

Teen Speak New Jersey



Every conversation matters

Teen Speak NJ is an interactive statewide resource that provides parents, caregivers, and professionals with information and tools to engage in essential conversations with teens. The goal is to improve decision-making and encourage healthy behavior choices through the education and support of trusted adults. Teen Speak NJ is for all NJ parents, caregivers, and youth-serving professionals. Teen Speak NJ implements evidence-informed curricula, developed by Dr. Jennifer Salerno of Possibilities for Change.

Skilled and Confident Parents

90% of teens say supportive adults are vital to them growing up

Guide Healthy Decision Making

75% of teens prefer PCGs as a source of help

Support Positive Relationship Building

75% of teens wish they had more adults they could turn to

Teen Speak NJ Guiding Principles:

- Parents and caregivers (PCGs) play a pivotal role in shaping mental health and well-being in youth
- Motivational Interviewing skills support difficult conversations
- Two-way communication matters to teens
- Teens want caring adults in their lives

**Scan Here to visit our website and learn more
about Teen Speak**

**This workshop is
FREE!**

**There are incentives
for participation!**



*For more information regarding the
Teen Speak NJ Program,
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