

Lesson 1

My Goals Light the Way

Parent Discussion Questions

Students will ask the questions below to their parents/guardians:

1. What goals have you set and accomplished in your life?

2. What is one goal you would like me to accomplish? (Tell your parents about the 5 W's and 1 H to help you plan small steps.)

3. What type of special training did you need for your career or job?

Advice from my parents/guardians:

Lesson 2

Navigating My Media Messages

Parent Discussion Questions

Students will ask the questions below to their parents/guardians:

1. What were your favorite TV shows and movies when you were my age?

2. What are some good TV/movie limits for our family?

3. What rules should I follow when I use the internet?

Advice from my parents/guardians:

Lesson 3

Plotting the Puberty Course

Parent Discussion Questions

Students will ask the questions below to their parents/guardians:

1. Puberty happens between the ages of 9-16, what is important for me to know about my changing body?

2. I know it is not okay to make fun of someone's body that is different from mine. What should I do when I see someone getting teased because of their body shape or size?

3. I know girls and boys have different body parts, what should I do if someone starts talking about or touching my private areas?

Advice from my parents/guardians:

Lesson 4

Healthy Choices for the Road Ahead

Parent Discussion Questions

Students will ask the questions below to their parents/guardians:

1. We are learning about the stages of life, what was the most difficult stage you remember going through as a child?

2. After I am married, what kinds of things do you hope I can do with my future son? With my future daughter?

3. I am learning about 10 universal values such as honesty, courage, and respect, what is one value you can help me develop?

Advice from my parents/guardians:

Lesson 5

Understanding Law and Justice

Parent Discussion Questions

Students will ask the questions below to their parents/guardians:

1. What are some good memories you have of your father, grandpa or another positive male figure in your life?

2. What is the best thing about being a parent?

3. If someone is abusing my friend like hitting or slapping them or touching them in their private areas, what should I do?

Advice from my parents/guardians:

Lesson 6

Distance Myself from the Dangers of Drugs

Parent Discussion Questions

Students will ask the questions below to their parents/guardians:

1. How could using tobacco harm my health and my goals?

2. Why do you believe young people think it is cool to drink alcohol?

3. How would you help if I told you one of my friends started stealing their parent's prescription drugs/medication and taking it?

Advice from my parents/guardians:

Lesson 7

My Vibrant Values Light the Way

Parent Discussion Questions

Students will ask the questions below to their parents/guardians:

1. In what areas of my life do I need to be more confident?

2. What is something you like about my personality?

3. What are some things I can do to calm down when I get stressed?

Advice from my parents/guardians:

Lesson 8

Leading the Pack with Problem Solving

Parent Discussion Questions

Students will ask the questions below to their parents/guardians:

1. I am trying to use good assertive communication skills and share my feelings when I need to express something. What are some “feeling” words I could use instead of SAD – MAD – HAPPY?

2. I am learning the 5 steps to problem solving. What are some ways you have successfully solved problems in your life?

3. What are some ways you apologize when you’ve had a disagreement with someone?

Advice from my parents/guardians:

Lesson 9

My Radiant Real Relationships

Parent Discussion Questions

Students will ask the questions below to their parents/guardians:

1. How do you know when someone is a loyal friend?

2. What type of manners do you expect from my friends when they are in our home?

3. What can I do if I or one of my friends is being bullied?

Advice from my parents/guardians:

Lesson 10

Goals in My Life are Like Batteries in My Flashlight

Parent Discussion Questions

Students will ask the questions below to their parents/guardians:

1. I want to have a “growth mindset” and stay positive even when I am having challenges, what are some ways you can help me?

2. I want to become a servant leader, what are some ways I can serve my family and my community?

3. We are learning what it takes to build a happy home, what are some positive traits in a healthy marriage?

Advice from my parents/guardians:
