



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 9 & 10 Conversation Starters**

### **After Session #1 - Topics: Friendships, Dating, Relationship Triangle, Brain Chemistry**

1. 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?
2. Were there parts of the presentation today that were uncomfortable for you?
3. Do you think it's about age or readiness when a person should start dating? Why?
4. If you could model your life-long relationship after someone else's, whose would it be and why?
5. 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?
6. What could I do to help you trust me more?
7. Tell me about the brain chemicals .... How do they influence people?
8. Why do you think the media doesn't have more examples of people choosing abstinence?
9. What is the Relationship Triangle all about? Ask their opinion of it.
10. Share with your child one of the most enjoyable/creative dates you were ever on, what you did and what made it so great.

**After Session #2 - Topics: Teen Pregnancy, Avoiding Risky Situations, Pressure Lines and Refusal Responses, Different Kinds of Love, Marshmallow Video**

1. Which options for a teen pregnancy do you think are the hardest?
2. Why do you think adoption is the least chosen?
3. Since each option: parenting, adoption or abortion is difficult and each involves grief and loss....Share a story of someone you know who had a surprise pregnancy, what they chose and how they worked through the grief and loss of their choice.
4. When have you ever seen any of your fellow students/friends being pressured? How did it affect you?
5. How do you think the media pressures teens today?
6. What do you think makes using alcohol or drugs so attractive to teens today? Under what circumstances may you feel pressured to join in?
7. 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.
8. Who would you go to at school if you were in trouble and needed help? Why them?
9. Is there anything in our relationship that would make you hesitate coming to me if you were in trouble?
10. Watch the marshmallow video together (it's on our home page of the website) and ask them if they know they have what it takes to wait for what they really want.
11. Good opportunity to let them know that you think they are worth waiting for and why.

**After Session #3 - Topics: STIs, Sexting, Center for Disease Control's recommendations for Health - Abstinence, Mutual Monogamy, Testing, Condom Use**

**Pornography and Science of Porn Videos (these may be covered in a 4th session)**

1. What did you discover about STIs? Anything surprise you?
2. Tell me about the pants video. What was that about?
3. What do you wish the presenter had talked about more?
4. Why do you think porn has become so pervasive in our culture?
5. How can you see talking to your future children about porn? How can you see protecting them?
6. How do you think porn is changing the way people treat each other? or look at each other?
7. What can we do in our home to help you make healthy internet choices?
8. What can you see yourself doing if and when someone sexts you something?
9. What would motivate someone to send a nude image of themselves when they know they can never get it back?
10. 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.
11. Share with them the kind of future relationships you want for them including things like respect, freedom to disagree, thoughtfulness, honesty, etc.