

# Be a Youth First Family

*Resources from Youth First Social Workers and Programs  
for parents and caregivers to use in the home.*

## High School Teens

### Conversations to Have with Your Teen—Teaching Life Skills

- How to take a message
  - How to write a letter
- How to balance a check book
- How to weigh pros and cons of a decision
  - How to make a budget
- How to ask questions to get to know someone better
- How to select a gift the recipient will appreciate
  - How to make a genuine apology
  - How to introduce yourself
    - How to read a map
    - How to manage time
- How to find a book in the library



#### **About Youth First, Inc.:**

*Youth First's mission is to strengthen youth and families through evidence-based programs that prevent substance abuse, promote healthy behaviors, and maximize student success. Youth First partners with 81 schools across 10 counties to provide 60 Master's level social workers who assess needs, develop and implement prevention plans, and connect students and their families to community resources. Youth First also offers afterschool programs involving parents and caregivers to strengthen families. For more information about Youth First, please visit [youthfirstinc.org](http://youthfirstinc.org) or call 812-421-8336.*