
During the conversation:

- Tip 1: Be open-minded, non-judgmental, supportive, encouraging, loving, and calm.**
- This should be reflected in your tone and body language.
 - Remember to breathe!
- Tip 2: Listen and allow your child or young person to guide the conversation and topic.**
- Affirm your child's thoughts and feelings. Affirmation does not necessarily mean you agree with their thoughts and opinions, it just means you acknowledge and respect their feelings and thoughts on the topic.
 - Listen without responding. Use reflective listening, including phrases such as "What I hear you saying is..." This helps your child feel heard.
- Tip 3: Stay actively engaged. Be open to learning from your child and answering their questions.**
- It's ok to ask some questions to learn more from your child.
 - If you don't know the answer to a question, let them know that you will follow back up with the answer later.
- Tip 4: Share your family values or reasons for concerns but stick to the topics, facts and evidence. Be open to your child having different values or perspectives.**
- Tip 5: Check in and see how the conversation is being received.**
- Their body language and reactions will let you know if they are ready for the conversation and help you determine how in-depth the conversation should be.

After the conversation:

- Tip 1: Ask if they have any other questions or concerns.**
- Tip 2: Seek out credible and medically accurate information together.**
- Tip 3: Reflect on the conversation together and individually.**
- Is there anything you could have done differently?
- Tip 4: Keep the door open for future discussions.**
- Continue this conversation later when you need to.
- Tip 5: Revisit the conversation over time.**
- Go deeper into the topic as your child gets older.



ODHS would like to acknowledge and thank the 2019–2020 Teen Advisory Board who created this tip sheet!