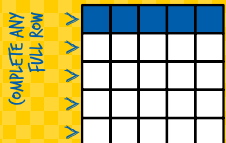
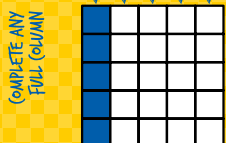


WINNING TALK-O

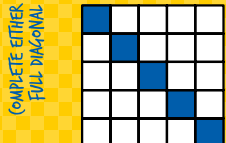
HORIZONTAL



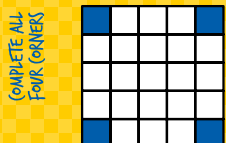
VERTICAL



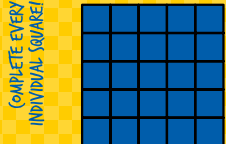
DIAGONAL



FOUR CORNERS



BLACKOUT



FULL RULES & SUBMISSION INFORMATION ON OPPOSITE SIDE

EMAIL:

NAME:

T	A	L	K	O
<p>Go tell a friend they are special to you right now!</p> <p>📅 COMPLETED: _____</p>	<p>Discuss the importance of consent in your life with a friend.</p> <p>📅 COMPLETED: _____</p>	<p>Think of one thing you're grateful for today. Now share your gratitude! Smile, laugh, and celebrate the day!</p> <p>📅 COMPLETED: _____</p>	<p>BEFORE your next hug with anyone, ask if it's okay to give them a hug first.</p> <p>📅 COMPLETED: _____</p>	<p>Do something kind for a neighbor (Kindness is cool).</p> <p>📅 COMPLETED: _____</p>
<p>Schedule a walk with a friend (and take the walk!)</p> <p>📅 COMPLETED: _____</p>	<p>Have a conversation about safe sex with the important people in your life. (Visit one of the resource links.)</p> <p>📅 COMPLETED: _____</p>	<p>Visit resource stopHIVIowa.org and talk with a partner about STI testing.</p> <p>📅 COMPLETED: _____</p>	<p>Ask your youth if they know what this is...</p>  <p>📅 COMPLETED: _____</p>	<p>Visit resource loveisrespect.org and identify common red flags in unhealthy relationships.</p> <p>📅 COMPLETED: _____</p>
<p>Talk about sex, sexual activity, and contraception. Discuss how these align with the family values in your household.</p> <p>📅 COMPLETED: _____</p>	<p>Reach out and ask a friend how they are (and take the time to really listen).</p> <p>📅 COMPLETED: _____</p>	<p>FREE SPACE</p> <p>📅 COMPLETED: _____</p>	<p>Everyone deserves to be respected. Write down what respect means to you.</p> <p>📅 COMPLETED: _____</p>	<p>Tell someone they are loved! (Everyone wants to be loved and respected).</p> <p>📅 COMPLETED: _____</p>
<p>Watch a movie with friends &/or family and talk about how it made you feel. (Suggestion: Inside Out)</p> <p>📅 COMPLETED: _____</p>	<p>Visit resource yourlifeiowa.org and share one thing you learned there with a friend.</p> <p>📅 COMPLETED: _____</p>	<p>Write down what "Trust" looks like in a healthy relationship vs. an unhealthy relationship.</p> <p>📅 COMPLETED: _____</p>	<p>Visit resource advocatesforyouth.org and share it with a friend.</p> <p>📅 COMPLETED: _____</p>	<p>If you're feeling lonely and need someone to talk to you can call or text resource #988 — the suicide crisis hotline. If not, make sure a person in your life knows about #988.</p> <p>📅 COMPLETED: _____</p>
<p>Share your greatest joy or recent accomplishment with a friend.</p> <p>📅 COMPLETED: _____</p>	<p>Ask a friend what brings them joy and schedule a time to do it together.</p> <p>📅 COMPLETED: _____</p>	<p>Visit resource pcaiowa.org/lets-talk-adults and use one of our conversation starters to talk with someone else. (thinking?)</p> <p>📅 COMPLETED: _____</p>	<p>List two signs of a healthy relationship you see in your family and/or friend group.</p> <p>📅 COMPLETED: _____</p>	<p>Tell a friend or family member you think they're great (and know that you're amazing & worthy too!)</p> <p>📅 COMPLETED: _____</p>

DIRECTIONS



- 1 COMPLETE EACH SQUARE BY DOING THE ACTIVITY IN THE SQUARE AND ADDING A COMPLETION DATE.
- 2 COMPLETE ENOUGH SQUARES TO MEET ONE OF THE "WINNING TALK-O" CONDITIONS IN THE YELLOW BOX (HORIZONTAL, VERTICAL, DIAGONAL, FOUR CORNERS, OR BLACKOUT).
- 3 ADD YOUR NAME & EMAIL TO THE CARD
- 4 TAKE A PHOTO OF YOUR COMPLETED TALK-OCTOBER SHEET AND VISIT THE QR CODE TO FILL OUT THE FORM TO ENTER THE DRAWING FOR A PRIZE.



SUBMIT



TALK OCTOBER

LET'S TALK MONTH IS THE PERFECT TIME TO START TALKING OR CONTINUE TALKING WITH A FRIEND, FAMILY MEMBER, OR AN ADOLESCENT IN YOUR LIFE ABOUT THE IMPORTANCE OF SEXUAL HEALTH, CONSENT, AND HEALTHY RELATIONSHIPS.

RESOURCES

- YOURLIFEIOWA.ORG
- LOVEISRESPECT.ORG
- ADVOCATESFORYOUTH.ORG
- JOINONELOVE.ORG
- PLANNEDPARENTHOOD.ORG
- FPCOUNCIL.ORG
- PCAIOWA.ORG