

MY COMMUNICATION DIARY

Student's Name: _____

Name of the person you are interviewing: _____

Please interview a parent/guardian or an adult you trust for this activity. Choose 4 different days during Teen Talk to answer the questions.

Day One: Adult Signature _____ **Date:** _____

1. What were the rules about curfew and dating when you were in high school? Did you agree with them? What was a typical "date" in your generation?

2. How old were you when you first fell in love? How did you know? Do you think teenagers can be in love?

3. Do you think it's OK for a teenager my age to date someone a lot older or younger than them? Why or why not?

Day Two: Adult Signature _____ **Date:** _____

4. Did you feel comfortable talking about sex with your parents/guardians? Why or why not? What is something you wish you would have been able to ask them?

5. In high school were any of your classmates having sex? Did you know people who used birth control and condoms?

6. Did you know anyone who had an STI (sexually transmitted infection)? Which STI? What would you like me to know about STIs?

Day Three: Adult Signature _____ **Date:** _____

7. Did you know any teens that got pregnant or became teen parents when you were in high school? What challenges might teen parents face?

8. Did you know any gay, lesbian, or transgender people when you were young? How were they treated? How do you think gay, lesbian, and transgender people should be treated?

Day Four: Adult Signature _____ **Date:** _____

9. How does someone know that they are ready to have sex?

10. What was the greatest pressure you experienced at my age? How did you handle it?

11. After completing this homework, will you, as my parent/guardian or my trusted adult, feel more comfortable talking with me about sex and/or relationships in the future?

YES

NO

ALREADY COMFORTABLE

There are lots of great resources online to help parents and children continue this conversation. Here are a few to get you started.

Health Connected:

www.health-connected.org/parents

Palo Alto Medical Foundation:

www.pamf.org/parenting-teens/sexuality

Essential Access Health:

www.talkwithyourkids.org

The National Campaign to Prevent Teen & Unplanned Pregnancy:

www.thenationalcampaign.org/featured-topics/parents