



COMMUNICATION

To teens and adolescents about sex, drugs, alcohol, coronavirus-covid 19, and other tough topics.

GOOD COMMUNICATION IS NOT..

Hitting

Slapping

Pushing

Demanding

Demeaning

Insulting

Lecturing

Yelling

Making Fun Of Your
Child

Embarrassing

Name Calling

GOOD COMMUNICATION IS...

Listening

Being Patient

Waiting

Forgiving

Being Gentle

Talking in a Soft Voice.... even if your child yells at you

Acting the way you want your child to behave

WHAT IS COMMUNICATION

The basics of communication is when one person listens and another person talks. Oftentimes when parents and kiddos “communicate” only one person is allowed to talk and the other person does not listen.



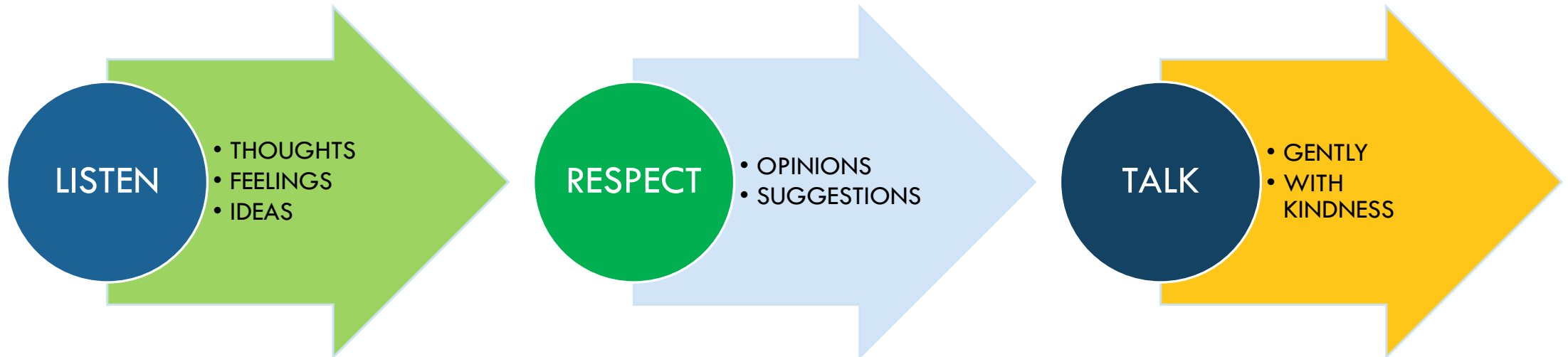
HOW DO I GET MY KID TO LISTEN?

Children like to be heard... before they will begin to listen

Children want to know that adults are not judging their opinions

Children want to be respected

Children are humans too... which means they have thoughts, feelings, and emotions.



HOW TO TALK ABOUT DRUGS

First... BE the person you want your child to be

- Do not use drugs yourself.
- Children WILL DO what they see other adults do.
- Give your child information about what drugs are
- Tell them WHY drugs are bad
- Tell them WHAT they will do to their bodies
- Tell them HOW they will change their lives

Second... only allow your child to be around ADULTS who BEHAVE how you want your child to behave

- Do your friends use drugs?
- Do your family members use drugs?
- Does your partner/boyfriend/girlfriend use drugs?
 - If any of those answers are yes, then those people should not be around your child.

WHAT TO **SAY**... ABOUT DRUGS

What you can SAY:

Parent: Drugs are bad BECAUSE they will hurt your brain

Kid: How?

Parent: The “high” feeling is actually when the drug is burning very small brain cells in the front side (forehead) of your brain.... It can cause long-term damage. And you WILL become addicted.

HOW ALCOHOL ATTACKS THE BRAIN

A guide to the sequential damage alcohol inflicts on neural tissue

1. First, alcohol affects the forebrain and **assaults motor coordination and decision making.**

2. Then, alcohol knocks out the midbrain, and you **lose control over emotions and increase chances of a blackout.**



3. Finally, alcohol batters the brainstem as it **affects heart rate, body temperature, appetite and consciousness,** a dangerous and potentially fatal condition.

