

PARENT TOOLKIT

A GCAPP Parent-Child Communication Guide:

Options for Better Communication & Deeper Connections with Young People

FACTUAL

AGE APPROPRIATE

CONVENIENT

Many parents tell us they feel uncomfortable or unprepared to discuss certain topics or events with their children. Our Parent ToolKit provides practical information to help parents navigate topics and situations that all families face, including ones that are hard to talk about. The ToolKit has a wealth of information, tips, options, and conversation starters for everyday use and is ideal for any adult who wants to improve parent-child communication.

RANGE OF TOPICS:

- What Children Should Know About Human Anatomy & Sexuality & By When (pre K – 18)
- Challenges of Puberty
- Healthy Relationships
- Teen Dating Violence
- Keeping an Eye on Social Media
- Bullying and Warning Signs
- Peer Pressure
- Teens & Sexting
- Young People & Emotional Wellness
- Door Openers vs Door Slammers
- Adolescents -- Healthy Mind, Body & Spirit
- Love Languages for Children & Teens
- Parents, Teens & Cyber Security
- Teens & Mental Health Concerns
- And Much, Much More!

gcapp.org/toolkit

About GCAPP

Our mission is to improve the overall health and well-being of young people in Georgia to ensure a more powerful future for us all. Impacting more than 70,000 young people a year, GCAPP works with schools, agencies, and youth-serving organizations across the state to equip young people with the knowledge, skills, and motivation they need to make informed, healthy choices—choices that maximize their potential. Our five focus areas are: Youth Empowerment, Teen Pregnancy Prevention, Comprehensive Sex Ed, Parent Engagement, and Physical Activity & Nutrition.

