

Let's Talk Month



BINGO



*Accept the Challenge, **Unmute** the Moment.*

Share a moment when you didn't know what to say & explain what you did next	Write or say your definition of love in one sentence	Tag @FactForwardOrg in a post or Story about how you had "the talk" with a young person	Share a surprising sex-ed conversation you've had	DM @FactForwardOrg your biggest takeaway from Let's Talk Month
Had "the talk" with a young person this year	Share a myth about sex or relationships you once believed	Share your biggest fear when talking to youth about sex and relationships	Share your favorite Fact Forward tip for parents and tag @FactForwardOrg	Give your teenage self one piece of relationship advice
Ever said "I don't know, but I'll find out" to a tough question	Talk to a teen about boundaries or respect in friendships and relationships		Share one thing you learned from Fact Forward's resources and tag us	Share what makes you a safe person for youth to talk to
Describe what a healthy relationship looks like to you	Repost 2 other organizations that focus on healthy relationships on your social media	Repost a Fact Forward post that inspired you to start a conversation	Talk to a young person about contraception options and answer any questions they have	Do something nice for a friend or family member
Post your favorite "healthy relationship" quote and tag @FactForwardOrg	Repost a 988 Lifeline post on your social media	Share a picture of you having a conversation starter moment and tag @FactForwardOrg	Talk about the importance of getting tested for STDs	Visit Factforward.org and share your favorite resource with a friend

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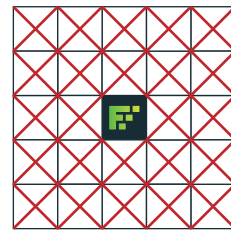
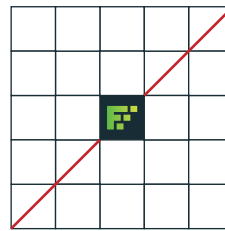
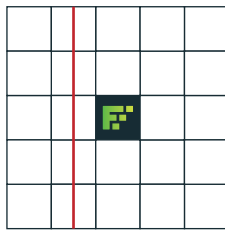
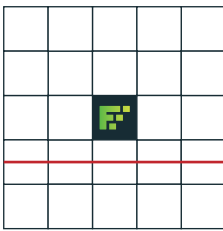
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Instructions

How to Play:

1. Use the bingo card provided (printed or digital).
2. Each square has an activity related to starting conversations. When you complete one, mark it off.
3. Your goal is to complete **five activities in a row**. This can be across, down, or diagonally.
4. If you'd like an extra challenge, try to complete the **entire card** by the end of the month.



Sharing Your Progress:

You can take a picture or video of yourself completing a square or of your marked bingo card. Share it on social media, tag @FactForwardOrg, and use the hashtag #LetsTalkMonth so others can see and join in.

Feel free to invite your family, friends, or coworkers to play along. Conversations are stronger when more people are involved.

Stay Connected:

You can also access a virtual bingo card right from your phone or computer. While you're there, explore more Let's Talk Month events, our social media toolkit, and other resources to keep the conversations going all October at factforward.org/lets-talk-month.

Follow us for more conversations, tips, and ways to get involved.



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