



MISSOURI DEPARTMENT OF
**HEALTH &
SENIOR SERVICES**

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**HEALTH &
SENIOR SERVICES**

“Said No Teen Ever”

Beginning the Hard Conversations with Youth

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Adolescent and School Health Program

Agenda



“Said No Teen Ever”

Meet Some Teens

Brave Space vs. Safe Space

Starting the Conversation

Resources to Start the Conversation

Questions to Think About



What stood out to you the most about the video?



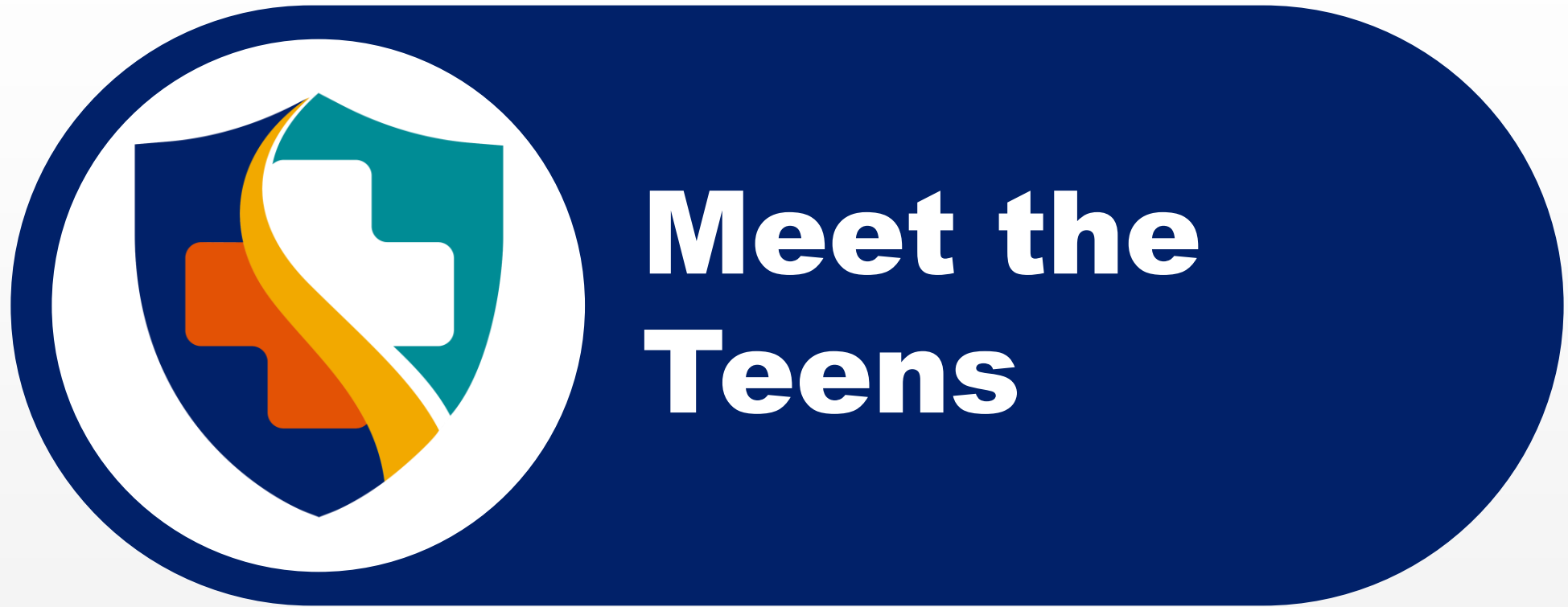
Any issue/topic a teen talked about that surprised you?



How would you react if a teen you knew came to talk to you about any of these issues/topics?



What would you say to a teen if they came to you to talk about any of these issues/topics?





Adriaunna “Adri”

High School Sophomore

Hometown: Fayette, MO

Age: 15

Extracurricular Activities: Basketball and Track

Favorite Color: Green

Favorite Snack: Nerd Gummy Clusters.

Favorite Word/Phrase: Gang



Jayliah “Rea”

High School Sophomore

Hometown: Columbia, MO (currently living in Texas)

Age: 15

Extracurricular Activities: Cheerleading, Ballet, and Track

Favorite Colors: Blue and Green

Favorite Snack: Takis (the purple bag)

Favorite Word/Phrase: Gurl Bye



Adriaunna “Adri”

What are some of your favorite socials?

What social(s) are most popular amongst your friend group?

What topics are the hardest to talk to your mom or an adult about?

What do you need from a family member to feel safe talking to them about taboo topics?

Who’s the one person you trust most in the world?

If you could have dinner with anyone, dead or alive, who would you choose and why?



Jayliah “Rea”



Adriaunna “Adri”

What are some of your favorite socials?

Adri: Snapchat, Instagram, and TikTok.

