



Start making more **meaningful connections** with the youth in your life
Download the free **Connect With Me** app

Help us spread the word about our Connect With Me Resources! Below are some examples of messages that can be shared on Facebook, X (formerly Twitter), and other social media platforms.

Facebook Media Messages

- Teens say that trust is the most important part of a healthy relationship. Build trust between you and your teen by talking about things big and small. Start the conversation at health.mo.gov/connect #ConnectWithMe
- Between 2021 and 2022, national teen pregnancy rates dropped 3% according to the CDC. Begin talking about teen pregnancy and STI prevention with teens in your life today! Visit health.mo.gov/connect to get those conversations flowing using the Connect with Me App. #ConnectWithMe
- “When have you felt stressed? What makes you feel stressed? How do you handle stress?” Find other questions like these to ask your teen at health.mo.gov/connect #ConnectWithMe
- “How are relationships different in real life than in media? What qualities are especially hard to find in a friend?” Find other questions like these to ask your teen at health.mo.gov/connect #ConnectWithMe
- Supportive adult relationships are an important protective factor for youth mental health. Find resources for how to talk with your youth about mental health and other valuable topics in the Connect with Me App by visiting health.mo.gov/connect. #ConnectWithMe
- Teens want you to talk to them about relationships, not just the birds and the bees. Get started at health.mo.gov/connect #ConnectWithMe
- Not sure where to start when it comes to those tough talks with teens? The Connect with Me Cards and App offer conversation starters for many of those difficult topics. Visit health.mo.gov/connect to get those discussions going today! #ConnectWithMe
- Just because you’re not a parent doesn’t mean you can’t be important in the life of a young person. Teachers, coaches, aunts and uncles,

religious leaders, family friends, grandparents - you can all make a difference. Find ways to start talking to the teens in your life at health.mo.gov/connect #ConnectWithMe

- Feeling uncertain about how to start talking with your teen about puberty or safe sex? Visit health.mo.gov/connect to access the Connect with Me Cards and App for insight on starting – and maintaining – conversations about these topics and others! #ConnectWithMe
- Twelve, fifteen, eighteen, twenty-one - No age is too late to improve your relationships with the adolescents in your life. All you have to do is start talking! Find help starting the conversation at health.mo.gov/connect #ConnectWithMe
- In the car, at the dinner table, when Netflix is buffering - when do you talk to the adolescents in your life? Find conversation starters at health.mo.gov/connect #ConnectWithMe

X (Formerly Twitter) Media Messages

- Supportive, healthy relationships with trusted adults is an important factor in teens' lives. Start talking with your teens at health.mo.gov/connect #ConnectWithMe
- "How are relationships different in real life than in the media?" Find questions to ask your teen at health.mo.gov/connect #ConnectWithMe
- "What qualities are especially hard to find in a friend?" Find questions to ask your teen at health.mo.gov/connect #ConnectWithMe
- "What would the world look like if we all looked the same??" Find questions to ask your teen at health.mo.gov/connect #ConnectWithMe
- "If you could solve one problem in the world, what would it be?" Find questions to ask your teen at health.mo.gov/connect #ConnectWithMe
- Teen pregnancy is on the decline. Let's keep it that way. Talk to teens about making healthy choices. Visit health.mo.gov/connect #ConnectWithMe
- You don't have to be a parent to be important in the life of an adolescent! Start talking at health.mo.gov/connect #ConnectWithMe
- It's never too late to improve your relationship with a teen! Get the conversation going at health.mo.gov/connect #ConnectWithMe