Teen SPEAK

BUILDING STRONG FAMILIES AND COMMUNITIES WITH TEEN SPEAK®

Dr. Jennifer Salerno developed the Teen Speak series to help parents and supporters genuinely connect with their teens. We know parenting a teen can be challenging and navigating those "sticky topics" like substance use, sex and mental health can be intimidating. Studies show that teens who have positive influences in their lives, as well as trustworthy adults they can go to, actually take part in LESS risky behaviors (including sex, drugs and alcohol). That means we don't have the luxury of dancing around these topics! Teen Speak was created to guide parents and supporters, so they can feel confident when approaching ANY conversation with their teen!

Why Teen Speak?

Teen Speak series offers professionals a trusted resource that they can feel confident sharing with parents of tweens, teens and young adults. Translating the communication and behaviorial change strategies employed daily by professionals into accessible, practical information for parents – Teen Speak helps parents reduce risks and build even stronger relationships with their teens.

- Offers professionals a trusted resource that they can feel confident sharing with parents of tweens, teens and young adults.
- Translates the communication and behavioral change strategies employed daily by professionals into accessible, practical information for parents.
- Helps parents reduce risks and build even stronger relationships with their teens

Success with Teen Speak

78% reported confidence (8+ rating*) in talking through challenging situations with their teen after Teen Speak vs 33% before

77% reported comfort (8+ rating*) when talking with their teen about risky behaviors after Teen Speak vs 38% before

53% reported feeling connected with their teen (often/almost always) after Teen Speak vs 35% before

*on a scale of 1-10

Teens who feel connected to their family:

- ✓ have less drug use
- ✓ delay sex
- ✓ have less depressive feelings leading to suicide
- ✓ ***trust*** and ***confide*** in their caregivers more

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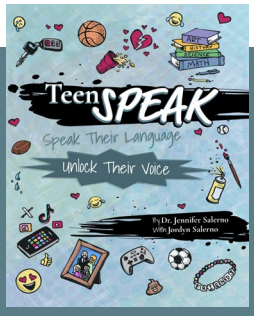
The Teen Speak Series of resources—protect, connect and build trust with your teen.

- ✓ provides parents of teens with the strategies, techniques, and answers they need
- ✓ provides a complete series of materials designed specifically for parents and supporters of teens – and the professionals who work with them



Book:

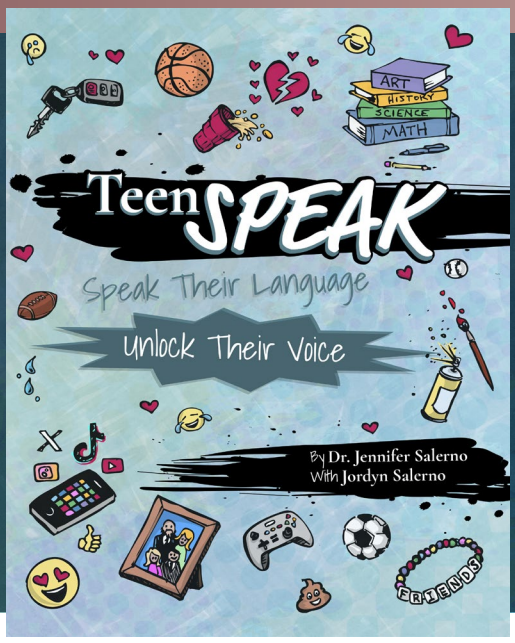
A detailed roadmap blending adolescent health insight with real-world strategies for parent-teen communication.

Microlearning:

An online microlearning experience—5 minutes a day for one week—designed to help parents communicate more effectively with their teens.

Workshop: Cracking the Code

is a live interactive 2-hour workshop where parents and teens connect and learn communication strategies that strengthen families.



★★★★★

"My go-to guide for real world parenting"

★★★★★

"Dr. Salerno is the teen whisperer!"

★★★★★

"A 'What to Expect' for teens."

Ready to create long-lasting change in your community?

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