



TIPS AND TRICKS FOR COMMUNICATING WITH YOUR CHILD ABOUT TOUGH TOPICS

- Start talking with your child about tough issues early.
- Create an open environment so that your child knows that he/she can come to you to discuss any issue.
- Initiate conversations with your child.
- Use everyday opportunities to talk with your child, such as while riding in the car, eating dinner, bedtime, etc.
- Show your child that you are interested in talking with him/her and hearing his/her opinions and thoughts on a topic. Ask for his/her opinion.
- Ask your child open-ended questions; those questions that cannot be answered with a “yes” or “no” response.
- Inform your child of your own morals and values.
- Be a good listener. Do not interrupt.
- Listen for hidden messages in what your child is saying or asking.
- Educate your child about tough topics, such as drugs and alcohol, sex and sexuality, violence, HIV/AIDS, bullying, etc.
- Monitor your child’s media use.
- Do not force your child if he or she does not want to talk about a topic.
- Talk about your thoughts, feelings, and experiences as they relate to the topic.

Websites:

- www.canwetalk.org
- www.talkwithkids.org
- www.drugfreeamerica.org
- www.tentalks.com
- www.thenationalcampaign.org