

Let's Eat, Let's Talk . . . Let's see where it takes us!

Think of a time when you disagreed with what someone said or did.
What happened? What did you learn?

Think of a rule in our family. How is it helpful to you?
How is it difficult for you?

What can you do tomorrow to help someone else?

What is one of the big influences in your life?

What do you like about being
your age?

What can you do to be
a good friend?

Describe what you did today that was – fun – useful – new – important.
If you were in trouble, scared, or upset, who would you talk to?
How could I help you talk about it?
If you were a food, what would you be and why? What animal would you be?
What color would you be?

What are three things you like about me?
What are you thankful for?
Share one of your favorite family memories.



What is love?
What are three things you can do to be healthy?
What do you wish our family did more often?
How can a parent and a child/teen show respect to each other?
When you think about your future, what are you looking forward to?
What are you worried about?
What is one of your favorite things about – being outdoors? – being at home?
– being at school or work? – being with friends?

What helps a person
be a good parent?

How have you changed in the last year?

What's your favorite thing to wear? Why?

What do you like best about yourself right now?

Think of someone you look up to. What does that person do
that you admire?

Describe a time when things didn't go the way you wanted.
What did you learn?

For more information and resources, go to:

www.ppmns.org/letstalk



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WOMEN'S HEALTH MATTERS

Let's Talk Month

October

Let's Talk Month is a community campaign that supports parents in making stronger connections with their children and in talking honestly and openly about sexual health and relationships.

How to use this tablemat:

1. Put it in the middle of your table.
2. At mealtime, take turns reading a question for everyone to answer.
3. See where it takes you!

Research shows that when families share a meal three times a week (or more), children feel more connected within their family. This feeling of connection *actually motivates youth to make healthier choices as they grow!*

This tablemat is:

- For all ages – Pre-schoolers to teenagers to parents to grandparents.
- For all families – It helps you talk about your own family's values.
- Meant to be used over and over – Conversations will change from day-to-day and year-to-year.

Planned Parenthood works year round in communities across our region to offer educational programming that supports and strengthens parents and families. Contact us for more information about parent-child retreats and PASE events (Parents Are Sexuality Educators).
612-821-6198 or education@ppmns.org.



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