



# **PERSONAL SAFETY AGE-APPROPRIATE CONVERSATIONS FOR HIGH SCHOOL**

## **A Step-By-Step Guide for Parents and Caregivers**

**It's important to talk to your children often and consistently about how to stay safe. But how you do have effective conversations in which children absorb valuable information that they may need later? Make sure the information you deliver is easily understood for your child's stage of development.**

### **TEACH YOUR CHILD**

- Review cell phone and internet expectations
- The importance of respecting others' boundaries
- Listen to your gut instinct – leave situations or people that feel wrong
- The power of the bystander to get involved and help others
- “No” is a complete sentence

### **CHALLENGES AT THIS AGE**

Teenagers push limits as they work to get enough information to live and work independently from their parents or guardians. Meanwhile, parents are working to help stay connected to their teen, set boundaries, and help their teen make safe and healthy decisions.

These two very separate directives can create conflict as the teen and parents attempt to navigate the changes that come with teens' added freedom and responsibilities.

### **HAVING THE CONVERSATION**

A teen should be reminded that sexual activity should not be done out of fear, guilt, or in hopes of increasing popularity.

Discuss with your teen their choices, their friends' choices, and the outcomes of these choices. Having a discussion about sex and consequences does not mean that parents are encouraging their child to have sex, but preparing that teen to be healthy and safe whatever their choices may be.

This is an age where peer pressure can override the teen's gut instinct. Remind them the importance of listening to their gut.

### **CONVERSATION STARTER**

“What if you showed up at a party and your gut instinct told you things were getting out of control?”