

COVID-19 Vaccine



Talking about the COVID-19 Vaccine

Tips for teens to start the discussion with parents



The CDC recommends children 12 years old and older receive the COVID-19 vaccine, but some parents may be hesitant. Here are some tips for teens to address the topic with their parents.

1. Prepare in advance.

Be sure to do your own research before meeting with your parents. Read the latest information available on [ChildrensMercy.org](https://www.childrensmercy.org), the CDC or Academy of Pediatrics website.

2. Scheduling a meeting that will be uninterrupted time.

"I really want to talk with you about something where we're both fully engaged. Is there a time we can do that?"

3. Make your case.

- Corroborate – start with your parent's concern.

"I acknowledge that you want me to be safe. And you feel like me staying safe is not getting the vaccine."

- About me – share what you would like using "I feel" statements.

"I feel scared when I think about going back to school and I don't have a vaccination to protect me from COVID-19 because COVID is spreading right now."

- Science – talk about the science of the vaccine.

"My understanding is this vaccine will help me stay out of the hospital or have a serious illness from COVID-19. I understand that it does not mean I won't get this infection."

- Explain – share what you would like.

"I would like to get this vaccine to protect me from COVID-19."

4. Agree on next steps. Some options could be to:

- Schedule a time to get the vaccine.
- Discuss the COVID-19 vaccine with your doctor.

"Can we go to my doctor and talk about this with them?"

- Revisit the conversation later.

"Do you want some time to think about what we've talked about? When can we talk about it again?"