

Brave Conversations Resource List



CAREGIVING PRACTICES

Caregiving practices that support communication and trust build a foundation for communicating about healthy choices.

https://www.cdc.gov/healthyyouth/protective/pdf/talking_teens.pdf

This CDC factsheet provides tips for parents and caregivers to have ongoing conversations with youth about sex, including topics to discuss and strategies for starting conversations.

https://www.cdc.gov/healthyyouth/protective/pdf/parental_monitoring_factsheet.pdf

This CDC factsheet describes strategies for sharing expectations with teens about their behavior, understanding where teens are and what they are doing, and responding to challenges.

<https://joshshipp.com/teen-cell-phone-contract/>

This cell phone contract template is a tool to have an open dialogue and set clear rules and expectations with your teen about cell phone or other technology use.



SEXUAL & REPRODUCTIVE HEALTH

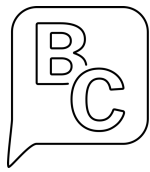
Sexual health is about one's own personal power to make informed decision—both in relationships and in healthcare. Accessing accurate information and safe resources can help people manage their lives, relationships, and health.

<https://www.scarleteen.com/>

Scarleteen provides inclusive, comprehensive, supportive sexuality and relationship education for teens and emerging adults.

<https://talkaboutitdallas.com/>

Talk About It Dallas offers detailed information about different types of contraception and STIs. Although the listed resources are limited to the Dallas area, the information is applicable to youth everywhere.



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<https://okayso.co/>

When you're having a personal problem, you need advice from real people you can trust. OkaySo gives you access to experts you can't reach any other way to get support and information whenever you need it.

<https://www.nurx.com/>

NURX provides free or low-cost sexual health resources such as at-home STI testing kits and birth control shipped right to your door.

<https://www.texaswearscondoms.com/>

Texas Wears Condoms ships free condoms, lubricant, and HIV tests to your door. They also have educational resources and a list of free sexual health clinics in several major Texas cities.

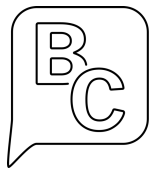


TRAUMA

Experiences of trauma can have long lasting impacts on young people's health and relationships. However, with the support of caring adults, youth can heal and have healthy lives.

<https://www.nctsn.org/>

The National Child Traumatic Stress Network provides information and services for traumatized children, their families, and communities throughout the United States. There is a search feature for information on topics such as [sexual health](#), [complex trauma](#), and a variety of resources for LGBTQ+ youth.



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LGBTQ YOUTH

We share ideas around sex, gender, and sexual orientation to understand and express ourselves and relate to each other. These identities are diverse and all are valid. Accepting and supporting young LGBTQ+ people is vital for creating a sense of belonging and wellbeing.

<https://pflag.org/>

Parents, Families, and Friends of Lesbians and Gays (PFLAG) is a national organization with local chapters across the country. This community support group builds awareness, knowledge, and skills around accepting and appreciating the LGBTQ+ people in your life.

<https://www.hrc.org/>

The Human Rights Campaign is a national organization that advocates for equal rights for the LGBTQ+ community. Through stories, data, toolkits, and calls-to-action, they create awareness around the lived experiences of LGBTQ+ people and provide solutions against harmful laws.

<https://www.thetrevorproject.org/>

The Trevor Project is a national organization that provides crisis support, education, and resources to young LGBTQ+ people. This includes hotlines, handbooks, and more.

<https://www.childwelfare.gov/topics/systemwide/diverse-populations/lgbtq/>

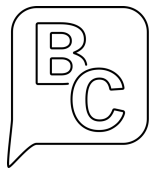
The Child Welfare Information Gateway provides resources for child welfare workers serving LGBTQ+ youth, as well as support and guidance for LGBTQ+ youth and their families.



HEALTHY RELATIONSHIPS

Each relationship is unique, but all healthy relationships are based in equality, trust, and respect. These resources can help young people recognize what healthy relationships look and feel like.

<https://www.loveisrespect.org/>



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Love Is Respect offers youth-friendly information and interactive activities like quizzes about healthy relationships, dating violence, and safety.

<https://thatsnotcool.com/>

That's Not Cool provides resources for young people and adult allies about recognizing dating abuse and stalking behaviors.



TECHNOLOGY & RELATIONSHIPS

Social media, apps, and other technology play a big role in young people's lives and relationships. Reliable information about digital privacy and safety can help young people comfortably and confidently navigate the online world.

<https://www.loveisrespect.org/personal-safety/safety-online/>

Love Is Respect shares tips for young people's safety online, including using social media, cell phones, and email.

<https://www.rainn.org/safe-media>

RAINN (Rape, Abuse, and Incest National Network) lists strategies for privacy and safety on social media.