



Raising Healthy Teens

Conversation Action Plan

Influential adults play a key role in a youth's development of healthy behaviors and attitudes. Plan a conversation using this worksheet.

Content: Identify what youth are seeing in regards to what their peers are doing, including current research, trends, and barriers to healthy choices.

What will you talk about?

By the end of the conversation, what will you have accomplished?

Strategy: Develop skills on how to reduce the risk of unhealthy behaviors use through strong relationships and conversations.

How will you start the conversation?

How will you end the conversation?

Foreseeability: Describe why youth are vulnerable decision makers due to brain development.

What will be responses or reactions your child might have?

How will you respond?
