Let’s Talk!
TIPS FOR PARENTS & GUARDIANS

Strengthening Parent-Child Communication to
BUILD HEALTHY RELATIONSHIPS

START EARLY AND TALK OFTEN
Start positive family communication early in your child’s life and be consistent. Include discussions on healthy relationships.

BE OPEN AND HONEST
Remain approachable and open-minded when giving advice and be truthful in your responses even when it’s not easy.

BE A COACH
Model positive behavior and help your child build skills that will make him/her successful and avoid risky behaviors.

INVEST IN QUALITY TIME
Spend 1-on-1 time with your child to build a strong relationship.

TALK ABOUT FAMILY VALUES AND ATTITUDES
Be clear with your child on what you believe and think is important, including family rules and consequences.

MONITOR AND ENCOURAGE POSITIVE INFLUENCES
Know the people and friends that are around your child/adolescent and discourage serious relationships with older peers. Include monitoring of TV and social media.

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