



# 7<sup>th</sup> Grade House Rules

Parents: What HOUSE RULES will help your child create positive relationships and choose abstinence? Alive & Well does not encourage dating in middle school, however we feel it is important to begin discussing these issues with your child.

**What is my curfew in middle school? \_\_\_\_\_ In high school? \_\_\_\_\_?** Parents, don't forget about those unscheduled times. If curfew is 11pm and the movie is over at 10pm, where will your child be for that hour? Think about setting a curfew based on the activity and not just a set time for every night.

**When I am at home, can I have a member of the opposite sex:**

1) in the house without a parent? \_\_\_\_\_. 2) in my bedroom? \_\_\_\_\_ .

**If I start to date, what can be the age difference between us?**

1) In middle school? \_\_\_\_\_. 2) In high school? \_\_\_\_\_ .

Studies have shown that when there is at least a 2 year age difference, teenagers are more likely to be sexually active.

**Two other house rules for me:**

1. \_\_\_\_\_ .

2. \_\_\_\_\_ .

**If I feel uncomfortable or unsafe, my escape plan is:**

Just like we need to discuss escape routes in case of a fire, it is very important to discuss a plan to escape an uncomfortable or "dangerous" situation with peers or a date.

\_\_\_\_\_

Parent Signature \_\_\_\_\_

Student Signature \_\_\_\_\_