
Use language and actions that are respectful, empathetic, positive, and appropriate in your own conversations and relationships with family, friends, and community members.

REMEMBER THAT TEENS WANT MUTUALLY RESPECTFUL CONVERSATIONS

Avoid dictating and lecturing. Share your feelings and values and learn about those of your children.

LISTEN TO YOUR CHILDREN

Dedicating time and energy to listening to them shows you respect them, that they are important to you, and what matters to them matters to you, too.



TALKING TO YOUR KIDS ABOUT

HEALTHY COMMUNICATION

HOW TO DEEPEN THE CONVERSATION:

GIVE POSITIVE FEEDBACK

Give positive feedback when you see or hear of your children making healthy and respectful choices when communicating (including practicing good listening) with friends and family.

ENCOURAGE QUESTIONS

Be courageous. If your children are old enough to ask a question, they are old enough to hear the honest, correct answer.



TAKE ACTION:

Healthy communication is a lot more than what to say or not say to your children. It's about developing an environment where your children feel safe and respected, and where their feelings, fears, failures and successes can be shared with someone who loves them.

USE CONVERSATION STARTERS

If you find yourself having a hard time finding the right words to start a conversation with your child, try some of the conversation starters in the Talking Healthy Relationships guide.

For more tips, resources, and conversation starters, download the **NO MORE Talking Healthy Relationships** guide at [NOMORE.org/toolkit](https://www.nomore.org/toolkit).

