



HOW TO BECOME AN "ASKABLE ADULT"

Young people of every age need their parents, and other trusted adults, to guide them along their way into adulthood. Since no one can be there all the time, we all have a role to play in ensuring our youth have trusted adults they can turn to when they need to talk. At Berks Teens Matter, we call these trusted adults "Askable." Here are some first steps to becoming an "Askable Adult."

1

Remember when you were a youth:

- What messages did you get about your gender, your body, your sexuality?
- Who were the adults you could talk to?
- What was it about this person that made you feel comfortable?

2

Be a good listener; ask the youth in your life questions like:

- What they value in their friendships
- How they want to be treated in relationships
- If they want to have children some day

3

Think about your values and beliefs:

- What are your hopes for the youth in your life as they grow?
- When is it OK for them to start dating?
- What would you like them to have in place before they have children?

As you listen to your youth, their answers may lead you to more questions. They may want to know what you think too, or have different questions for you. Know that it is OK to say "I don't know - let's find out together," and it can be to set limits on what you are comfortable sharing. Modeling healthy boundaries sets a good example.

Have questions? Want to get involved?
Build your "Askable-bility?" by texting: Askable to 484-333-4015

