

How To Talk About Hard Topics

Worksheet For Teens



This worksheet is designed to help you identify safe relationships in your life. We hope there is a safe adult in your life you can talk to in difficult times. Remember, if you don't know a safe person you can trust, there is support available. View iRespect&Protect's Tools and Resources on our website under the For Teens section at www.irespectandprotect.com/for-teens/.

First, start with identifying WHAT makes someone safe.

Ask yourself, "What makes someone SAFE to talk to about hard topics?"

Qualities of a Trusted Adult or Friend

They DO	They DON'T

Some suggested qualities are on the next page.

Qualities of a Trusted Adult or Friend

They DO

- Listen calmly and wait until you finish talking

- Offer support and reassurance by not judging you

- Help you find resources to respond to your situation (i.e. "I'll be with you when you tell your parents/teacher/coach...")

- Respect everyone's rules and boundaries

- Check in with you regularly

They DON'T

- Overreact

- Blame you or make you feel ashamed

- Bring someone else into the conversation without your knowledge

- Try to pressure you into anything

- Talk to you only when they want something

Next, identify WHO you could talk to.

Complete the chart to help you identify who you can talk to in difficult times. Space is available for you to create your own scenarios.

Mistake, Question, or Problem	What Might Someone Be Feeling or Fearing About That Situation?	Who Can Help?
Locked the keys in the car	<ul style="list-style-type: none"> Afraid to call home because it's the third time it's happened 	<ul style="list-style-type: none"> AAA or other car service Parent
Cheated on a test and got caught	<ul style="list-style-type: none"> Feel ashamed and embarrassed Afraid they'll flunk the class or worse Fear their parents won't understand why they made the choice to cheat 	<ul style="list-style-type: none"> Teacher School Counselor Parent
Sent a picture or video that has gone viral in a bad way		