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, 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?”

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