

Lesson 1

Taking Aim at My Goals

Parent Discussion Questions

Students will ask the questions below to their parents/guardians:

1. What goals did you have at my age and how did you reach them?

2. What goals would you like to see me reach?

3. We are working on developing universal values such as humility, respect, and compassion. Why is it important to know my values when I am setting goals?

Advice from my parents/guardians:

Lesson 2

Prepared for Positive Media Choices

Parent Discussion Questions

Students will ask the questions below to their parents/guardians:

1. What can I do to protect my brain when watching TV, playing games, and listening to music?

2. What rules should I follow when I get online?

3. What should I do when/if I see pornography on the computer, phone, or at someone's house?

Advice from my parents/guardians:

Lesson 3

Protecting My Future Children

Parent Discussion Questions

Students will ask the questions below to their parents/guardians:

1. We are studying the changes that happen during puberty including changes in the brain. How can you help me if I become emotional or want more independence?

2. What are some of the consequences for teens who have sex before marriage?

3. What is your favorite things about being a parent? Do you think I will be a good parent one day?

Advice from my parents/guardians:

Lesson 4

Don't Live on the Edge and Risk Catching an STD

Parent Discussion Questions

Students will ask the questions below to their parents/guardians:

1. With all the dangers of STDs, why do 48% of teens still have sex before marriage? What do you think about renewed abstinence?

2. How can I stay in control of my body and mind?

3. How did your life change when you became a parent?

Advice from my parents/guardians:

Lesson 5

The Law and My Future

Parent Discussion Questions

Students will ask the questions below to their parents/guardians:

1. I'm learning about family/criminal laws. What should I do if I know someone is being tricked into having sex with an older person?

2. What should I do if someone texts me inappropriate pictures?

3. If we made a family safety plan what kinds of things should be listed?

Advice from my parents/guardians:

Lesson 6

Don't Dabble on the Death Slide of Drugs

Parent Discussion Questions

Students will ask the questions below to their parents/guardians:

1. Why do people drink alcohol or use drugs, and tobacco?

2. When you were growing up did anyone you know get hurt because of someone doing drugs?

3. I know drugs and prescription medication have a lot of different nickname; what if someone offers me something, but I don't know what it is?

Advice from my parents/guardians:

Lesson 7

Protecting My Future with Refusal Skills

Parent Discussion Questions

Students will ask the questions below to their parents/guardians:

1. I want to have friends and be liked but what if I have a hard time finding friends with my kind of values?

2. What are your favorite things about my personality? How can they help me meet my goals?

3. I am learning that actions have immediate and long term consequences. What is something you wish you could redo? Is there an action I am doing that you wish I would change?

Advice from my parents/guardians:

Lesson 8

I can Have Healthy Communication not Sick Escalation

Parent Discussion Questions

Students will ask the questions below to their parents/guardians:

1. I am learning about being in control of my actions or being proactive instead of reactive. Are there things that I do that are reactive that I can work on?

2. Why is it better to use an “I” message instead of a “you” message?

3. Why are communication and problem solving steps important for me to practice when I have challenges with people?

Advice from my parents/guardians:

Lesson 9

Building Blocks for Solid Relationships in My Life

Parent Discussion Questions

Students will ask the questions below to their parents/guardians:

1. What age should I start dating? (From our workbook: a date is defined as “an activity that allows two individuals to get to know each other better, where one picks up the other, or both drive to meet at a preplanned location”). _____

2. What are some good dating standards I should follow when I do start dating? What types of qualities should I look for?

3. What is the different between real love and infatuation? How do I get out of a unhealthy relationship?

Advice from my parents/guardians:

Lesson 10

Committing to My Best Future

Parent Discussion Questions

Students will ask the questions below to their parents/guardians:

1. When you were my age, did you ever tell someone you liked them?

2. Has there ever been something that you waited for and you were glad you did? What helped you wait?

3. What are the good qualities that make up a healthy marriage?

Advice from my parents/guardians:
