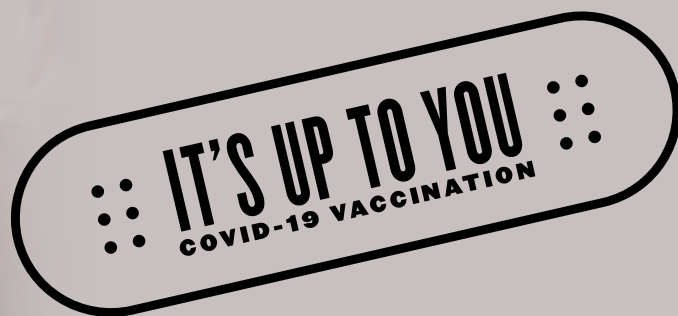


# CONVERSATION GUIDE FOR YOUNG ADULTS

## How do I talk to my friends & family who are not yet ready to get vaccinated against COVID-19?

Empathy and understanding are fundamental to more productive discussions that involve people having opposing views (regardless of the issue). This is why family and friends are often the most trusted sources when it comes to gathering information and seeking advice. And while conversations about COVID-19 and the vaccines should follow similar principals, they have become increasingly more divisive, polarizing, and difficult even among loved ones.

The talking points and resources below provide tips and information to help guide you through these discussions and convey your points as effectively as possible.



# CONVERSATION GUIDE FOR YOUNG ADULTS

## Key principals to having a civil conversation about COVID-19 and the vaccines:

TRY TO	
<b>Listen</b>	<ul style="list-style-type: none"> <li>Understand their concerns and reservations without dismissing or judging.</li> </ul>
<b>Lead with empathy</b>	<ul style="list-style-type: none"> <li>Treat their questions and concern with respect. Try not to convince anyone that they shouldn't feel the way they do.</li> </ul>
<b>Set the right tone (be patient, honest and open)</b>	<ul style="list-style-type: none"> <li>Tell them when they've made a good point and share how you can relate. Ask them to do the same.</li> <li>Be open and honest about what you know and what you don't know.</li> </ul>
<b>Share your own personal experience and explain what went into your decision making</b>	<ul style="list-style-type: none"> <li>Share which facts helped you make the decision to get vaccinated. And reference personal conversations you have had with medical professionals that relate to their safety and efficacy concerns.</li> <li>Remind them that there is no perfect option but that the risk of getting COVID-19 outweighs the risks of rare side effects from getting vaccinated.</li> </ul>
<b>Share why you are having this conversation with them</b>	<ul style="list-style-type: none"> <li>Remind them how much you care for them and their health, and explain why you are concerned about their decision to not get vaccinated.</li> </ul>
<b>Encourage them to stay open and continue discussing</b>	<ul style="list-style-type: none"> <li>Acknowledge that the decision is theirs and they should really do their research and talk to their doctor. Offer to help and support them in their decision making or to find more information that may better address their concerns.</li> </ul>

# CONVERSATION GUIDE FOR YOUNG ADULTS

AVOID	
<b>Making assumptions</b>	<ul style="list-style-type: none"> <li>Do not assume that everyone's reasons for not getting vaccinated are the same, that they are anti-vaccines and/or that they haven't actually thought anything through.</li> </ul>
<b>Blaming, belittling, and villainizing</b>	<ul style="list-style-type: none"> <li>Accusing anyone of not caring or doing their part will not help them want to learn more or be open.</li> <li>There is a lot of misinformation about COVID-19 and the vaccines, and it is helpful when you address the misinformation rather than dismissing the very argument.</li> </ul>
<b>Dismissing their concern with your own confidence</b>	<ul style="list-style-type: none"> <li>Saying things like "the science is clear" will not make them feel like you understand their concerns. If they sense that you are trying to control them by using facts and information they don't agree with, they will stop trusting you.</li> </ul>
<b>Over-promising</b>	<ul style="list-style-type: none"> <li>Trying to convince someone that vaccines will make everything better or "normal" is not believable and will come off as over-promising.</li> </ul>
<b>Taking their decision personally</b>	<ul style="list-style-type: none"> <li>It's not about convincing friends and neighbors to get vaccinated. It's about equipping every person with solid information to make an informed decision about vaccination for themselves and their families.</li> </ul>

## KEY TALKING POINTS

- It's okay to have questions and be skeptical; what are you most concerned about?
- Do you see any benefits to getting the vaccine?
- I understand where you are coming from – nothing is 100% perfect. So let's talk about the risks of getting and spreading COVID-19 vs. the risks of getting the vaccine.
- I was skeptical at first too (or, I know someone who also felt that way) but they gave it some time, talked to their doctor, and decided to get the vaccine because...
- Have you spoken to your doctor about whether or not you should get vaccinated?
- I really care about you. And what scares me most about you not getting the vaccine is...

# CONVERSATION GUIDE FOR YOUNG ADULTS

## TOP CONCERNS, QUESTIONS & ANSWERS

Go to [GetVaccineAnswers.org](https://www.getvaccineanswers.org) for more information

### How do we really know the COVID-19 vaccines are safe?

More than [180 million](#) people (including 96% of medical doctors) are now fully vaccinated and the vaccines have been through the most intensive safety monitoring in US history. No long-term side effects from COVID-19 vaccination have been detected.

