

PARENT/TRUSTED ADULT CONNECTION FORM

Dear Parent or Guardian,

Throughout the course of this program, Healthy Futures has encouraged students to recognize that choices have consequences. Being aware of consequences helps students make informed choices--but of course, choosing healthy behaviors will have no effect unless young people also learn how to defend those decisions.

Today's Healthy Futures session equipped students to set limits on sexual activity and provided some suggestions for defending those limits.

We believe the time you are spending working through these Parent/Trusted Adult Connection Forms together is important to your teen. Once you have worked through the following exercises, please complete the bottom portion and have your teen return it to school during the next session.

Sincerely,

Rhea Gordon
Executive Director
Healthy Futures

Principal/Facilitator



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1. Today we talked about what it is called when someone your own age tries to get you to do something that you might not want to do. We call that p_____
p_____.
2. Some limits I have decided to set for myself in relationships are:
3. Three ways people respond to pressure are p_____, a_____,
a_____.

The Big 3:

- It's important to respond to peer pressure with an assertive answer.
- Self-control is like a muscle, the more you exercise it, the stronger you will be. You need to exercise self-control to practice delayed gratification.
- It's important to set limits in relationships so that you stick with your healthy choices. Make decisions about limits before you're in a high pressure situation.

PARENT/TRUSTED ADULT CONNECTION FORM

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

I authorize Healthy Futures (HF) to use, in whole or in part, my child's likeness, image, and performance during his/her participation in the program as HF shall determine in its sole discretion. HF and its successors and assigns, shall own all right, title and interest, including the copyright(s) of these images to be used without limitation as HF shall determine in its sole discretion. HF is not liable for unintentional misrepresentation of information derived from these images.

Signature of Parent or Guardian