

I HAVE
 **QUESTIONS**

How Do You Talk About Suicide?

WEEK 1

JOHN 10:10

Don't let lies steal your life.

TALK ABOUT THIS

WEEK 1: Read this USA Today article: <https://usat.ly/2JvTpZE> (type the URL into your phone). Then say, "I read an article about teen suicide. I had no idea so many teens struggle with negative thoughts. Hey, if I text you the link, will you read it? I'd love to hear what you think about it. More than anything, I want you to know you make this world a better place and I love you - A LOT!"

REMEMBER THIS

"I have come that they may have life, and have it to the full."
John 10:10b NIV



DO THIS



MORNING TIME

Have your teen's favorite homemade or fast food breakfast waiting for them when they come downstairs. You can make it or buy it the day before and hide it in the fridge. Just warm it up and you're good to go. When they ask what's up with the breakfast, say, "I'm just glad you're mine and wanted to do something special for you."



MEAL TIME

Ask your teen to choose songs to play during dinner. (Brace yourself for their selections. Remember, this is not a time to critique music choice.) As you eat, say, "I like this song. It makes me feel like (dancing, relaxing, running, smiling, happy, strong, etc.)." Talk about how the right song can really help when we're feeling down. Then, have everyone share their favorite "pick me up" song.



THEIR TIME

Write a letter to your teen about the things you love and appreciate about them. Include qualities that make them unique as well as specific things they do that are helpful. End with, "You are an amazing young (man, woman). I can't wait to see what the future holds for you!" Place it in an envelope with their name on it and put it in their car or on their pillow to find when you're not around.



BED TIME

As your teen is going to bed, say, "Hey, you've been a huge help with (think of at least one thing they've done that helps around the house). Don't know what I'd do without you!" Teens often hear what they're doing wrong, which can make them feel like their presence would not be missed. Everyone, especially teens, needs to hear what they're doing right so they feel needed.

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