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Description automatically generated**APPENDIX A**

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**Homework Assignment**

**Directions:** Complete the following exercises with your child. ***Fulfilment of this assignment is important for graduation from the course.***

**Exercise 1.** *The teenager should read out loud the following story. Then, answer the questions together sharing your opinions and comments regarding it.*

A person holding a teddy bear

Description automatically generated with medium confidenceAna and Diego go to the same school. Ana is 13 years old and Diego is 17. Diego asked Ana to be his girlfriend, because he says he is very much in love with her. Ana's parents think that Diego is too old for Ana, and that she should focus in school. However, Ana's parents do not supervise her to make sure she is not with him, neither do they show her affection, nor talk to her about relevant topics, such as dating and sexual relationships. Since Diego is 17 years old, his parents think that he is capable of making his own decisions and they do not establish clear rules, because they believe that he will not obey them. Diego told Ana that he wanted to have sex with her. As Diego is older, Ana feels that if she does not do it, he could get tired of her. Ana feels lonely, and thinks that being with Diego will help her become popular at school. Also, because Diego tells Ana that he loves her, she trusts him. Ana decides to have sex with Diego and invites him to her house when her parents are not home. They did not have a condom and had unprotected relationships. Ana discovers that she is pregnant. When she tells Diego, he breaks up with her because having a child is too much of a responsibility.

***Questions***

1. Name 3 ways in which Ana's parents could have helped prevent the unwanted pregnancy?
2. Name 2 ways in which Ana could have prevented the unwanted pregnancy?
3. What methods could have helped Ana and Diego prevent unwanted pregnancy?
4. Do you think Ana and Diego were mature enough to have sex?
5. Provide an argument against each of Ana’s reason to have decided to have sex.

**Exercise 2.** *Teens ask parents the following questions and have a discussion about each of them.*

1. When you were a teenager, which sexual topics did you discuss with your parents?
2. When you were a teenager, what rules regarding romantic relationships did your parents establish?
3. When were you a teenager, for which reasons did you initiated or delayed sexual activity?

**Appendix B**

**Role Play Activity**

Two volunteering parents privately read the following descriptions of their roles as either a parent or adolescent, and then acted them for the public to provide feedback:

For the “Adolescent": *You will act as an adolescent who is thinking about initiating sexual activity with an older partner you have been seeing without your parent’s permission. You feel that having sex with them will make your partner love you more. You express to your parent that you are afraid they [parent] may judge you, but that you need their advice.*

For the “Parent”: *You will act as a parent who shows love and support for your child, but who also supervises their activities. You will give them advice based on what you learned that adolescents seek from their sex-talk with their parents, and also by practicing the communication skills covered in the workshop.*

**APPENDIX C**

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**Summary of Parent Workshop**

***How can parents influence their child’s sexual-decision making?***

**1. SEXUAL COMMUNICATION WITH YOUR ADOLESCENT**

* Be less critical and judgmental in order for them to trust you.
* Make open questions to make the talk.
* Take turns to talk, listen to them, do not interrupt them.
* Be knowledgeable in the topic you’re talking about.
* Be confident in your speech, do not seem doubtful.
* Pick a neutral place to speak.
* Pick a neutral time when they’re not busy or with a full mind.
* Respect their opinions and respectfully share yours.
* Be available and present in your conversations.
* Ask them for their opinions.
* Speak clearly about what you approve and not.
* Teach them how to delay sexual activity and to avoid risky situations
* Communicate your support, interest, and care for them.
* Give comprehensive talks about STD’s and preventive measures.
* Share your personal experiences when possible.

**2. IMPROVE THE RELATIONSHIP WITH YOUR ADOLESCENT**

* Stay in touch regularly.
* Spend time together.
* Show interest in their life and activities.
* Acknowledge their efforts.
* Tell them that you are proud of them.
* Show them your love unconditionally.
* Support them when they need you.
* Respect them.
* Take care of their wellbeing.
* Trust them and allow them to trust you.
* Tell them they’re important for you.
* Care for their feelings.

***Task:*** Praise or reinforce the strengths of your children. Make at least 3 of these suggestions this week.

**3. EFFECTIVELY MONITOR YOUR ADOLESCENT**

* Set clear rules and expectations, set curfews.
* If they break the rules, talk to them so it does not happen again.
* Get to know their Friends and their parents.
* Ask acquaintances how they observe your child's behavior.
* Keep track of their eating habits.
* Ensure they are completing their school assignments.
* Pay attention to their mood changes.
* Limit the time they spend on their cellphones, computers, and tablets.
* Discourage them from having romantic relationships and dating older people.
* Know where your child is, who they are with, and when they will return home.