

# Vaccination Conversation Guide



Got your vaccine? Awesome. Waiting for your appointment? Nice work. What about your friends and family? Are they hesitant? Unsure of where to get good information? Here are some tips on how to talk to people who are still thinking through their decision to get vaccinated!

**Be kind, considerate, and empathetic.** Conversations like this can be emotionally charged for lots of reasons. Approaching people with kindness and understanding can diffuse tension and make people more receptive to dialogue.

**Listen without judgement.** Many people have been made to feel defensive for having doubts about getting vaccinated. Breaking down that barrier by withholding judgement is an important step to have a meaningful conversation.

**Acknowledge their feelings and reasons for being hesitant.** There are plenty of valid reasons to be skeptical of the government's efforts to vaccinate against disease. Native communities have been mistreated in the name of science in the past. Validating these legitimate feelings lets people know they are seen, heard, and cared for.

**Ask open ended questions.** This strategy helps people think through what they are thinking and what they have heard rather than quickly dismissing a point.

**Ask permission to share information.** This shows you respect their decision making process.

**Share with them why you got vaccinated and help them find a reason to get vaccinated.** Personal stories are a great way to model for others how they can arrive at the decision to get a vaccine.

**Ask if they need support getting vaccinated.** Some people might not be sure how to get a vaccine or might want support as they go through with it.

**Give them time to come around.** Your loved one might need time to think or even a follow-up conversation—that's okay! Everyone's process looks different.

Check out these tips in action.

### **Sample conversation**

Thomas: Hey cousin, when are you planning to make your vaccine appointment?

Victor: I don't know. I'm hearing a lot about all these new variants and I don't want to get sick after the shot.

Thomas: I know! There are a lot of changes all the time. Where have you been getting information from?

Victor: Mostly on Facebook or my friends.

Thomas: I've been following the Urban Indian Health Institute on Twitter. Can I send you a link to their website?

Victor: Yeah, that's cool.

Thomas: One of the reasons I got vaccinated is so I could go spend more time with Grandma. What's a reason you would get vaccinated?

Victor: I actually do miss seeing Grandma.

Thomas: If you want, the tribal clinic is doing a vaccine event on Saturday. Want to go with me?

Victor: Sure, that's easy enough.

For more information, frequently asked questions, and resources, visit [ForOurPeople.uihi.org](https://ForOurPeople.uihi.org).

### **Sample conversation 2:**

Adult brother and sister in their 40s

Michael: Hey sis, I'm vaccinated now and want to have my little nephews over. Have you gotten your first dose yet?

Jazmine: No way. You're basically giving yourself covid if you get the vaccine.

Michael: Where did you learn that?

Jazmine: Saw it on Facebook and my co-workers heard the same thing.

Michael: I know a lot of people are really hesitant. I understand. It's a new vaccine! But getting vaccinated is one way we can keep our loved ones safe. Have you talked to a doctor about any of this?

Jazmine: I'm too busy with the boys, bro.

Michael: Well, you know there is a lot of information on the urban Indian clinic website. It answered a lot of my questions.

Jazmine: Yeah, yeah.

Michael: Okay. I get it. I'll give you time to think it over, but let me know if you want me to text you the link!

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