Risks from Smoking

Smoking can damage every part of the body

Cancers

Head or Neck

Lung

Leukemia

Stomach

Kidney

Pancreas

Colon

Bladder

Cervix

Chronic Diseases

Stroke

Blindness

Gum infection

Aortic rupture

Heart disease

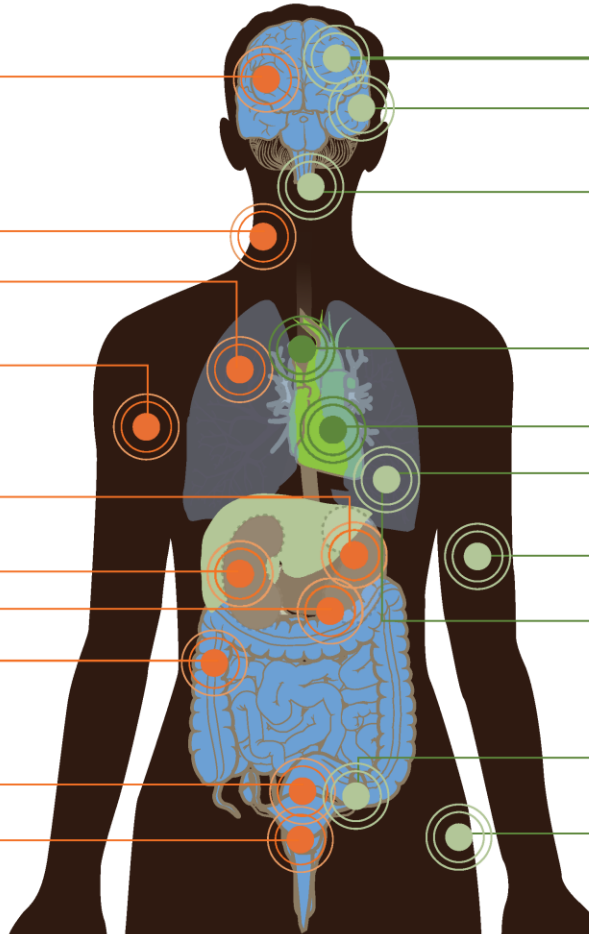
Pneumonia

Hardening of the arteries

Chronic lung disease
& asthma

Reduced fertility

Hip fracture



HOW TO TALK ABOUT SEX...

FIRST... BEHAVE how you want your child to behave

- If you believe in marriage, then only allow your child to see you be romantic (holding hands, gentle hugs, PG rated kisses) with your husband or wife.
- Do not have sex in front of your child
- Do not allow your child's boyfriend or girlfriend to spend the night at your home
 - Children will believe that if you allow them to spend the night then you agree to them having sex, even if you told them not to.

WHAT TO SAY ABOUT SEX

Parent: Are you having sex?

Your Child- may not want to answer this question, or they may become angry or embarrassed that you've asked them.

Parent: your body is very important, and it should be protected and not shared with everyone.

Child: Why?

Parent: Sex should be inside of a loving relationship when you are an adult. Because sex, causes very strong emotions and has a lot of responsibility. Its too heavy for you to carry as a child, please understand that it is better when you are an adult.

Parent: Do you want to have sex?

Your Child- may not want to answer this question, or they may become angry or embarrassed that you've asked them.

Parent: your body is very important, and it should be protected and not shared with everyone.

Child: Why?

Parent: Sex should be inside of a loving relationship when you are an adult. Because sex, causes very strong emotions and has a lot of responsibility. Its too heavy for you to carry as a child, please understand that it is better when you are an adult.

WHAT QUESTIONS TO ASK ABOUT SEX

Parent:

- Has anyone forced you to have sex?
- Has anyone ever tried to talk you into having sex with them?
- Has anyone told you to touch their private parts (penis, vagina, buttocks, breasts)?
- Has anyone ever touched your private parts? (penis, vagina, buttocks, breasts)?

- ▶ Parent: if your child answers YES to any of the questions above
 - ▶ I'm sorry that happened to you...(then hug your child, or hold their hand)
 - ▶ Please tell me their name, I need to protect you. (then call the police)
 - ▶ I'm not angry with you, It's NOT your fault.
 - ▶ I love you
 - ▶ I believe you
 - ▶ I choose you, over them.

HOW TO TALK ABOUT THE CORONAVIRUS COVID-19

Ask your child what they already know about the coronavirus...

LISTEN

Some children like adults will experience Fear and Anxiety (Nervousness).

It's ok to feel the feeling of fear, do not ignore it, please talk about it

Washing your hands often is very important

Wearing a face mask in public is very important

Social Distancing – not being close to people is very important

WHAT TO **SAY**... ABOUT THE CORONAVIRUS

Parent: We can follow the rules of social distancing (staying away from people) to stay away from the virus

Kid: How will we know if it's really gone?

Parent: The CDC.GOV (center for disease control) and all the leaders in the world do not want thousands of people to die, they would not lie to us- besides their families are affected too.

Kid: What is it anyway?

Parent: It is a virus that makes people very very sick

HOW TO GET YOUR KID TO STOP MAKING POOR CHOICES...

Adolescents and Teens do not perceive danger in the same way that adults do, that's because the portion of the brain that understands danger hasn't finished growing.

That doesn't mean that as adults we simply allow children to make poor choices because their brains do not recognize danger as quickly as an adult brain.

It is our job as parents to lovingly GUIDE our children toward the correct choice by very very consistent consequences and rewards.

HOW DO I GET THEM TO STOP MAKING POOR CHOICES

Most often, education is the best result to help a child understand the long-term effects of poor choices.

- Allow your child to speak with a medical doctor about how their choice is impacting/hurting their physical body.

- Take them on a FIELD TRIP to a:
 - Shelter (run-aways)
 - Substance Abuse Group (Those who use Drugs)
 - Hospital (Those who Self-Harm)
 - Aids Clinic (Sexually Acting Out)
 - Police Station (for those who are violent)

Ask a Counselor or Social Worker at any of those locations to allow a member to talk to your kiddo,(with you present) about the poor choices they made in their own lives and how they ended up where they are now.



QUESTIONS ?