

Tips for Talking with Your Parents or Guardians about Vaccines

It might be that your parents or guardians are unsure about vaccines. Perhaps you would like to be able to talk to them about this in a way that is helpful to both of you.

Well, that is what this handout is for.



Find a time when everyone is free, when there isn't anything stressful going on, and no one is distracted (e.g. not during a car ride).



Listen to your parents' concerns and learn about why they feel how they do.



Talk about how you are feeling – your concerns, your hopes, why this is important to you.



Don't fight – if the conversation isn't going well, try again another time.



Present the facts:

There is medical and scientific evidence that show vaccines are safe and effective.

Vaccines and the possible short-term side effects (sore arm, headache, fever, etc.) from them are much less dangerous than vaccine-preventable diseases and their potential *long-term* effects.

The Human Papillomavirus (HPV) vaccine can prevent cancer! It is important to be vaccinated *before* being exposed to HPV.

All major religions support vaccines! You can visit whyimmunize.org/religion-and-vaccines to learn more about what religions and vaccines.

Vaccines don't just help protect you, but they protect those around them (babies, immunocompromised friends/family, those who can't get vaccines, older people/grandparents, etc.).



COVID-19 Vaccines

These vaccines are proven to prevent severe illness, death and long COVID-19.

The studies on safety of COVID-19 vaccines were not rushed; they were well-funded (meaning they had a lot of money available quicker than other studies) so steps could happen at the same time vs. waiting.

A person who has been vaccinated:

- Might still get sick, but is much less likely to get severely sick, become hospitalized, or die.
- May be sick for a shorter amount of time.
- Maybe **not** have to quarantine, miss school or other activities.
- Is protecting themselves and loved ones from COVID-19 (grandparents, infants, immunocompromised)

Visit the websites below to learn more about COVID-19 and other vaccines, so you are prepared for a conversation with your parents.

Share your perspective:

- How does not having a COVID-19 vaccine make you feel?
- What areas of your life will not being vaccinated change or impact?



For additional resources and information about minor consent laws, scan the QR code or visit:

illinoisap.org/family-immunization-resources

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