

Reality Check, Inc.
P.O. Box 759
Rogers, Arkansas 72757

Lesson One:

Interview your parent(s) or guardian by asking these questions and write down their comments.

1. What goals did you have when you were my age?
2. What steps helped you reach those goals?
3. What problems did you experience in trying to reach your goals? How did you overcome those challenges?
4. Share the goals you discussed in class. Ask you parent(s) or guardian how they feel about your goals and how they can help.

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Lesson Two:

Interview your parent(s) or guardian by asking these questions and write down their comments.

1. What do you remember about the good friends you had when you were my age?
2. What do you remember about your first crush?
3. How did you know when a relationship was just a crush or infatuation, and not real love?
4. What did you learn about picking friends or getting into close relationships that you can share with me?

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Lesson Three:

Interview your parent(s) or guardian by asking these questions and write down their comments.

1. When you were my age, how did you feel about yourself?
2. What happened at the times when you didn't feel good about yourself? How did you get over those times?
3. What positive traits do you see in me that I can build on?

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Lesson Four:

Interview your parent(s) or guardian by asking these questions and write down their comments.

1. Did you know anyone who was pregnant when you were in school? How did you feel about that person?
2. Why don't people talk about the emotional damage that sexual activity can cause?
3. What do you know about sexually transmitted diseases?

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Lesson Four:

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Lesson Five:

Interview your parent(s) or guardian by asking these questions and write down their comments.

1. What do you think are the benefits of being abstinent until marriage?
2. How do you feel about my signing a pledge to be abstinent until marriage?
3. If I choose to sign an abstinence pledge, how can you help me keep it?

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Lesson Five:

Interview your parent(s) or guardian by asking these questions and write down their comments.

1. What do you think are the benefits of being abstinent until marriage?
2. How do you feel about my signing a pledge to be abstinent until marriage?
3. If I choose to sign an abstinence pledge, how can you help me keep it?

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Lesson Six:

Interview your parent(s) or guardian by asking these questions and write down their comments.

1. When you were my age, what pressures did you face? How did you handle them?
2. What helped you stand up for your beliefs and values under pressure?
3. What advice would you give me to help me stand up for what I believe in?

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Lesson Six:

Interview your parent(s) or guardian by asking these questions and write down their comments.

1. When you were my age, what pressures did you face? How did you handle them?
2. What helped you stand up for your beliefs and values under pressure?
3. What advice would you give me to help me stand up for what I believe in?

