

# Let's Talk Virtual Scavenger Hunt Guide



Teen Pregnancy &  
Prevention *Partnership*

[www.teenpregnancy-mo.org](http://www.teenpregnancy-mo.org)

#TPPPLetsTalk

**MAY 2020**

Thank you for visiting the Teen Pregnancy & Prevention Partnership (TPPP) for resources to support conversations about sexual health!

TPPP's mission is to promote adolescent sexual health and teen pregnancy prevention by uniting Missouri through advocacy, collaboration, and public awareness. Just as important, we hold core values including: **We support families and communities playing a key role in reducing teen pregnancy and promoting adolescent sexual health.**

One of the most important things a parent or trusted adult can do with a young person is engage them in a dialogue about their values and health decisions, but that is not a simple thing! It can seem scary, confusing, overwhelming and embarrassing. Take heart! You are not alone!

Whether you have tried (as a parent or a teen) and not gotten the result you wanted or you are just starting the conversation about sexual health, **you can succeed.** This scavenger hunt is meant to make it fun and, maybe a little bit competitive, but you may notice that it isn't even all about sex. By building trust, communicating about relationships, and opening the door to questions, you set the stage for a **lifetime of talks** and a lifetime of health.

We've included resources to help you have positive family discussions and we hope you make wonderful memories participating in this event. We also hope "the Talk" turns into a living conversation that supports the growth and development of every member of your family!

Best Wishes,



Meg Boyko  
Executive Director  
Teen Pregnancy &  
Prevention Partnership

### Door Openers

"What do you think?"  
"That's a good question."  
"I don't know, but I'll find out."  
"I'm trying to understand what you're feeling."  
"Do you know that word means?"  
"I'm glad you told me about that."

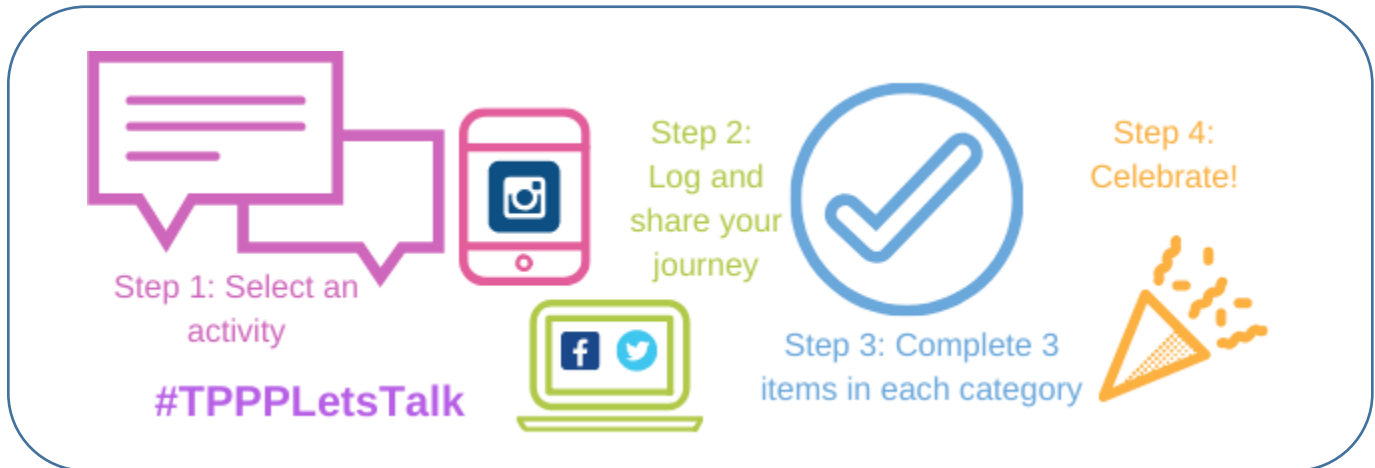
### Door Slammers

"You're too young."  
"Where did you hear that?"  
"If you say that word again, I'll ..."  
"That's none of your business."  
"I don't care what your friends are doing."  
"That's just for boys (girls)."  
"We'll talk about that when you need to know."

