

PARENT/TRUSTED ADULT CONNECTION FORM

Dear Parent or Guardian,

While a teenager may decide ahead of time to make healthy choices and set limits those decisions will not be helpful if they cannot defend them. Discuss what your teen's "exit plan" will be in the event he/she encounters a dangerous pressure situation that they need to exit from. Today's Nu-CULTURE session focused on saying "no" to peer pressure, as well as abstinence. Please review the following questions with your child, then complete the bottom portion of this form and have them return it at the next session.

Sincerely,

Rhea Gordon
Executive Director
Healthy Futures

Principal/Facilitator



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1. Define assertive.

2. Define abstinence.

3. What are some things you should abstain from?

Does your child know where you stand with the whole dating thing?

Setting limits and boundaries around this issue (such as curfews, group dating vs. single dating, whether or not they are allowed to be in someone's house with no parents around, etc.) not only shows them where you stand and helps them discern what is appropriate, but can give them an excuse to get out of an uncomfortable situation.

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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