

PARENT CONNECTION FORM

Dear Parent or Guardian,

The goal of today's Healthy Futures Nu-CULTURE session was to review the physical and emotional changes teens experience during puberty, including social stresses, emotional ups and downs, and sexual thoughts and feelings. We taught them that puberty brings the ability to become pregnant or father a child and we discussed the realities of the responsibilities that would come with parenthood. We emphasized how having a child as a teenager could limit their social, recreational, and educational opportunities. Please discuss this form with your teen to make sure he or she understands the seriousness of today's lesson. Once you have, **please sign the bottom** and have your son or daughter return it during the next session.

Sincerely,

Rhea Gordon
Executive Director
Healthy Futures



Principal/Facilitator

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1. Name one physical change that happens during puberty.
2. What are some ways that your emotions have changed as you go through puberty?
3. Why do you think some teens become pregnant?
4. Make a list of expenses related to taking care of a baby (ask a parent if you need help). Could you afford to pay for these right now?

The Big 3:

- **Puberty** is a time when there are physical, social and emotion changes.
- Unplanned pregnancy is a **risk of sex**. Think about it — **Are you** ready to be a parent?
- Choosing **not to have sex** can help you avoid the responsibilities of being a teen parent.

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My child, _____ and I discussed this handout.
First Name Last Name

Signature of Parent or Guardian

Date

Email Address (Please Print Clearly)

Parent or Guardian (Print Name)

School Name