



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/healthyouth/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/healthyouth/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.



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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://sexetc.org/>

Sex Etc. provides sexual health information. Their "Sex in the States" page provides state-by-state information about rights and issues related to sex education, contraception, STI prevention and testing, LGBTQ+ rights, and more.

<https://www.bedsider.org/birth-control>

Bedsider is an online birth control support network for young adults aged 18-29 and was developed and is managed by Power to Decide, the campaign to prevent unplanned pregnancy. Their website provides detailed information on contraceptive options in a young-adult-friendly way.

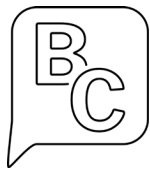
<http://activatecenter.org>

ACTIVATE, from Chapin Hall at the University of Chicago and ChildTrends, brings adolescent sexual and reproductive health research to youth-supporting professionals. This resource provides guidance for talking with young people about birth control options:

<https://activatecenter.org/resource/tutorial-for-using-the-helping-young-people-choose-the-birth-control-method-right-for-them-resource/>

<https://opa-fpclinicdb.hhs.gov/>

The Office of Population Affairs offers this Title X Clinic locator. Title X Clinics provide sexual and reproductive healthcare regardless of a client's ability to pay, insurance status, age, immigration, or citizenship status.



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<https://www.cdc.gov/condomeffectiveness/index.html>

The Centers for Disease Control and Prevention (CDC) is the nation's leading science-based, data-driven, service organization that protects the public's health. The CDC provides this hub on condom effectiveness with detailed information on a range of condom-related topics for health care professionals and community members, including youth.

www.amaze.org

AMAZE harnesses the power of digital media to provide young adolescents around the globe with medically accurate, age-appropriate, affirming, and honest sex education they can access directly online. This animated condom demonstration reviews key steps in the process of putting on and using an external condom: <https://youtu.be/oaLdNErJ-Fk>

www.goodrx.com/health-topic/sexual-health/free-condoms

GoodRX maintains a list of resources to request free condoms by mail in each state.

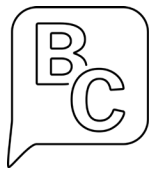


TRAUMA

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/>

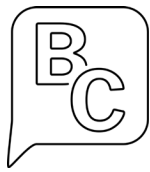
The Human Rights Campaign is a national organization that advocates for equal rights for the LGBTQ+ community. Through stories, data, toolkits, and calls-to-action, they create awareness around the lived experiences of LGBTQ+ people and provide solutions against harmful laws.

<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.



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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/>

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.