



# **“THE TALK”**

## **TOOL KIT**

**Tools you want  
for the conversation  
they need**

# What Can You Control in a World of Constant Change?

## Your self Your body Your future

Growing up can be hard but you can choose a positive path for yourself and your future. The most important aspect is that YOU choose.

- ▶ Start taking care of your body now by choosing to eat healthy foods, stay in shape and don't use drugs, tobacco, or alcohol.
- ▶ Simple things like taking a multivitamin with folic acid every day or not smoking cigarettes will help prevent birth defects.
- ▶ Visit your doctor on a regular basis and make sure to get annual health checks. Learn how to keep yourself healthy.
- ▶ Take care of your mental health with the same attention you give to your body. Talk to your doctor about depression, anxiety or other issues.

There are other considerations as you move down the path you choose. Choosing your partner and talking to him or her about which path of life he or she has chosen is important. Life is a series of moments that build into a long story. It can be easy to be distracted from the long story by what happens in a moment. It's critical to stay focused on where you want to be.

**Use this kit to start your healthy path of life.**



## References:

Preventing Pregnancy and Sexually Transmitted Diseases

Centers for Disease Control & Prevention, [www.cdc.gov](http://www.cdc.gov)

Facts about STDS: Sexually Transmitted diseases & Infections

Centers for Disease Control & Prevention, [www.cdc.gov](http://www.cdc.gov)

Building a Healthy Relationship

The National Campaign to Prevent Teen & Unplanned Pregnancy, [www.thenationalcampaign.org](http://www.thenationalcampaign.org)

Start Strong Idaho campaign materials

Sexual Violence Awareness. Be aware. Be smart.

Centers for Disease Control & Prevention, [www.cdc.gov](http://www.cdc.gov)

Sexual Violence Prevention & Education in Arizona, [www.azrapeprevention.org](http://www.azrapeprevention.org)

Human Trafficking. Be informed.

State of Arizona, End Sex Trafficking AZ, [www.endsextrafficking.az.gov](http://www.endsextrafficking.az.gov)

How a Girl's Body Grows

Girls Health, [www.girlshealth.gov](http://www.girlshealth.gov)

Wyman Teen Outreach Program®, Changing Scenes Curriculum© 2012

Girls Talk: Taking Care of Your Body

Girls Health, [www.girlshealth.gov](http://www.girlshealth.gov)

How a Boy's Body Grows

Kids Health, [www.kidshealth.org](http://www.kidshealth.org)

Wyman Teen Outreach Program®, Changing Scenes Curriculum© 2012

Guy Talk: Taking Care of Your Body

Kids Health, [www.kidshealth.org](http://www.kidshealth.org)

Stay Active. Be Healthy

Power Me A2Z Initiative, [www.powermea2z.org](http://www.powermea2z.org)

Power Your Health by Sleeping!

Power Me A2Z Initiative, [www.powermea2z.org](http://www.powermea2z.org)

Mission: Good Nutrition

Power Me A2Z Initiative, [www.powermea2z.org](http://www.powermea2z.org)

Tobacco

Power Me A2Z Initiative, [www.powermea2z.org](http://www.powermea2z.org)

Presented by the Arizona Department of Child Safety (DCS) and the Comprehensive Medical and Dental Program (CMDP)

For more info please visit our website at: <https://dcs.az.gov/cmdp>