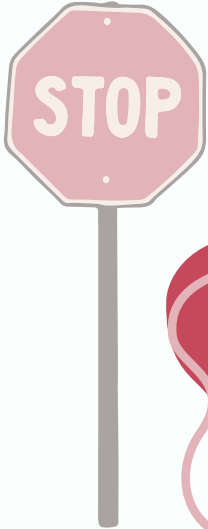


Agency

Adolescents feel **empowered** by having a **voice** in the conversations and decisions, and having **freedom** to choose what is talked about. What do they **want** to talk about? How do they **want** the conversation to begin?



Conversation is a two-way street!
Not a lecture.

"I just wanna take a light approach to it and work our way up...do it step by step...so we're both ready." 12 y/o

- Who starts the conversation?
- What is off limits to discuss?
-
-
-
-
-
-

"My hopes are that I learn that we can talk if I have a question and that you will not talk to me when I don't want to be talked to about that topic." 13 y/o

- 1 Find a comfortable, private space.
- 2 Read through each theme and discuss what the theme means to you.
- 3 Go through our questions to establish guidelines for your conversations, and use the blank space to create some of your own.
- 4 Have check-ins. Check on one another, see how everyone is feeling.
- 5 This can be adapted, changed, and re-done. Continue the conversation!



FAMILY COMMUNICATION GUIDE



This is the family communication guide for

Confidentiality

Keep information **private** between the agreed upon people. Who is **involved** in this discussion? Can anyone else be told the information discussed?



Information should stay between those in the conversation (and other agreed upon people)

"I want them to be conversations between just mom and I, not mom and stepdad." 17 y/o



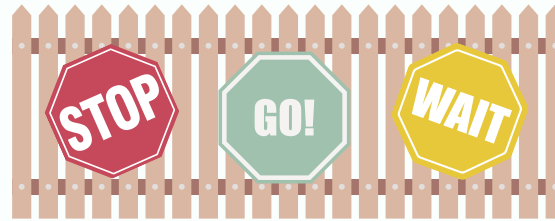
- Who is involved?

- What cannot be kept secret? (ex, abuse)

- _____
- _____
- _____
- _____
- _____

Establish Boundaries

Create comfortable communication situations and space. These can be **relational**, **communicative**, and **physical** boundaries. Where do you want the conversation to happen? What is **off limits** to talk about?



Create a safe space, physically and emotionally. A no judgement zone!

"Honesty. Because if you're not honest, you might not get the right answer" 13 y/o

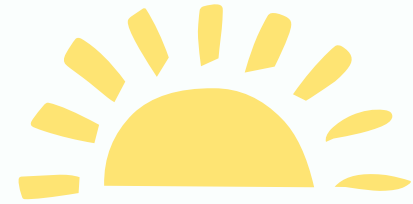
- Setting (when?, where?)

- Are there house rules related to this topic?

- _____
- _____
- _____
- _____
- _____

Lightheartedness

Keep the conversation **lighthearted** and **casual**. Discuss what lighthearted means to your family: it may include use of appropriate humor, jokes, or a relaxed vibe.



Keep it positive, calm, light, and don't take it too seriously

"More calm, more laid back. Less pressure. I felt more calm because we laughed about things" 13 y/o

- What topics should not be joked about?

- We can laugh! It is okay!

- _____
- _____
- _____
- _____
- _____