

LET'S TALK

Directions: Please interview a parent/guardian or an adult you trust over age 21 for this activity.

Student's Name: _____ Trusted Adult's Name: _____

Talk #1. **Due:** _____ **Adult signature:** _____

1. What were your family's rules about dating when you were in high school? Did you agree?
2. What was a typical "date" when you were in high school?
3. Do you think it's okay for a person my age to be in a romantic relationship with someone a lot older or younger than them? Why? Why not?

Reflection: How is dating/romance different now, compared to your trusted adult's experience? ✎

Talk #2. **Due:** _____ **Adult's signature:** _____

4. When you were in high school, did you have any friends or acquaintances that were questioning their sexuality or gender? How do you think things are different today?
5. Were there any occasions when you or a friend gave in to peer pressure? What can I learn from your experience?
6. What advice can you give to help me stand up for my personal values and beliefs?

Reflection: What was the most helpful piece of advice you just got from your trusted adult? ✎

Continue on other side



Talk #3. **Due:** _____ **Adult's signature:** _____

7. What are your feelings about teens using technology (social media, dating apps etc.)?
8. Did you feel comfortable talking with your parent(s)/guardian(s) about sex? Why? Why not?
9. What do you want me to know about the messages pornography can send young people?

Reflection: Do you agree with your trusted adult's views on technology? Why? Why not? 

Talk #4. **Due:** _____ **Adult signature:** _____

10. What do you think I should know about sexually transmitted infections (STIs) and birth control?
11. How does someone know they are ready to be sexually active?
12. What should a young person know about giving/getting sexual consent?

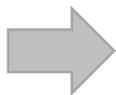
Reflection: Besides the person you interviewed, who are other trusted adults that you could talk to? 

Thank you for having this important conversation! Almost done...



Check out these great parent resources to help continue this important conversation:

Health Connected:	www.health-connected.org/parents and www.lets-talk.how
Palo Alto Medical Foundation:	www.pamf.org/parenting-teens/sexuality
Essential Access Health:	www.talkwithyourkids.org
Advocates for Youth:	www.advocatesforyouth.org/parents-sex-ed-center-home
American Sexual Health Association:	www.ashasexualhealth.org/parents



This section below is for your trusted adult to fill out after completing the interview.

I have talked through all of the questions on this homework sheet with my student.

Adult's signature: _____

Do you think this homework helped you and your student talk more openly about sexual health and relationships? YES NO

If you would like more information, resources, and updates from Health Connected, please provide your email address. **This information will not be shared with any other organizations.*

(Optional) Adult email: _____