

**Bridging the Great Divide:
Helping Parents and Teens
Communicate About
Healthy Relationships**

**Satellite Conference and Live Webcast
Monday, October 29, 2012
2:30 – 4:00 p.m. Central Time**

**Produced by the Alabama Department of Public Health
Video Communications and Distance Learning Division**

Faculty

**Marinda K. Harrell-Levy, PhD
Assistant Professor of Human
Development and Family Studies
Pennsylvania State University
(Brandywine Campus)**

Faculty

**Jennifer Kerpelman, PhD
Professor of Human Development and
Family Studies
Associate Dean for Research and
Graduate Studies
Auburn University**

Lesson One

Parent Voice and Parent Stressors

**Goals: Parent Voice and
Parent Stressors**

- Lesson 1:
 - Establish connection with parents
 - Have parents voice stressors and concerns
 - Discuss strategies for dealing with stressors
 - Increase parent knowledge/skill

**Goals: Parent Voice and
Parent Stressors**

- Discuss care of self as part of caring for child
 - Parents gain understanding of importance of self in child's life

Lesson Two

Opening Up Communication

Goals: Opening Up Communication

- Lesson 2
 - Increase awareness about how differences in values regarding dating and related issues can affect communication and understanding with teens
 - Promote attitudes of acceptance among parents

Goals: Opening Up Communication

- Increase understanding and knowledge of strategies to increase quantity and quality of communication about dating
- Provide strategies for opening up communication
 - Enhance parenting skills

Goals: Opening Up Communication

- Strengthen parent skills in verbal and nonverbal communication
- Have parents share with each other both positive and negative experiences they have had with their teens

Lesson Three

Principles of Dating and Healthy Relationships

Goals: Principles of Dating and Healthy Relationships

- Lesson 3
 - Increase understanding of the nature(s) of teen dating relationships and “what teens are doing,” tying in to parents’ own experiences as teens

Goals: Principles of Dating and Healthy Relationships

- Strengthen parents' awareness of their impact on teens and teen dating relationships
- Increase knowledge of components of a healthy relationship

Goals: Principles of Dating and Healthy Relationships

- Provide strategies for parents to talk with teens about healthy relationship choices
- Enhance parent skill in communicating with their teens about their own past experiences as teenagers and as adults

Goals: Principles of Dating and Healthy Relationships

- Increase the amount of parents' discussion of their own relationship experiences with their teens

Lesson Four

**Sensitive Topics:
Sex, Dating Abuse, etc.**

Goals: Sensitive Topics (Sex, Dating Abuse, etc.)

- Lesson 4
 - Provide parents with strategies for approaching and discussing sensitive topics with their teens
 - Enhance parent skill in communicating with teens about sensitive topics

Goals: Sensitive Topics (Sex, Dating Abuse, etc.)

- Increase parent awareness of signs of dating abuse
- Increase parent awareness of current statistics regarding teen sexual activity

**Goals: Sensitive Topics
(Sex, Dating Abuse, etc.)**

- Increase parent awareness of negative effects of sex too soon in teen dating relationships
- Increase knowledge of signs for when a teen needs help

Lesson Five

Rules and Boundaries

Goals: Rules and Boundaries

- Lesson 5
 - Increase knowledge and skill in setting and keeping appropriate rules, boundaries, and consequences with regard to teen dating

Goals: Rules and Boundaries

- Have parents discuss with each other their own experiences with their teens in setting rules, boundaries, and consequences
- Have parents recall their own experiences as teens with rules and boundaries

Goals: Rules and Boundaries

- Enhance parent understanding of importance and utility of youth voice
- Provide strategies for increasing parent awareness of how their teens feel about rules regarding dating and sexual activity

Goals: Rules and Boundaries

- Increase parent understanding of the importance of rules and boundaries in helping teens to have healthy dating relationships
- Increase parent skill in applying consequences when rules and boundaries are broken

Lesson Six

Youth Voice and Dealing with Conflict

Goals: Youth Voice and Dealing with Conflict

- Lesson 6
 - Further enhance parent understanding of importance and utility of youth voice
 - Increase parent skill in allowing input from teens in decisions about rules for teen dating

Goals: Youth Voice and Dealing with Conflict

- Increase understanding of the effects of anger in communicating with teens
- Increase knowledge and skill in “fair fighting” and conflict management strategies while maintaining parental authority

Goals: Youth Voice and Dealing with Conflict

- Reinforce the importance of showing appreciation for family members