

Graphic	Caption	Possible Date
<p>It's Let's Talk Month!</p>  <p>OCTOBER LET'S TALK MONTH</p>	<p>Attention mentors, parents, and youth-serving professionals – it's Let's Talk Month! We'll be celebrating this month by sharing how you can encourage open conversation with the young people in your life. Also, we'll be sharing all #LetsTalkMonth events in SC communities throughout the month! Find all events here: www.factforward.org/events.</p>	<p>October 3</p>
<p>Stay Informed</p>  <p>STAY INFORMED</p> <p>Stay informed about:</p> <ul style="list-style-type: none"> • Where your young person is getting information • What health messages your young person is learning • What health messages are factual & medically accurate <p>#LETSTALKMONTH</p>	<p>Info about sex & relationships is readily available for young people. Whether it's friends, the internet, or TV, some messages may be more accurate than others. Don't assume your young person's sex ed class includes ALL the information you want your child to know - school-based curricula vary from state to state. Learn more: https://www.factforward.org/resources/parents/sex-ed-sc #LetsTalkMonth</p>	<p>October 6</p>
<p>Find Little Moments</p>  <p>FIND LITTLE MOMENTS</p> <p>Identify unique opportunities like:</p> <ul style="list-style-type: none"> • In the car • After a TV show or movie • Via text messaging <p>#LETSTALKMONTH</p>	<p>Identify unique opportunities to have conversations with young people. You can talk in the car where it's private and comfortable, after a TV show or movie where you can discuss positive and risky behavior seen in media, or via texting, which is an easy, acceptable way to reinforce messages discussed in person. #LetsTalkMonth</p>	<p>October 11</p>
<p>Have Frequent Conversations</p>  <p>HAVE FREQUENT CONVERSATIONS</p> <p>There is no right or wrong time for having "the talk."</p> <p>Encourage lifelong conversation.</p> <p>#LETSTALKMONTH</p>	<p>Adults know that having "the talk" about sex, HIV, STD, and pregnancy prevention is important. We forget that having a series of discussions that begin early, happen often, and continue over time can make more of a difference than a single conversation. Learn more: https://www.factforward.org/resources/parents. #LetsTalkMonth</p>	<p>October 13</p>

<p>Be Relaxed & Open</p> 	<p>Talking about sex, relationships, and STDs can be uncomfortable for anyone. But you can encourage young people in your life to ask you questions and be prepared to give honest answers! This keeps the door open for both of you to bring up the topic. #LetsTalkMonth</p>	<p>October 18</p>
<p>Avoid Overreacting</p> 	<p>When a young person shares personal information with you, remember that they may be asking for your input or want to know how you feel. Thank them for their honesty and be prepared to share honest and accurate information in return. Learn more: https://www.factforward.org/resources/parents/talk-about-dating-and-relationships. #LetsTalkMonth</p>	<p>October 20</p>
<p>Include Health Care</p> 	<p>By encouraging young people to attend preventive care appointments and allowing time alone with the provider, you create opportunities for your teen to talk confidentially with doctors or nurses about health issues that may be of concern, including HIV, STDs, and pregnancy. Be prepared to suggest that you step out of the room for a moment to allow for this special time, as not all health care providers will feel comfortable asking you to leave the room. #LetsTalkMonth Learn more: https://www.cdc.gov/healthyouth/protective/factsheets/OneonOneFactSheet.htm.</p>	<p>October 25</p>

<p>Get Involved</p>  <p>GET INVOLVED</p> <p>LGBTQ youth are a part of every community. Receiving parental support leads to better outcomes.</p> <p>#LETSTALKMONTH</p> <p><small>Content source: Division of Adolescent and School Health, National Center for HIV/AIDS, Viral Hepatitis, STD, and TB Prevention</small></p>	<p>LGBTQ youth experience stigma and discrimination that increase their risk for poor mental health and risky sexual behaviors. Quality sexual health education, access to health care services, and safe and supportive environments can help all youth thrive. Learn more: https://www.cdc.gov/healthyouth/disparities/index.htm.</p>	<p>October 27</p>
<p>Support Mental Health</p>  <p>SUPPORT MENTAL HEALTH</p> <p>Mental health is key to healthy young people. Don't leave mental health out of the conversation.</p> <p>#LETSTALKMONTH</p> <p><small>Content source: Division of Adolescent and School Health, National Center for HIV/AIDS, Viral Hepatitis, STD, and TB Prevention</small></p>	<p>Youth with poor mental health may struggle with school, grades, decision-making, and health. Because many health behaviors and habits are established in adolescence that will carry over into adulthood, it is essential to help youth develop good mental health. Learn more: https://www.cdc.gov/healthyouth/mental-health/.</p>	<p>October 31</p>

Content source: [Division of Adolescent and School Health, National Center for HIV/AIDS, Viral Hepatitis, STD, and TB Prevention](#)