

PLANNING FOR THE FUTURE

Directions: Please interview a parent/guardian or an adult you trust over age 25 for this activity.

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

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

1. We learned about California's affirmative consent law. How might it impact me and my legal responsibilities?
2. What do you want me to know about online safety in regards to the internet, social media, and online dating, etc.?
3. Did you ever have to step in to help a friend or acquaintance in a risky situation? How did you respond? What would you want me to do in a similar situation?

Reflection: How did this conversation change how you view your legal responsibilities and the internet?  _____

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

4. What qualities should I look for in a healthy relationship? How can I be a good partner now or in the future?
5. What do you think are "deal breakers" in a romantic relationship?
6. Did you know anyone who was involved in a same sex romantic relationship? How was their experience different?

Reflection: What advice did you find most helpful about healthy and unhealthy relationships?  _____

Continue on other side 

Talk #3. Due: _____

Adult signature: _____

7. Should I need them, how would you suggest I get sexual healthcare services after I leave high school? If I have questions about sexual health in the future, who (apart from you) should I go to for answers and resources?
8. How has contraception changed since you were a young adult?
9. Have you known anyone with a sexually transmitted infection or HIV? How did they manage their health after they found out?

Reflection: After having this conversation, what do you think you would do differently in your life? 

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: _____