

TimeToTalk™ Time To Text

Back-to-school is a stressful time of year, as teens prepare to face new academic challenges and social pressures. You may be surprised to learn that research from the Partnership for a Drug-Free America shows that the number one reason teens report for trying drugs is to help them handle school-related pressures. (PATS Teens 2007)

As your teen prepares to go back to school, show them how much you care, and let them know you're here to help them handle stress in a healthy way. Talk to your teens in their language. Take Time to Text.



Why text?

For many teens, text messaging is a primary form of communication. It's a quick, easy and private way for them to make plans, gossip and stay in touch. While nothing takes the place of a face-to-face conversation, **text messaging can help parents open new lines of communication**, and it's a non-confrontational way to start conversations about sensitive topics like stress in school or concern about curfews. **Texting is another way to show your support and stay connected to teens and tweens.**



Texting is an opportunity to talk to your teens on their terms. Surveys show that more than half of teens who text message think it has improved their relationship with their parents, and 51 percent of parents who text with their teens agree that they communicate more often.

Source: Kelton Research, 2008 survey for Samsung Mobile



TIPS FOR TEXTING

No clue how 2 txt? UR not alone. Text messaging may feel like a foreign language, but we're here to help you get started.

The Lingo

Teen text lingo is its own language—one with no punctuation and lots of abbreviations! When you text your teen, it helps to show you know the ropes.

A parents guide to text talk:

- **Shorten, abbreviate, condense:** Drop vowels and replace words with numbers whenever possible to keep your message short. **Check out our list at the right for some common terms.**
- **Numbers count too:** “I love you” is 143, “information” is 411, “Anyone” is NE1
- **Don’t use all capital letters unless you’re mad—** it means you’re yelling!

143 I love you	JK just kidding
411 information	L8R later
BCUZ because	LOL laugh out loud
BTW by the way	NE1 anyone
CU L8R see you later	NP no problem
F2T free to talk	OMG oh my god
H&K hugs & kisses	Thx thanks
GUDLUK good luck	TTYL talk to you later
IDK I don’t know	UR you’re



HOW TO SEND A TEXT MESSAGE

(this may vary slightly from phone to phone)

1. Select Menu on your phone, and choose an option called “**Messages**” or “**Send Message**”
2. Depending on your phone, you will be prompted to type the message first or enter the recipient’s phone number. **You may be able to choose your teen’s number from your phone book.**
3. **There are two ways to type:**

The first utilizes a program on your phone called **t9**. Just push the button with the letter you want ONCE. Once you have entered several letters, the phone will display common words that can be made with the letters you entered. Just select the word you want. Repeat until message is done.

The second method is easier but takes longer. Each number on the phone represents three letters. Push the number on your phone however many times it takes to get to that letter. (2=a 22=b 555=l) If you need to type a letter that is on the same key as your previous letter wait a few seconds and then type the letter.

4. **Hit Send!**



GR8, BUT WHAT DO I SAY?

Talking to teens—even in shorthand—is never easy, and it can be tough to find the right words. We’ve done some of the homework for you. Send one of the messages below to your teen on their first day of school, or create your own message.

If you wanna get together and talk, pizza’s on me.

You stressing about school? Let’s talk.

Let me know how things go 2day.

Just wanted 2 say hello. Hope ur having a gr8 day!

I’m always here if you need to talk.


*Check with your service provider to learn about fees associated with text messaging

Here's a handy wallet size card with tips on texting!
Just cut it out, fold it and keep it in your wallet for reference.


Text Talk Cheat Sheet

143	I love you
411	information
BCUZ	because
BTW	by the way
CU L8R	see you later
F2T	free to talk
H&K	hugs & kisses
GUDLUK	good luck
IDK	I don't know
JK	just kidding
L8R	later
LOL	laugh out loud
NE1	anyone
NP	no problem
OMG	oh my god
Thx	thanks
TTYL	talk to you later
UR	you're

TimeToTalk™
Time to Text

 **HOW TO TEXT**

1. Choose “Messages” or “Send Message”
2. Enter the recipient’s phone number OR start typing your message.
t9 (predictive text)
abc (manual entering)
3. Hit Send!


The Partnership
for a Drug-Free
America®

cut out

fold