

DISCUSSION GUIDE

Active Parenting of Teens Video 5: Drugs, Sexuality, and Violence: Reducing the Risks, Part 1

The Purpose of this Video

This “Video Library” version of the award-winning Active Parenting of Teens group discussion program is designed for parents to view either on their own or in a facilitator-led group. The following questions can be used to assist in facilitating group discussion. Most of the questions are designed to aid parents in applying the information in the video to their own lives. Ask as many questions as time allows, and feel free to modify these questions to best suit your audience.

Experience has shown that parents who read the accompanying *Active Parenting of Teens (3rd Edition) Parent’s Guide* will best be able to utilize the skills presented in the video.* However, when this is not possible, passing out the enclosed review brochures will help. (Permission is granted to photocopy the brochures and this Discussion Guide.)

Leading a Group Discussion

Introduction:

Introduce the video by asking a few questions, such as:

- Who has had any success using ideas from last week’s video about encouragement and redirecting misbehavior? What are some examples of how you encouraged your teens or avoided power struggles?
- The video we are here to watch is about reducing the risk of your teen becoming harmfully involved with drugs, sexuality or violence. Which of these problems concern you? And why?
- We are going to be learning ten strategies that you can use to help reduce risks to your teen. The first four are covered in this video. The remaining six will be presented in the next video. We’ll focus on sexuality as we learn the first four strategies.

Video and Discussion:

Play the video and follow with questions such as these:

1. What did you learn from watching this video?
2. How do you think this information could affect the way you parent your teen?
3. The first prevention strategy mentioned was to be a role model and teacher of values. What are some ways that parents transmit their values to their children?
4. What did you think about how Mom handled the “Were you a virgin when you got married?” question?
5. The second prevention strategy was to educate your teen about the risks. What did you like about how Dad talked to his son about sexually transmitted diseases and other aspects of sexuality?
6. Have any of you had discussions with your teens about sexuality? What went well and what would you do differently next time?
7. Another strategy discussed was to establish clear guideline for behavior. How did this play out in the stepfamily example?
8. Have any of you dealt with stepfamily issues that needed clear guidelines like this?
9. What are some areas in which all families need clear guidelines?
12. What was the Family Enrichment Activity for this video? (Expressing love.) What creative ways have you found to do this with your children? Is it harder with teens?

Closing:

As always, use your Parent’s Guide to help put these ideas into action in your families. Then come back next time with some success stories to share. Our next and last video will continue the prevention strategies and then close with a very important aspect of parenting teens: letting go. Have a great week.

* *Active Parenting of Teens (3rd Edition) Parent’s Guides* may be ordered by calling 800-825-0060 or at www.ActiveParenting.com.