Source: [Advocates for Youth](#)



# Scavenger Hunt Instructions



**Timeline:** Whatever time works for you! Do you like to tackle a challenge head-on? Then try a speed round. Need to work this into a busy schedule? You can fit some of these items into your regular routine. Connect with your kid(s) after school or dinner. Procrastinator? Good luck! We won't judge but set a deadline that works for you 😊

**Step 1:** We have grouped our scavenger hunt items into three categories: Things to FIND, Things to DO and Things to TALK ABOUT. You don't have to "find" every one. Pick the ones that sound most interesting and age-appropriate for you and your child or children. If you need to modify slightly, that is fine. This is about creating an experience that benefits your parent/child relationship.

**Step 2:** Make it memorable and keep track of the items you complete. Journal, make a time capsule, share online – just make sure you consent from your whole family before you share! Note the date and activity, write down some observations or reflections with your child or take a picture to show you completed the scavenger hunt item. We invite you track your items through social media (Instagram, Facebook or Twitter) using #TPPPLetsTalk and encourage other families to participate if you are comfortable with that. We have also included a checklist and log pages in this guidebook you can use.

**Step 3:** Need some motivation? Set a goal and make a plan to celebrate with your kid or family!

**Step 4:** CELEBRATE! You have made the effort to talk! Have your own family celebration! Parenting and growing up are both hard, so take the time to appreciate the unique and wonderful relationship you have. Plus, a little positive reinforcement might make it easier to open up in the future. It can be sharing a special dessert or downloading a new movie to watch as a family. Mark the occasion in a way that is fun for you.

**Bonus Step:** Talking about development and sexual health shouldn't be a one-time event. Set aside time to listen to your child and answer questions they have on a regular basis (with or without a scavenger hunt).



# LET'S TALK

## VIRTUAL SCAVENGER HUNT CHECKLIST

### THINGS TO FIND

- READ UP!
- ACTUAL REALITY TV
- AND THE OSCAR GOES TO...
- TIME TO EXPLORE
- KEEP AN EYE OUT

### THINGS TO DO

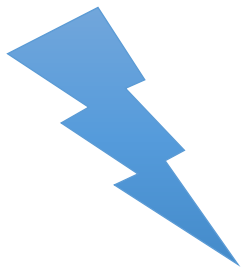
- WIN, WIN, WIN
- GET IN TOUCH WITH YOUR INNER CHEF
- KEEP IT APP-PROPRIATE
- A BREATH OF FRESH AIR
- YOLO

### THINGS TO TALK ABOUT

- TALK THE TALK
- TAKE A WALK DOWN MEMORY LANE
- IT TAKES A VILLAGE
- LOOK INTO THE CRYSTAL BALL
- -----



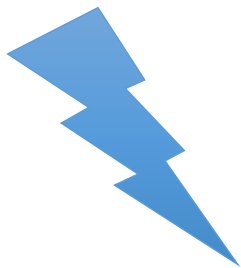
Things to FIND	Hints and Ideas
<b>Read up!:</b> Find information about birth control options, condoms, or another sexual health topic of interest	Visit your local health department or doctor's office website. Find online resources to download and share – <a href="https://bedsider.org/">https://bedsider.org/</a> is a great resource for teens or <a href="http://kidshealth.org">kidshealth.org</a> has information for younger kids.
<b>Actual "reality" TV:</b> Find a show where parents and teens are having real conversations about the teen's daily life (yes, the Kardashians count!)	Check out Common Sense Media for ratings and reviews of current TV shows (as well as books, movies, music and websites) <a href="https://www.commonsensemedia.org/">https://www.commonsensemedia.org/</a>
<b>Time to explore:</b> A list of family friendly places to go in and around your city – must include one place your teen wants to visit.	Local newspapers and media outlets, and even tourism sites, often make lists of hot spots and hidden gems. See your hometown through fresh eyes! <a href="http://explorestlouis.com/">http://explorestlouis.com/</a>
<b>And the Oscar goes to:</b> Find a movie where parents and teens are talking about sexual health topics (this could include abstinence, sexual activity, teen pregnancy, STDs, etc.)	Common Sense Media has resources for this too! In addition to their ratings and reviews, there are also resources (Parent Concerns and Parent Blog) to help families understand and navigate the problems and possibilities of raising children in the digital age. <a href="https://www.commonsensemedia.org/blog/sex-in-the-media">https://www.commonsensemedia.org/blog/sex-in-the-media</a>
<b>Keep an eye out:</b> Find a public displays that promote healthy youth behaviors	This could be a billboard, bus stop sign, museum exhibit, health fair display, commercials and public service announcements, or even artwork, murals, or graffiti!



