PROTECT YOUR TEEN BY BUILDING OPEN LINES OF COMMUNICATION

1. ASK PERMISSION
   The key to having a genuine talk with your teen is to begin by asking permission.

   A normal part of development for teens is their struggle for control. When given a choice on when to talk, teens are more open to hearing the information you want to share.
   
   "I would like to talk with you about your weekend plans. When is a good time today?"

2. ASK OPEN-ENDED QUESTIONS
   You want to keep your teen safe and healthy.

   Open-ended questions are not easily answered with a yes or no, that immediately closes the discussion.

   Instead of saying...
   "Did you have fun at the party?"

   Open the door to a bigger discussion by asking an open-ended question like...
   "Tell me about the party?"

3. FIND THEIR MOTIVATIONS
   Instead of lecturing....

   "You should always wear a seatbelt. Car accidents are the leading cause of death in teens. You are a new driver and are much more likely to get in an accident."

   Ask questions that lead teens into telling you why they need to change a behavior...

   "What can you do to help you remember to wear your seatbelt?"

4. USE CHANGE TALK
   When making a change, teens consider what they want to do (Desire), how they would do it (Ability), why (Reasons), and how important it is to them (Need).

   "How do you feel about wearing a condom?" (Desire)
   "How would you protect yourself from STIs, if you needed to?" (Ability)
   "What would be your biggest reason for waiting to have sex?" (Reasons)
   "How important is it for you to wait to have sex until you’re married?" (Need)

For more tips, visit DrJenniferSalerno.com