Serious side effects that could cause a long-term health problem are extremely unlikely following any vaccination, including COVID-19 vaccination. Vaccine monitoring has historically shown that side effects generally happen within six weeks of receiving a vaccine dose.

### Was the whole process was rushed.

[The science behind the breakthrough vaccine](#) had a head start when researchers had already made progress developing vaccines for other types of coronaviruses. And the rapid spread of COVID-19 made developing these vaccines an international priority. It unlocked billions of dollars in funding to ensure safety while moving with urgency to save lives.

Many researchers and medical experts have come together to develop the vaccines while still meeting the FDA's rigorous requirements for safety and effectiveness. While regulators have streamlined some steps in the authorization process, the vaccines still needed to meet the FDA's rigorous standards for safety, effectiveness, and manufacturing quality.

The number of COVID-19 vaccine clinical trial participants was 8x the typical number of participants, giving researchers much more data right away and why they are confident in the vaccines' efficacy and safety. ([COVID-19 Prevention Network](#))

# CONVERSATION GUIDE FOR YOUNG ADULTS

**I am worried about how the vaccines affect fertility.**

There is currently no evidence that the COVID-19 vaccines cause fertility problems for women or men.

But it could be dangerous for pregnant and recently pregnant people to get COVID-19. In fact, they are more likely to get severely ill with COVID-19 compared with non-pregnant people. This is especially why COVID-19 vaccination is recommended for people who are pregnant, breastfeeding, trying to get pregnant now, or might become pregnant in the future.

**The vaccines aren't that effective - look at all the people who've been vaccinated and are still getting COVID-19.**

[While no vaccines are 100%](#) able to prevent illness, the risk of infection, hospitalization and death are much lower for people who are vaccinated compared to unvaccinated.

**I already had COVID-19 so have the antibodies.**

[Experts are still learning](#) how long you are protected from getting sick again after recovering from COVID-19. Even if you have already recovered from COVID-19, it is possible, but rare, that you could be infected with the virus that causes COVID-19 again.

**I am worried about the vaccine side effects more than the symptoms of COVID-19.**

[It is extremely unlikely](#) you will suffer from serious side effects that could cause a long-term health problem.

# CONVERSATION GUIDE FOR YOUNG ADULTS

**I am young and healthy – I am not worried about getting COVID-19.**

[Vaccines are effective](#) at keeping people from getting seriously ill from COVID-19. Although most people who contract COVID-19 will get better within weeks to months, some experience short and long-term health effects.

Studies suggest that up to 30% of all people who have had even mild cases of COVID-19 are still suffering months later from long COVID, with symptoms like brain fog, memory loss, exhausting fatigue, chronic headaches, and difficulty sleeping – significantly impacting their daily life. ([WSJ](#))

More research is coming out demonstrating how COVID-19 can damage not just the lungs, but also the heart and brain, potentially increasing the risk of health failure/complications, seizures, or other long-term health problems, even among young people. ([Mayo Clinic](#))

**I don't trust the government or pharmaceutical companies.**

[Vaccine development](#) is conducted by different scientists, independent research teams, and pharmaceutical companies all over the world.

Doctors and medical experts with many years of experience regulating vaccines looked at information about the safety, effectiveness, and quality of the vaccines before making their decision.

After a vaccine is approved or authorized by the FDA and made available to the public, experts continue to closely monitor it for safety and to help us learn more about questions like how long vaccines provide protection.

# CONVERSATION GUIDE FOR YOUNG ADULTS

**I have an underlying health condition and am afraid to get the vaccine.**

People with underlying health conditions can safely receive the COVID-19 vaccines authorized and approved by the FDA. Vaccination is especially important for adults of any age with underlying medical conditions like diabetes and high blood pressure.

Talk to your doctor about COVID-19 vaccination.

## Here are some other great resources:

- [www.GetVaccineAnswers.org](http://www.GetVaccineAnswers.org) - for answers to a lot of common questions about COVID-19 and the vaccines.
- A Chat-bot with ways to talk to friends and family about their vaccine concerns: [Your Friend's Want The Vaccine, What Do You Say?](#)

## Sources:

- [www.GetVaccineAnswers.org](http://www.GetVaccineAnswers.org)
- It's Up to You - COVID-19 Vaccine Education Initiative. Ambassador Talking Points
- Lewandowsky, S., Cook, J., Schmid, P., Holford, D. L., Finn, A., Leask, J., Thomson, A., Lombardi, D., Al-Rawi, A. K., Amazeen, M. A., Anderson, E. C., Armaos, K. D., Betsch, C., Bruns, H. H. B., Ecker, U. K. H., Gavaruzzi, T., Hahn, U., Herzog, S., Juanchich, M., Kendeou, P., Newman, E. J., Pennycook, G., Rapp, D. N., Sah, S., Sinatra, G. M., Tapper, K., Vraga, E. K (2021). The COVID-19 Vaccine Communication Handbook. A practical guide for improving vaccine communication and fighting misinformation.

Available at: <https://sks.to/c19vax>

- [As Vaccines Do Their Work, Focus Moves to Long Covid](#)
- [Covid-19 Long-term Effects](#)
- [COVID-19 Prevention Network](#)