PARENT/TRUSTED ADULT CONNECTION FORM

Session 8.5: Emotional Needs and Bonding

Dear Parent or Guardian,

During today's Nu-CULTURE session we discussed emotional needs such as respect, belonging, support, and love. We discussed how some teens may try to meet these needs through sexual activity without understanding the potential consequences (e.g. heartbreak, STIs, pregnancy). At Healthy Futures, we want teens to choose healthy relationships, where there is respect for the choice to delay sexual activity until a faithful, lifelong relationship. Please review the following exercises with your teen, then complete the bottom portion of this form and have them return it the next school day.

Sincerely,

Rhea Gordon
Executive Director
Healthy Futures

_____
Principal/Facilitator

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1. Why do people choose to be in relationships?

2. What are the three risks of sexual activity?

3. Name three emotional needs that are important to you.

The Big 3:

- We all have emotional needs that need to be met to be successful in life.
- It is important to meet our emotional needs in a healthy way.
- Sexual activity creates emotional bonds that lead to heartache if they are broken.

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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