

A young woman with dark hair, wearing glasses and a green long-sleeved shirt, is looking down at a smartphone she is holding in both hands. She has a gold necklace with a cross pendant. The background is a blurred wooden structure, possibly a chair or a railing. The lighting is warm and focused on her.

**YOU SPEAK ADULT. SHE SPEAKS,
WELL, SHE DOESN'T SPEAK.**

PARENTS: START RELATING BEFORE THEY START DATING.
startstrongparents.org

BE A PARENT THAT MATTERS!

More and more young teens go online and use texting to communicate with their friends.

Why not engage your children and ask them about their relationships? Take this opportunity to talk to your kids, and hopefully, help them make thoughtful decisions so that texting never turns provocative.

CONVERSATION STARTERS

- "It can be fun to call, text, and message with your friends. But sometimes you might feel like you need a break. How can you tell your friend or someone you like it's too much?"
- "I know some of your friends are on Facebook. What things do you normally do online?"
- "Feeling pressured to send nude or embarrassing pictures or messages is never okay. How would you respond if you felt pressured, controlled or threatened?"

ACTIONS

- Your children learn by watching you. Model responsible cell phone use.
- Rehearse ways your young teen can respond if asked to send or to forward mean or inappropriate texts.
- Get to know their communication world. Check out YouTube, Facebook, MySpace, and Twitter to see what social networking is all about.

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For more information contact Futures Without Violence 415.678.5500.

Support for *Start Strong: Building Healthy Teen Relationships* provided by a grant from the Robert Wood Johnson Foundation.