

key conversations

program outline

SESSION 1:

The Power of Parents

Objectives

- ▼ Recognize the risks that your teen faces
- ▼ Describe what teens need from trusted adults
- ▼ Identify strategies for talking with your teen about relationships and sex
- ▼ Practice talking with your teen through role-play with other parents
- ▼ Prepare for talking with your teen

Activities

- | | | |
|------------|-----------------------------|---------------|
| 1.1 | Introduction | 15 min |
| 1.2 | Teens and Risk | 15 min |
| 1.3 | What Parents Can Do | 10 min |
| 1.4 | Strategies for Talking | 20 min |
| 1.5 | Role-Play Practice | 25 min |
| 1.6 | Plan to Talk with Your Teen | 5 min |

SESSION 2:

Parenting Our Teens

Objectives

- ▼ Reflect on your experience talking with your teen
- ▼ Identify strategies for monitoring and setting limits for your teen
- ▼ Plan for your teen's preventive health care
- ▼ Practice talking with your teen in challenging situations
- ▼ Celebrate completion of the *Key Conversations* program

Activities

- | | | |
|------------|-------------------------------------|---------------|
| 1.1 | How Did It Go? | 20 min |
| 1.2 | Monitoring and Limits | 20 min |
| 1.3 | The Importance of Health Care | 15 min |
| 1.4 | Challenging Situations | 25 min |
| 1.5 | <i>Key Conversations</i> Graduation | 10 min |