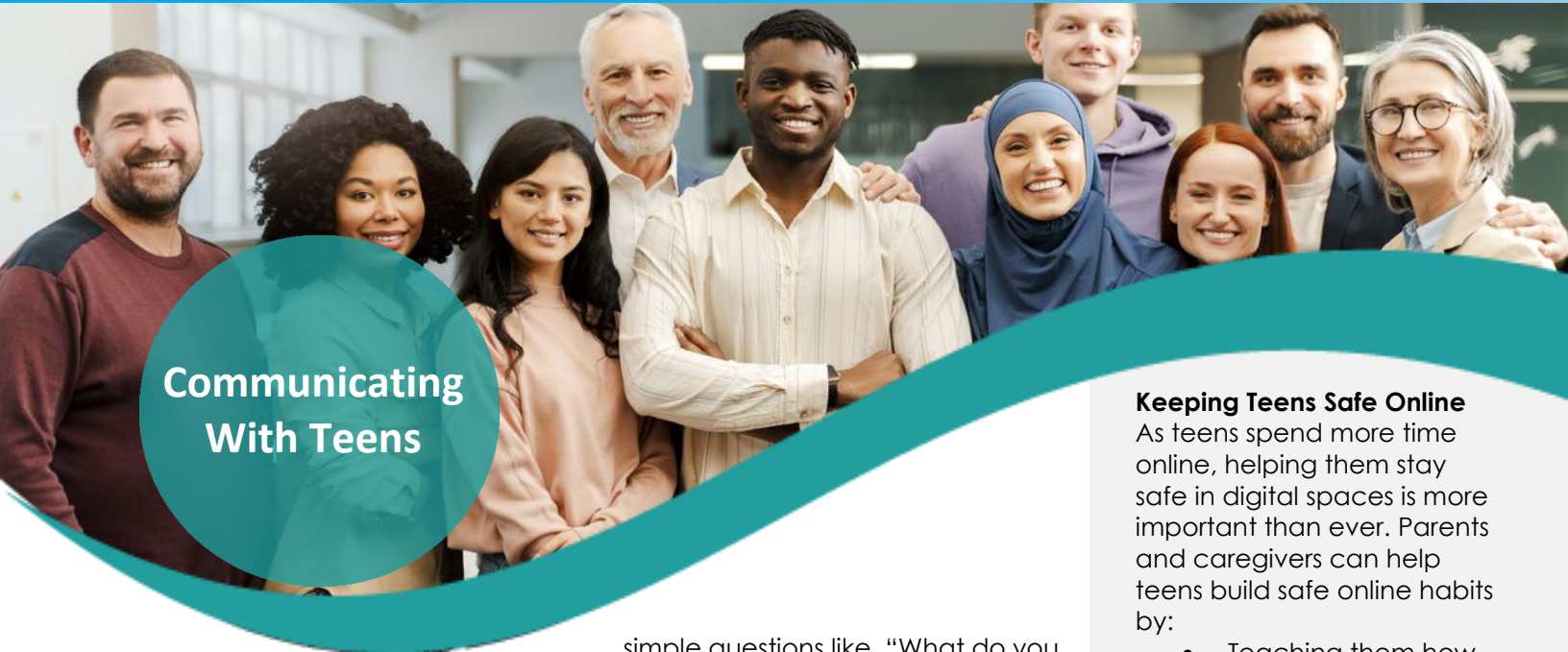


Life, Health and You



Communicating With Teens

Talking with a teen can sometimes feel challenging, and many parents or caregivers worry that their child isn't listening or that what they say doesn't matter. But parents and caregivers do make a difference, and ongoing conversations can have a lasting impact.

A good conversation often starts with taking a moment to check in with your own thoughts and feelings first. Being honest, calm, and open can help your teen feel more comfortable sharing with you. Rather than planning one big talk, look for natural "teachable moments" that come up during everyday life.

Simple situations like driving in the car, watching a movie, listening to music, or talking about something in the news can create easier opportunities to connect. These moments often feel less stressful for teens and can open the door to meaningful conversations. Asking

simple questions like, "What do you think about that?" can encourage discussion without making it feel like a lecture.

Teens may avoid certain topics because they worry about being judged or getting in trouble. Staying calm, listening carefully, and asking open-ended questions can help keep communication open.

Showing empathy, being present, and sharing some of your own experiences can also help teens feel understood and supported. It's important to remember that communication with teens happens over time, often in short conversations rather than one long discussion.

Whether you're talking while doing chores, riding in the car, watching TV together, or even sending supportive text messages, these small interactions help build trust and strengthen your relationship.

Keeping Teens Safe Online

As teens spend more time online, helping them stay safe in digital spaces is more important than ever. Parents and caregivers can help teens build safe online habits by:

- Teaching them how to recognize misinformation, fake news, and unreliable sources online.
- Showing them how to adjust privacy settings so apps and websites only access necessary information.
- Talking about online scams and warning signs of suspicious financial activity, such as unusual charges or red flags on a credit report.
- Encouraging open conversations so teens feel comfortable discussing online experiences or concerns.

Regular conversations about online safety can help teens use technology more responsibly.

National Health Observances

Each month, we feature select National Health Observances (NHOs) that highlight important health & life issues affecting people every day.

Join the National Safety Council in June for [National Safety Month](#)—the annual observance to help keep each other safe from the workplace to anyplace.

[Alzheimer's and Brain Awareness Month](#) is declared each June to help raise awareness about the disease, as well as show support for the millions of people worldwide living with Alzheimer's.

[National HIV Testing Day](#) is June 27th and is a day to encourage people to get tested for HIV, know their status, and get linked to care and treatment.

Mental Health Minute



Relaxation Breathing

Practice this regularly as part of your daily routine.

Sit, stand, or lie down in a comfortable position with your feet about hip-width apart and your body relaxed.

Breathe slowly and gently into your belly without forcing it. Try inhaling through your nose and exhaling through your mouth. Some people find it helpful to count from 1 to 5 while breathing in and out.

Continue for at least 5 minutes.

LIVE MONTHLY WEBINAR:

Parenting Your Teen: Career & Life Goals
Date: 6/10/2026 | Time: 1:30 PM to 2:30 PM EST

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