



## HOW TO USE THE TOOLKIT

The Start the Conversation Toolkit provides information and tips to help you communicate with the teen or pre-teen in your life about staying safe and developing respectful relationships. Follow the steps below:

- ✓ **Get motivated.** Boost your motivation to start the conversation by reading *Five Good Reasons to Talk with your Teen* about developing safe respectful relationships [click here](#)
- ✓ **Sharpen your conversation skills.** Learn from teen experts about how to effectively communicate with young people. Find out what works and what doesn't! *Conversation Tips* [click here](#)
- ✓ **Choose a subject and get prepared.** Decide which subject you'd like to talk to your teen about first and read the *Facts & Conversation Guide* on that subject. It includes what you need to know and suggested discussion questions and ideas.
- ✓ **Arrange a time to talk with your teen.** Choose a time that will be uninterrupted and convenient for both of you. Limit the talk to 30 minutes or less. Don't be surprised if your teen rolls their eyes when you say you'd like to have "a talk." Be casual, and say something like, "I'd like to discuss dating abuse with you (or whatever the subject is). *It's an important subject we should talk about.*"
- ✓ **Start the conversation.** Keep the *Conversation Guide* handy for reference during your conversation. Stick to the amount of time allotted unless your teen wants to talk longer.
- ✓ **Keep the conversation going.** Make a point of returning to key topics from time to time and take full advantage of "teachable moments" to reinforce the messages you want to convey to your teen. For ideas visit *Teachable Moments* [click here](#)