## Power Up the Conversation

Ask your teen if the things you find together seem relevant to their life. Is the TV show or movie realistic? Would their friends respond to the health messages or know where to find birth control if they needed it? What myths do they find in the media?





Things to DO	Hints and Ideas
<b>Win, win, win:</b> Play a game together as a family. Mix it up and have your teen make up a new rule to a game you know or teach you a completely new game.	Monopoly or soccer, it doesn't matter! A little competition can be fun!
<b>Get in touch with your inner chef:</b> Eat dinner together as a family. Already a regular thing in your house? Pick a new recipe to cook together.	Try to have a fun and positive conversation about what's going on in the lives of each of your family members.
<b>Keep it app-appropriate:</b> Have your teen teach you how to use an app or computer program that they use all the time.	Snapchat, WhatsApp, or Tik Tok, for example – but let the teens decide!
<b>Get some fresh air:</b> Enjoy the great outdoors with your family.	Take a walk together, go to a neighborhood park, plant some flowers or shoot hoops– enjoy the space and the sunshine! Good conversation is sure to follow.
<b>YOLO:</b> As a family, try a new activity that you have never done before.	Take a cooking lesson have an arts and crafts day, make a family YouTube video or try a meditation. There are some great family-friendly arts and crafts ideas on Pinterest – search “family art activities for teens”. <a href="https://www.pinterest.com/">https://www.pinterest.com/</a>



## Power Up the Conversation

**New activities are the perfect time to learn more about your teen. Do they have a hidden talent you didn't expect? What was the best part of the activity for them? What would they change? Would they do it again?**

**Of course, some things never change! Take time to reflect on favorite family activities or traditions through the years. What memories are most special to your teen?**

Things to TALK ABOUT	Hints and Ideas
<p><b>Talk the talk:</b> Have a conversation about your family’s values and beliefs, especially those related to romantic relationships, sex and marriage.</p>	<p>If you need help to start this conversation, check out the conversation prompts from <a href="#">Power to Decide</a> or Missouri’s <a href="#">Connect with Me</a> Campaign.</p> <p> Here are some suggestions for conversation starters, you don’t have to talk about all of these (but you could!)</p> <ul style="list-style-type: none"> <li>• What is your family’s belief about teen romantic relationships?</li> <li>• What are the guidelines for teenagers to date, curfew, etc.?</li> <li>• Parents: What was a boundary or rule that your family had for you that seemed unfair when you were a teenager?</li> <li>• Teenager: How do you feel about the rules and boundaries in your family?</li> </ul>
<p><b>Take a walk down memory lane:</b> Parents: Talk with your teen about what you remember about being a teenager.</p>	<p> Here are some suggestions for conversation starters, you don’t have to talk about all of these (but you could!)</p> <ul style="list-style-type: none"> <li>• Do you remember having conversations with supportive adults when you were a teenager?</li> <li>• What do you remember your parents or other family members telling you about sex and/or dating relationships?</li> <li>• Tell your teens about your first job (even if it was informal, like babysitting or lawn mowing).</li> </ul>
<p><b>It takes a village:</b> Teens: Talk to your parents about the supportive adults in your life. Make a list of all the people you could talk to if you were facing a tough situation.</p>	<p> Consider adults in your extended family, school, neighborhood, sports teams, faith settings, etc.</p> <ul style="list-style-type: none"> <li>• Who would you go to first?</li> <li>• Does your choice depend on the situation?</li> </ul>
<p><b>Look into the crystal ball:</b> Have a conversation about what your teens think their lives will look like in the future.</p>	<p> Here are some suggestions for conversation starters, you don’t have to talk about all of these (but you could!)</p> <ul style="list-style-type: none"> <li>• What is something you hope to be good at in five years? What is one thing you do now to help work toward being good at this?</li> <li>• Imagine that you’re hanging out with some friends ten years from now. Who do you hope will be there? Where do you hope you will be? What would you be talking about?</li> </ul>

# Things to FIND



Date:

**#TPPPLetsTalk**

Activity:

Parent Signature:

Child/Teen Signature:

Reflections:

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Pictures, drawings, doodles ....



