

LET'S TALK

Directions: Interview a parent/guardian or an adult you trust over age 18 for this activity.

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

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

1. What were your family's rules about dating when you were in school? Did you agree?
2. Do you think it's okay for a person my age to be in a romantic relationship? How would you hope my partner treats me?

Reflection: What are some qualities I would want in a partner? ✎

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

3. Did you know anyone who was bullied? If a person was bullied who should they tell and what could they do?
4. If someone says something to me or touches me in a way that makes me feel uncomfortable, what would you want me to do?

Reflection: What should I do and who would I go to if someone did or said something that made me feel unsafe or uncomfortable? ✎

Continue on other side



Talk #3. Due: _____

Adult signature: _____

5. Is there anything you want me to know about using a cell phone or using the internet, especially when you're not around?
6. How does someone know they are ready to have sex? What should a young person know about giving/getting sexual consent?
7. What should I do if a person does not want to give me permission to do something I want to do?

Reflection: Practice with your parent/trusted adult some ways to ask for consent (e.g. Can we go to the movies?) Write down one example you practiced. ✍

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
Advocates for Youth:	www.advocatesforyouth.org/parents-sex-ed-center-home
Center for Parent Information and Resources	www.parentcenterhub.org/repository/sexed/
Sexuality Resource for Parents:	www.srcp.org
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 other organizations.*

Adult's email: (optional) _____