Let’s Talk!
Tips for Talking About Personal Safety & Sexual Abuse with Tweens & Teens

Get Comfy and Start the Conversation
The changes and exploration of the tween and teen years can be fun and challenging. Your adolescent may seem more grown up, but they still need your guidance. These tips can help you navigate and normalize personal safety conversations that can help them stay safe on their journey to becoming responsible, independent adults.

What You Can Say
“Relationships can be hard. Let me know if you ever want to chat about how things are going.”

“It’s always okay to say ‘No,’ even if you’ve already said ‘Yes.’ Your feelings and safety come first.”

“I noticed you hanging out with some new kids at the basketball games. I’d love to hear more about them.”

“I know you have strong feelings for your girlfriend, so even though it may seem awkward, we need to talk about safety and consent.”

“It’s never okay for someone to use sex or your feelings to try to control you. If that happens, tell them it’s not okay, and then tell me so we can talk about it.”

“It’s important to watch out for your friends. If you see something inappropriate, say something.”


IF YOU SUSPECT ABUSE OR NEED HELP
Childhelp 800-4-A-Child
National Sexual Violence Resource Center 877-739-3895
National Human Trafficking Hotline 888-373-7888 or text HELP to 233733.
Rape, Abuse & Incest National Network 800-656-HOPE