

Parents & Kids, Talking About Sex ©

Family Workshop - Teens (Grades 7th - 8th)

Survival Skills for Middle School Youth and Their Parents

PURPOSE:

This workshop gives parents the opportunity to learn from each other as they share how to handle different situations. While the parents are together, teens are also learning from each other. They are in small groups discussing some very important questions. These groups are facilitated by our best role models from the parish's Youth Group.

PARENTS' GROUP:

Parents will discuss the same topics as the students, the media, transition to high school, drugs and alcohol, sex, and changing relationships with God and parents.

STUDENTS' SHARING QUESTIONS

From the teen facilitators at St. Elizabeth Parish in Rockville, MD

MEDIA

What are the values communicated by media messages (from magazines, commercials - e.g., Axe - MTV, OC, Laguna Beach, Maui Fever, etc.)?

How do these messages make us feel?

How do these messages compare to our Catholic-Christian value system?

TRANSITION INTO HIGH SCHOOL

Do you think that TV shows are realistic in how they portray high school?

The start of high school is often rocky; who will you turn to for help?

How will you make friends?

How do you think most students handle the stress of a heavier academic load?

DRUGS & ALCOHOL

Why do you think kids drink and use drugs in high school?

What might tempt *you* to drink or use drugs?

SEX

Do you think sex is a big part of high school?

What kind of relationships do you expect to have in high school with members of the opposite sex?

How can you keep dignity and respect in your relationships – both friendships and boyfriend/girlfriend relationships?

Do you think being sexually active can affect your reputation?

How will you handle the pressure to conform? Will you stand up for what you believe?

CHANGING RELATIONSHIPS

How would you describe your current relationship with your parents?

Do you expect this to change while you are in high school?

How can you maintain a healthy relationship with your parents throughout high school?

How would you describe your relationship with God?

What can you do to keep your relationship with God a close one?