Rea: TikTok and Snapchat



Jayliah “Rea”



Adriaunna “Adri”

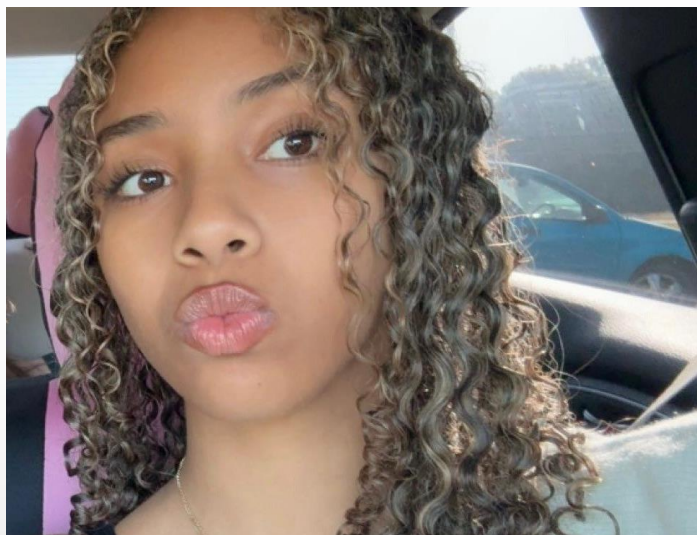
What social(s) are most popular amongst your friend group?

Adri: Snapchat

Rea: TikTok



Jayliah “Rea”



Adriaunna “Adri”

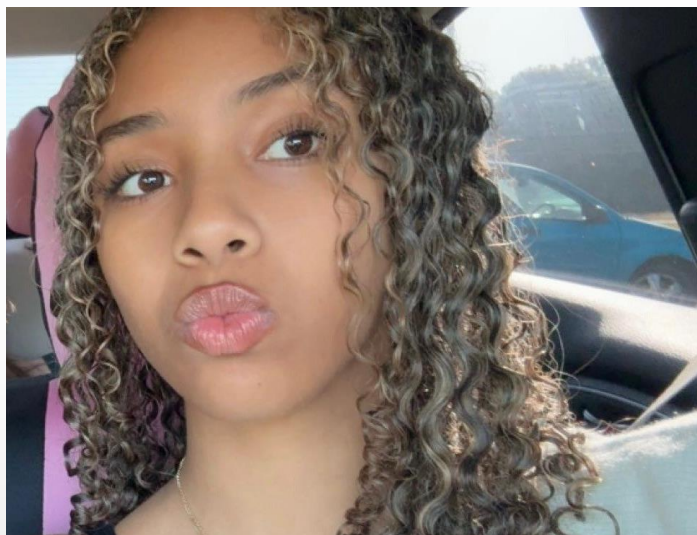
What topics are the hardest to talk to your mom or an adult about?

Adri: Mental health and relationship issues

Rea: Dating and mental health



Jayliah “Rea”



Adriaunna “Adri”

What do you need from a family member to feel safe talking to them about taboo topics?

Adri: Trust and good communication. I need to feel safe telling them and trust that they won't tell anyone else.

Rea: Someone who is not judgmental and open-minded to hear what you have to say.



Jayliah “Rea”



Adriaunna “Adri”

Who’s the one person you trust most in the world?

Adri: Honestly, you 😊

Rea: My mom



Jayliah “Rea”



Adriaunna “Adri”

If you could have dinner with anyone, dead or alive, who would you choose and why?

Adri: My uncle Derek passed away a while ago. I don’t remember him that much, so it would be nice to talk to him and hear his voice again. But you would need to be our chef because the chicken nachos are FIRE.

Rea: My dad, so I can tell him everything that has happened since he died.



Jayliah “Rea”



**Creating
Brave
Spaces**



Safe Space vs. Brave Space

Safe Space

- A place intended to be free of bias, conflict, criticism, or potentially threatening actions, ideas, or conversations.
- Focuses on creating a safe and comfortable environment where individuals feel protected from harm or discomfort.
- May limit opportunities for growth and learning by avoiding discomfort and controversial topics.
- May place responsibility of creating the safe space solely on the facilitator or organization.

Safe Space vs. Brave Space



Brave Space

- A learning environment that allows learners to engage with one another and have conversations about issues with honesty, sensitivity, respect, and generosity.
- Encourages individuals to stretch beyond their comfort zones and take risks, while feeling supported and understood.
- Emphasizes learning and growth through navigating difficult conversations and addressing controversial topics with civility and critical generosity.

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Activity

- What do you need to feel brave in a space?
- Write down 1 idea per sticky note – MAX 3
- Bring them to the front and put them on the graffiti wall

Debrief



- Did you notice any common themes?
- Do you think the ideas on the wall make a brave space? Why or why not?
- Any words you want to add?





Difficult Conversations

- These conversations can cover topics that might be embarrassing, upsetting, or controversial.
- Can cause an argument or conflict between you and your teen.
- What topics do you think these conversations could be about?



Prepping for Difficult Conversations

- NO SCRIPTS!
- Think about these topics BEFORE teens ask!
- Work out a few key points about sex, alcohol, parties, and so on beforehand.



Managing Reactions with Difficult Conversations

- Stay calm.
 - Be honest if you're shocked by the topic.
- Reassure your teen that you're happy they asked the question.
- Listen to your teen WITHOUT interrupting them.
 - Teens aren't expecting you to know all or fix things—they just want you to listen.
- Avoid criticism, judgment, and emotion.



Difficult Conversations

- Are signs of a healthy relationship with your teen(s).
- Teens are more likely to feel more connected to you.
- Teen are more likely to be open in the future.





Download the **FREE**
Connect with Me app today.



Real life doesn't come with a script. The Connect with Me app helps you navigate conversations with youth so you can have a better, more meaningful connection.



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the App Store or Google Play
[ConnectWithMeApp.com](https://connectwithmeapp.com)



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Connect with Me App

- Over 150 cards on 10 different topics to “Start Talking” and to “Keep Going.”
- Questions developed with both professional and youth input.





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QUESTIONS?



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