



“MOM/DAD, I NEED TO TALK!”

Dear parents: You are the most important people in your son/daughter's life. Alive & Well wants to partner with you to help your teen make healthy choices. We believe that it is very important for young people to discuss issues with their parents. The purpose of this activity is to “break the ice” to help you have these important conversations with your child. Please set aside some time within the next week to listen and share your thoughts with your son/daughter.

Teens: Mark at least 2 topics from the list below that you would like to talk to a parent about. Then, give this page to your parent. After you have talked, get your parent's signature and turn in the bottom of the form for session 5.

- | | |
|--|---|
| <input type="checkbox"/> Questions about my body | <input type="checkbox"/> Pressures I am facing |
| <input type="checkbox"/> Dating | <input type="checkbox"/> My self-esteem (how I feel about myself) |
| <input type="checkbox"/> I am being bullied | <input type="checkbox"/> Depression |
| <input type="checkbox"/> Issues with my friends | <input type="checkbox"/> Sex |
| <input type="checkbox"/> Pornography | <input type="checkbox"/> Alcohol |
| <input type="checkbox"/> Drugs | <input type="checkbox"/> Things that I am worried about |
| <input type="checkbox"/> Abuse | <input type="checkbox"/> Other |

Return this bottom portion of your assignment to your Alive & Well instructor for session 5, and you will receive a prize.

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My son/daughter gave me this Alive & Well assignment with at least 2 topics marked.

Student's Name

Parent's Signature