Family Dinner Conversations

SAVE MY FAMILY

Officer Gomez's starting point conversation topic ideas

School	• How important is school to your family? • Reasons for doing homework • What other lessons does school teach? • Student expectations
Respect	• At home • At school • In public
Sex	• Explain the essentials of sex • Partners • Difference between pornography and real relationships • Diseases • Contraception • Consent • Other consequences • Pregnancy • Cost of having and maintaining a kid
Drugs	• Consequences (Long Term / Short Term) • Lost opportunities • Cost • Addiction • Future Employment • Toll on the family
Vaping	• Consequences • Cost • Addiction • Lifelong Choice • Nicotine content in vapes
Alcohol	• Underage drinking • Parties • Options if wind up drunk (ie, parents will pick up any time) • Friends drinking and driving • Driving consequences

Minors + Nude Pictures	• 1st offense = misdemeanor / 2nd offense = felony • Once it is sent it is hard to take back • Permanency online • Extortion possibilities • Future job prospects
College	• Start looking at colleges in about 8th grade • Pro's and Con's of college degree • Income / Expense worksheet • What do non-college jobs look like? • Trade Schools • Military • Apprenticeships
Driving	• Expectations • Friends in the car • Texting and Driving • Vehicle Maintenance • Options when the car breaks down • Do a walk-through of their first crash, angry driver, police, call home, etc.
Dating	• Minimum partner and age requirements for dating (probably good exercise for adults too) • Setting boundaries • How to exit a relationship • How can you tell if your partner is controlling (this starts in middle school) • What does a bad relationship look like?
Social Conflict & Bullying	• Difference between social conflict and bullying • How to best handle both social conflict and bullying • Anger issues • Problem solving • What if you see a friend bullying or being bullied?
Finances	• Budgeting • Credit Cards • Investing • Taxes • Goals • Vehicle and Home purchasing
Suicide	• Options for help if feeling suicidal • Name some trusted adults who can help • What if a friend is suicidal? • What if someone is a cutter and not suicidal?