



**Dear parents:** You are the most important people in your child's life. Alive & Well wants to partner with you to help your pre-teen make healthy choices. In our next session, we will be presenting the topics of puberty and abstinence in your son/daughter's class. We believe that it is very important for young people to discuss these issues with their parents. The purpose of this activity is to "break the ice" to help you have these conversations with your child. Please set aside some time within the next few days to listen and share your thoughts with your son/daughter.

### "MOM/DAD, I HAVE SOME QUESTIONS"

Here are some of my questions about puberty, relationships, sex and that kind of stuff:

- 1.
- 2.
- 3.
- 4.

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Return this portion of your assignment to your Alive & Well instructor for session 2, and you will receive a prize.

Yes, my student showed me their Alive & Well assignment.

Suggestions/Comments:

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Parent/Guardian Signature