



Below are some questions or sharing points you could use in conversation with your child after the True To You presentations. You don't need to ask them all or all at once. You can ask them in the car, on a walk or while you're eating dinner together...These are opportunities for you to find out what they're really thinking and how they're processing information.

If you hear something concerning, don't feel the need to correct it right away. In fact, give it some space and then return to the subject later. And if you do want to bring correction or concerns, you might want to ask them if you can share your perspective. The more often your child feels heard and respected, the more likely they are to share their thoughts and opinions.

Grades 5 & 6 Conversation Starters

After Session #1 Topics: Values of Self-Respect and Respect for others, Friendships, Kinds of Love, Dating (why, who, smart dating practices)

1. What do you think some of our family values are?
2. How different are they from other families you've been around? Which ones will you pass on to your children and which ones will be different? Why?
3. Where do you see other students compromising what they value for their friends?
4. Have you experienced your friends respecting you even when they disagree with you? Why is that so important...the freedom to be able to disagree?
5. Do you find it easier to follow or lead? Why do you think that is?
6. How do you think you could get out of a bad friendship? Or are you just stuck with it?
7. What are some of the characteristics you're looking for in a life partner? How do you think these may change as you get older?
8. Do you think it's about age or readiness when a person should start dating? Why?
9. Which of your friends do you trust the most? Why? What could I do to help you trust me more?

After Session #2 - Topics: Media Pressures, Marshmallow Video, Definition of Sex, Definition of Abstinence, Negative effects of Porn, Sexting, Saying NO to pressure

1. Why do you think the media doesn't have more examples of people choosing abstinence? Watch the marshmallow video together on the homepage of this website. Ask them what's worth waiting for. Good opportunity to let them know that you think they are worth waiting for and why.
2. When have you ever seen any of your fellow students/friends being pressured? How did it affect you?
3. Assure your teen that if they ever need an excuse to avoid sexual or substance pressure that they can use you as an excuse and call you ANYTIME to come and get them.
4. Who would you go to at school if you were in trouble and needed help? Why them? Is there anything in our relationship that would make you hesitate coming to me if you were in trouble?
5. What do you wish the presenter had talked about more? Were there parts of the presentation today that were uncomfortable for you?
6. How do you think pornography is changing the way people treat each other? or look at each other? What can we do in our home to help you make healthy internet choices?
7. Watch the Science of Pornography Addiction together on our website. www.truetoyouokanagan.com What can you see yourself doing if and when someone sexts you something? What would motivate someone to send a nude image of themselves when they know they can never get it back?
8. Let them know that if they are confused or unsure about something, that you are there for them that they can often avoid embarrassment with their friends by coming to you first and if you don't know the answer, you'll find it out for them.
9. Share with them the kind of future relationships you want for them including things like respect, freedom to disagree, thoughtfulness, honesty, etc.
10. If they are in a receptive space, role play different pressure scenarios with them. If someone said _____ how could you respond?