



## Promotion Partner Toolkit

### *January:*

#### **Talk with Teens about Boundaries**

While testing limits is normal teenage behavior, teenagers are safer and happier when they have clear boundaries and family rules. By setting and agreeing on boundaries together, you create a clear understanding of expected behavior, which can help avoid conflict. Talk to your teen about your family's rules and their own personal boundaries by asking a question that is hard to answer with one word. Here's an idea: **I'd like to make sure we are both clear on boundaries and consequences. When can we have that conversation-- and what would you like to discuss?** [www.twelvetalks.com/boundaries](http://www.twelvetalks.com/boundaries)

*If you are able to post an additional January post:*

#### **How to Talk with Teens about Alcohol, Marijuana, Vaping and Other Substances: Free Workshops for Parents & Caregivers**

Participants will learn skills for building trust and having difficult conversations with youth about alcohol, marijuana, vaping and other substances. Workshops will be offered monthly during the year (excluding December) in both English and Spanish. [www.twelvetalks.com/workshops](http://www.twelvetalks.com/workshops)

### *February:*

#### **Talk with Teens about Dating**

Do teens even use the word "dating"? You would need to ask each teen! Regardless of what it might be called, make sure you talk to your teen about creating healthy and safe relationships, whether or not they are involved with a significant other. Here is a sample question you might ask: **What kinds of things would you consider to be crossing the line for a boyfriend or girlfriend?** [www.twelvetalks.com/dating](http://www.twelvetalks.com/dating)

## **March:**

### **Talk with Teens about Medicine Misuse**

Youth from Jefferson County report that sharing prescriptions happens, but is less common than other forms of substance misuse. Adults can protect teens by restricting teen access to both the teen's own medications and others' medications — and then safely disposing of unneeded medication. They can also protect them by having open conversations about this topic. One way to start could be a question such as: **What would make someone take someone else's prescription drugs?** [www.twelvetalks.com/medicine-misuse](http://www.twelvetalks.com/medicine-misuse)

*If you are able to post an additional March post:*

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## **April:**

### **Talk with Teens about Sources of Strength**

Everyone has ups and downs, and leaning on strengths can help people get through tough times. Talking to the youth in your life about their own sources of strength can help them know what to do and where to turn when they need help or support. This can be a really upbeat and fun conversation, perhaps starting out with: **What are some of your natural strengths?** [www.twelvetalks.com/sources-of-strength](http://www.twelvetalks.com/sources-of-strength)

## **May:**

### **Talk with Teens about Mental Health**

Mental health is a reflection of the state of well-being in our thoughts, emotions and behaviors. Teens, like all people, have good days and bad days. Adults can let youth know they are there for them to talk, and can help them cope or get support and care when they need it. Help them recognize their positive coping techniques by asking: **What do you do to cope when you are dealing with anxiety or feeling down?** [www.twelvetalks.com/mental-health](http://www.twelvetalks.com/mental-health)

## **June:**

### **Talk with Teens about Identity**

Identity development is a central task of adolescent development. Who am I? How do I fit in? What is my role? What do I believe in? These are all key questions adolescents are asking themselves. Important dimensions of identity formation include race, ethnicity, gender, and sexual orientation. Talking to an adult they trust can help youth form a positive sense of personal identity, so try asking open ended questions like: **What do you wish I knew about you? What do your friends say about diversity issues?** <https://www.twelvetalks.com/identity>

**July:**

## **Talk with Teens about Alcohol**

Adults in Jeffco often feel that a little alcohol is harmless for teens. Teens report that a little alcohol usually leads to a LOT of alcohol. The reality is that underage alcohol use — particularly binge drinking — leads to risky sexual behavior, use of other drugs, alcohol poisoning or violence. Make sure you are talking to your teen about alcohol. Open ended questions are a good place to start: **What worries you most about people your age drinking? What should happen to adults who supply alcohol to underage kids who end up getting hurt?**

[www.twelvetalks.com/alcohol](http://www.twelvetalks.com/alcohol)

**August:**

## **Talk with Teens about Friends**

Teen social relationships take place both in person and -- now more than ever-- online, often using social media. Adults can't control youth friendships, but you can be a role model for positive, respectful relationships and talk with youth about healthy friendships. You can also open the door for them to talk to you about it with questions like: **What's the hardest thing about juggling friendships right now?** [www.twelvetalks.com/friends](http://www.twelvetalks.com/friends)

**September:**

## **Talk with Teens about Hopelessness & Coping**

The teen years are a time of rapid social, emotional and physical development. You can support the teen you love by talking to them about their strategies for dealing with the ups and downs, as well as talking to them about their hopes for next week, next year and even years from now. A question to start out the conversation might be: **What are you most looking forward to in the next year?** [www.twelvetalks.com/hopelessness\\_coping](http://www.twelvetalks.com/hopelessness_coping)

**October:**

## **Talk with Teens about Marijuana**

Use of marijuana during the teen years results in damage to the teen's rapidly developing brain, and can result in impaired cognitive function. Plus, the younger a person starts using marijuana, the more likely they are to use harmful substances later in life. **Does anything worry you about marijuana use for teens your age? What about in terms of addiction or messing with brain development?** [www.twelvetalks.com/marijuana](http://www.twelvetalks.com/marijuana)

*If you are able to post an additional October post:*

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[www.twelvetalks.com](http://www.twelvetalks.com)

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## November: Talk with Teens about Vape & Tobacco

Vaping is a problem across the country and continues to be prevalent here in Colorado. The good news is that the 2019 Healthy Kids Colorado Survey (HKCS) shows that the majority of Jeffco youth realize that vaping is harmful, and over half of youth who vape report wanting to quit. Even if you don't think your teen is vaping, the conversation is important. Try asking: **Why do you think people your age vape?** <https://www.twelvetalks.com/vape-tobacco>

*If you are able to post an additional November post:*

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## December: Talk with Teens about Sex & Consent

Jefferson County teens report that while adults discuss the physical aspects of sex with them, adults aren't providing needed guidance to teens about creating healthy relationships, sexual consent, use of alcohol as a "date rape" drug, sending nude photos and making sexual comments about others. It's not always an easy conversation, but it's important. Try asking open ended questions, like: **What exactly does consent mean? What kinds of sex-related stuff do people talk about at school?** [www.twelvetalks.com/sex-consent](http://www.twelvetalks.com/sex-consent)