

Lesson 1

Ascending the Summit of My Goals

Parent Discussion Questions

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

1. What dreams did you have at my age and how did reach them?

2. How did your values and beliefs help you reach your goals?

3. How is an education an investment in my future?

Advice from my parents/guardians:

Lesson 2

Managing Mountains of Media

Parent Discussion Questions

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

1. Were the media advertisements different when you were growing up than they are now?

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

3. What should I do when I see cyber bullying happening?

Advice from my parents/guardians:

Lesson 3

Gearing up for Changes in My Life

Parent Discussion Questions

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

1. When you were growing up, who do you talk to about changes in your body?

2. What are some of the emotional consequences of teens who have sex before marriage?

3. What is your favorite things about being a parent?

Advice from my parents/guardians:

Lesson 4

Avoiding the Pitfalls of STDs

Parent Discussion Questions

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

1. How can I stay in control of my body and mind?

2. With all the dangers of STDs, why do 48% of teens still have sex before marriage?

3. How did your life change when you became a parent?

Advice from my parents/guardians:

Lesson 5

Firm Family Foundations - Avoiding the Legal Ledge

Parent Discussion Questions

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

1. Besides you, who do you think would be good role models for me?

2. I'm learning about family/criminal laws and abuse, what should I do if I have a friend who is being abused?

3. What should I do if someone texts me inappropriate pictures of their body?

Advice from my parents/guardians:

Lesson 6

Observing the Danger Signs- Drugs, Alcohol, Tobacco

Parent Discussion Questions

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

1. Does it take self-discipline to avoid alcohol, drugs, and tobacco?

2. When you were growing up did anyone you know get hurt because of a drunk driver?

3. What should I say if someone tries to get me to smoke a cigarette?

Advice from my parents/guardians:

Lesson 7

Easing the Squeeze with Good Refusal Skills

Parent Discussion Questions

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

1. What kinds of refusal skills should I use when tempted to do something bad?

2. What are your favorite things about my personality? How can they help me meet my goals?

3. What are some things you do when you get stressed? What can I do when I start feeling stressed?

Advice from my parents/guardians:

Lesson 8

Tools in My Backpack: Communication and Problem Solving

Parent Discussion Questions

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

1. When I make decisions, how can I be more proactive instead of reactive or inactive?

2. How can I express my emotions better when I am really happy or really sad?

3. Why are communication and problem solving steps important for me to practice when I have challenges with people?

Advice from my parents/guardians:

Lesson 9

Free to Be Me- Friends and Dating Relationships

Parent Discussion Questions

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

1. What age should I start dating? (From our workbook, a date is a planned activity that allows a young man and a young woman to get to know each other better.)

2. What are some good dating standards I should follow when I do start dating?

3. What is the different between real love and infatuation?

Advice from my parents/guardians:

Lesson 10

Prepared to Tackle My Goals

Parent Discussion Questions

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

1. When you were my age, did you ever tell someone you liked them?

2. Has there ever been something that you waited for and you were glad you did? What helped you wait?

3. What are the good qualities that make up a healthy marriage?

Advice from my parents/guardians:
