

# 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)*



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