



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 great 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.

## **Grade 7 Conversation Starters**

### **After Session #1 - Values, Friendships, Dating, Wish List, Definition of Abstinence**

What do you think some of our family values are? 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?

Where do you see other students compromising what they value for their friends?

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?

Do you find it easier to follow or lead? Why do you think that is?

How do you think you could get out of a bad friendship? Or are you just stuck with it?

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?

Do you think it's about age or readiness when a person should start dating? Why?

If you could model your life-long relationship after someone else's, whose would it be and why?

What tests/challenges do you think a relationship needs to go through in order to build solid trust? Which of your friends do you trust the most? Why?

What could I do to help you trust me more?

Why do you think the media doesn't have more examples of people choosing abstinence?

Watch the marshmallow video together [true to you okanagan](http://true.to.you.okanagan) Ask them what's worth waiting for. Good opportunity to let them know that you think they are worth waiting for and why.

**After Session #2 - Avoiding Risky Situations, STI Overview, Pressure from Media, Abstinence, Different Kinds of Love, Marshmallow Video, Effects of Porn, Sexting**

When have you ever seen any of your fellow students/friends being pressured? How did it affect you?

What message do you think media gives teens today about relationships and sex?

What do you think makes using alcohol or drugs so attractive to teens today? Under what circumstances may you feel pressured to join in?

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.

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?

What did you discover about STIs? Anything surprise you?

What do you wish the presenter had talked about more? Were there parts of the presentation today that were uncomfortable for you?

How do you think porn 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? Watch the Science of Pornography Addiction together on our website. [www.true.to.you.okanagan.com](http://www.true.to.you.okanagan.com)

What can you see yourself doing if and when someone sexts you something? What would motivate someone to send a nude or semi-nude image of themselves when they know they can never get it back?

Why do you think it's so difficult to say no to someone you really like when they ask you to do something you don't want to do?

How about role playing some uncomfortable situations where someone you want to impress is pressuring you? If they say \_\_\_\_\_ what could you say? What could you do?

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.

Share with them the kind of future relationships you want for them including things like respect, freedom to disagree, thoughtfulness, honesty, etc.

## Grade 8 Conversation Starters

### After Session #1: Dating, Definition of Abstinence, Physical Line of Progression, STI Chart

What message do you think media gives teens today about relationships and sex?

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?

What was the physical line of progression about? What can you see yourself doing if your date wants to go further on the line than you do?

Do you think it's about age or readiness when a person should start dating? Why?

If you could model your life-long relationship after someone else's, whose would it be and why?

What tests/challenges do you think a relationship needs to go through in order to build solid trust? Which of your friends do you trust the most? Why?

What could I do to help you trust me more?

Why do you think the media doesn't have more examples of people choosing abstinence?

Watch the marshmallow video together [true to you okanagan](#). They didn't see it in class - the grade 7s did. Ask them what's worth waiting for. Good opportunity to let them know that you think they are worth waiting for and why.

Why did the presenter say Sex Always Always Always changes things?

Were there parts of the presentation today that were uncomfortable for you?

What did you learn about STIs that you didn't know?

Share with them the kind of future relationships you want for them including things like respect, freedom to disagree, thoughtfulness, honesty, etc.

**After Session #2: Top ways to avoid STIs and Unplanned Pregnancy, Science of Porn, Boundary Setting - Saying No, Refusal Skills, Emotional risks of sex , Sexting, Staying Safe**

What do you think makes using alcohol or drugs so attractive to teens today? Under what circumstances could you feel pressured to join in?

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.

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?

What do you wish the presenter had talked about more?

How do you think porn 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? Watch the Science of Pornography Addiction together on our website. [true to you okanagan](#)

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?

Why do you think it's so difficult to say no to someone you really like when they ask you to do something you don't want to do?

How about role playing some uncomfortable situations where someone you want to impress is pressuring you? If they say \_\_\_\_\_ what could you say? What could you do?

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.