

B.

7th grade, 3.11 Analyze the effects of culture, media, and family values (by discussing information with parents/caregivers or trusted adults) on decisions related to becoming or remaining abstinent.

Materials Needed:

Appendix 1 – copies of What’s Expected?

Appendix 2 – transparency of quotation from National Campaign

Appendix 3 – copies of An Encouraging Word

Appendix 4 – copies of Interview Guide

Review:

In this activity, the teacher will assess readiness by asking what students perceive to be parental and adult expectations regarding a variety of values and behaviors. Copies of the handout, What’s Expected? (Appendix 1), will be distributed. Ask students to work on the assessment individually and to quietly reflect on what parents, guardians, and other adults in their lives expect of them. Remind students NOT to place their names on the papers.

Collect the handouts and read a few entries for each expectation. Ask students to share how these expectations are communicated with them and stress the importance of earning trust by respecting adult concerns for their well-being.

Focus:

Show the transparency in Appendix 2 which reads, “Parents matter. Teens say parents influence their sexual decision making more than any other source.” This quotation is from a recent study by the National Campaign to Prevent Teen Pregnancy and reflects the importance of parents and other adults being engaged in their children’s lives. Stress that communication is the key to parents and teens having a mutual understanding of expectations.

Statement of Objectives:

Today we are going to discuss the importance of young people and adults communicating about their expectations. By the end of the lesson, you will be able to predict why adults expect youth to practice sexual abstinence.

Teacher Input:

*Consider this statement: **The most important job of being a parent is to teach your children to be independent and productive adults.** Although they will always love and need their parents, teens are moving through *adolescence*, defined as the transition between childhood and adulthood. Parents typically allow them to be more independent and expect them to become more responsible. At some point, young people must make their own decisions and assume responsibility for their own actions.*

One of the decisions a young person faces is the issue of sexual pressures and risk taking. In a previous lesson, we learned about the benefits of remaining or becoming abstinent. We will look at the support which is given to youth to choose to be abstinent.

Parents and guardians cannot be with their children 24/7. When young people are away from adults, they are asked to behave in ways which are consistent with the guidance they have been given. A good question to ask is, "Would my family approve of this behavior?" Recognizing that parents and guardians want the best for us and have our well-being in mind, is one of the important steps in becoming a responsible adult who is ready to make healthy decisions.

Guided Practice:

School systems and community agencies sometimes provide advice to parents about how to talk with children about sexual issues, including how to express their expectations. Teens can initiate the conversation as well. In this handout, there are statements about parent communication. Assume your friend has made a statement and you want to support him or her by encouraging communication with a trusted adult. Write in the space provided what you might say.

Distribute copies of Appendix 3, An Encouraging Word and instruct students to work in pairs to develop suggestions for peers on understanding parent expectations. Allow time to complete and discuss in class.

Independent Practice:

For homework, ask students to interview their parent(s) or guardian(s) about their expectations. Provide each student with the Interview Guide (Appendix 4). In the next class meeting, allow students to discuss the assignment in small groups and follow-up with the entire class by asking these questions:

- 1. What expectations do you think most parents and guardians have for their teenagers in regard to sexual behavior?*
- 2. What are reasons adults (and society as a whole) encourage abstinence as a responsible and healthy choice?*
- 3. What can adults and young people do to increase communication and have clearer understandings of expectations?*

Closure:

Today we looked at the expectations which parents and trusted adults have for our behaviors. We learned parents want us to be safe and healthy and to make the choices which help us reach our goals for the future.



As high school students, teens are often given more independence and expected to assume more responsibility. On one hand, this may be a source of conflict between young people and their parents or guardians. On the other, success in negotiating expectations can increase communication and trust within a family.

In the matrix below, write the expectations of your parent(s) or guardian(s). Do NOT place your name on this paper.

Value or Behavior	What are the expectations your parents or guardians?
Knowing school assignments and completing homework	
Assisting with household maintenance	
Avoiding health risks such as tobacco, alcohol, sexual behavior	
Being involved in family activities such as holidays, vacations, worship services, shared meals, care of siblings	
Staying safe by wearing a seat belt, avoiding violence, using good judgment	
Communicating with them regarding whereabouts and curfews	

“Parents matter.

Teens say parents influence their sexual decision making more than any other source.”

National Campaign to Prevent Teen Pregnancy