# Things to DO



Date:

**#TPPPLetsTalk**

Activity:

Parent Signature:

Child/Teen Signature:

Reflections:

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Pictures, drawings, doodles ....

# Things to TALK ABOUT



Date:

**#TPPPLetsTalk**

Activity:

Parent Signature:

Child/Teen Signature:

Reflections:

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Pictures, drawings, doodles ....

# HOW TO HAVE "THE TALK" WITH TEENS

Teen Speak



By 12th grade, 3 out of 5 teens have had sex.

## 1 Ask permission.

Asking your teen permission to start a discussion gives them a sense of control over the discussion and a feeling of respect. When permission is asked and given, teens are more open to hearing what you are telling them.



"I want to talk to you about sex. Is now a good time?"

## 2 Start with an empathetic statement.

Using empathy creates a safe and supportive environment between you and your teen that you can use to build on to continue the discussion around safer behaviors.



"I know there are a lot of pressures to have sex when you are in a relationship."

## 3 Let them respond, then listen.

Remember you might need to allow a few seconds of silence for your teen to process what you just said. When they respond, really listen to what they have to say. Avoid distractions like your phone.



Teen: "I thought we were going to wait to have sex, but I don't know now."

## 4 Challenge them to plan ahead.

Challenge them to think through the steps to maintain or change a behavior.



"I don't want you to do something you are unsure about. For now, what can you do to make sure you aren't in a situation that could lead to sex?"

### Putting strategies into practice

Becoming a mom of a teen is freaking scarier than having a baby! Yesterday, I came across some info on my daughter's phone. I refrained from lecturing, came from a position of building trust, did not offer examples from my own life, had a Socratic dialogue, and asked what would it look like. All stuff I learned from Teen Speak! I came away from the talk feeling peaceful and realizing that I just had the kind of talk with my daughter that I wanted someone to have with me when I was her age! -Terri K.

[possibilitiesforchange.com/teenspeak](http://possibilitiesforchange.com/teenspeak)

## Parent Resources Links

### Tips for Parents from TPPP

<https://www.teenpregnancy-mo.org/resources/tips-for-talking-to-youth/>

### St. Louis Children's Hospital – Tips on How to Have "The Talk"

<https://www.stlouischildrens.org/health-resources/pulse/how-have-talk-your-teen>

### Bedsider Birth Control Method Explorer

<https://bedsider.org/methods>

### Amaze - animated, educational videos about puberty, development, and sexual health

<http://amaze.org/>

### Culture Reframed- build young people's resilience and resistance to hypersexualized media

<https://www.culturereframed.org/parents-program-on-porn-hypersexualized-media/>

### Ask your teen if they have heard of other resources at school or from their friends and check them out together.



[www.teenpregnancy-mo.org](http://www.teenpregnancy-mo.org)



Do you need more information to answer your teen's questions?  
Are you looking for a program or clinic for your teen that addresses sexual health?  
Would you like to provide us with feedback or get more involved with TPPP?

## Let's Talk!

You can reach the Teen Pregnancy & Prevention Partnership

By phone (314) 884-8275

By email [info@teenpregnancy-mo.org](mailto:info@teenpregnancy-mo.org)

Through social media [www.facebook.com/TPPPMO](http://www.facebook.com/TPPPMO)

[www.twitter.com/TPPPMO](http://www.twitter.com/TPPPMO)

[www.instagram.com/TPPPMO](http://www.instagram.com/TPPPMO)

**And thank you for participating in  
a Let's Talk Scavenger Hunt!**

