

## DISCUSSION GUIDE

### *Active Parenting of Teens Video 6: Drugs, Sexuality, and Violence: Reducing the Risks, Part 2*

#### 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 reducing the risks of drugs, sexuality, or violence?
- Who can share a good experience you had with the Family Enrichment Activity, “Expressing Love”?
- The video we are here to watch continues the ten prevention strategies, this time with a focus on tobacco, alcohol and other drugs. Let’s watch.

##### 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. What did you like about how Jada’s parents talked to her about tobacco, alcohol, and other drugs?
4. Why is alcohol more dangerous than a lot of parents and teens think?
5. What did you like about how parents role-played with their teens how to say “no” to peer pressure? Would you do anything differently with your teen?
6. What are some signs that your teen might be using tobacco, alcohol, or other drugs?
7. When is it OK to search your teen’s room?
8. What are some points the video made about confronting your teen about using alcohol or other drugs?
9. One of the other prevention strategies is to help your teen find healthy activities that offer him a challenge. What are some activities that you have found to accomplish this for your teen?
10. What was your reaction to Dr. Popkin’s closing poem, “Letting Go: to a Teen Leaving Home”? How do you feel about letting go of your teens?

##### Closing:

We’ve covered a lot of material in this program, and I wouldn’t expect you to remember it all. So be sure to reread your Parent’s Guide and continue to practice your new skills until they feel natural. I also want to recommend that you check out the Parenting Teens pages on the Active Parenting web site at [www.ActiveParenting.com/ParentingTeens](http://www.ActiveParenting.com/ParentingTeens) for more resources, a parents’ forum, and even online courses.

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