



Safe Teens and Family Talk

conversation deck

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Safe Teens

Did you know that **Snapchat** can share your location? You can control this using your phone settings or settings within the app.

Have a conversation about location sharing with your teen and adjust privacy settings together.



Safe Teens



Did you know that tech companies can **target ads** at children and teens? You can install **ad blockers** on your phone to limit exposure to these targeted ads. Have a conversation with your teen about how ads try to manipulate people and decide what's best for your family.

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Safe Teens



How do you know if your child is ready for a phone? Think about their **responsibility**, the level of **trust** you have, whether it would increase **safety**, how they manage their **time and emotions**, and how it might affect **school** and their **social lives**. Have these conversations with your child.

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Safe Teens

It can sometimes be difficult to know where to start when setting **phone-use guidelines** with your teen.



These may be some good starting places:

Be respectful when texting and calling. Know that nothing shared is guaranteed to stay private. Don't respond to numbers or social media accounts of people you don't know in real life. Always ask permission before taking a photo or video, and before sharing anything.

Discuss guidelines with your teen and decide together.

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Safe Teens

Here's a simple tip:

Learn about your child's or teen's interests, even if they aren't the same as yours. When you show your child that you care and are willing to learn and talk about the things they care about, it communicates how much you care and builds trust. Plus, it gives you something to talk about together!



Communication Tip

Ask your teen to **check in** with you when they are away from home or school.

Modern devices like smartphones can make it easy to track your child's location, but relying on this alone doesn't teach responsibility or communication. If you've gotten into a habit of relying solely on location tracking, experiment with calling or texting more.



When asked, “What do you want from your parents?” many teens said one thing they want is **accountability** when mistakes are made.

Acknowledging mistakes and taking responsibility for your decisions shows teens how they can do the same.



Family Talk

When you're having conversations or preparing to have conversations with your child(ren), remember your own **self-care**.

If the conversation starts to feel overwhelming, be honest with your child(ren). Tell them you need to take a break, and you can talk again later. Reach out to someone you trust to talk about how you are feeling.



If your child decides to talk with you about a **harmful experience**:

- Thank them for trusting you and let them know you believe them.
- Let them know that what was done to them was not their fault and that you're sorry they were harmed.
- Keep them away from the person who harmed them.
- Seek professional help to support them.



PAUSE



It's okay if you don't know all the answers.

or if you aren't sure how to start a conversation.

Honesty is a great starting place. If a topic feels difficult, let them know you want to talk, and you need time to think before talking. Talk with friends, family members, therapists, and other supports. Take a moment to consult trustworthy online sources.

Be sure to follow up with your child as soon as you're ready to talk.

Family Talk

Get Together

- Discuss problems.
- Share time together.
- Work together to find solutions to problems and mistakes.
- Get involved in community activities together.



Family Talk

When emotions are involved, **try to focus on feelings and concerns** more than problem-solving.

Help your child identify and process their emotions. Talking or journaling can be very helpful.

Remember it's okay (and can be healthy) to take a break from talking.

