



# 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?

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

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

How will you start the conversation?

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How will you end the conversation?

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

What will be responses or reactions your child might have?

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How will you respond?

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