

To Parents & Guardians:

Introducing *FLASH Family Homework*

An important part of the FLASH sexual health unit is Family Homework. Family Homework is completed by the student and an adult family member together. This letter explains the purpose of FLASH Family Homework and what you can expect.

One of the goals of the FLASH unit is to increase parent and teen communication about sexual health. Even though teens don't always show it, surveys show that they would like to talk more about these issues with a parent or other trusted adult, and research shows that these conversations play a very important role in helping teens prevent pregnancy, STDs and HIV. The FLASH program includes Family Homework to make these discussions easier and more frequent.

Family Homework is completed by the student and an adult family member, or with an adult who is like family (e.g. foster parent, guardian, etc). The questions in the Family Homework ask about your thoughts and beliefs on a topic related to the classroom lesson. You don't need to have any information about sexual health to do the homework. No one is required to ask or answer any personal questions. Each Family Homework takes about 10 minutes. To get credit, the adult signs a slip saying that the homework was completed. Students will not be asked to share anything you talked about.

Young people are surrounded by messages in the media telling them how to behave sexually. Although the power of the media is huge, we know that family communication is also very powerful. Family Homework is intended to help adults talk clearly and directly with teens about their beliefs and hopes for them.

Family Homework is recommended but not required. If a family decides not to do Family Homework, students will be offered an individual homework assignment that can be completed for the same credit.

Thank you for taking the time to look at the Family Homework. We hope it helps you and your teen have these valuable discussions.



Family Homework Letter Confirmation Slip

Due: _____

I received the Family Homework Letter.

Date

Signature of family member or trusted adult

Student's name

Signature of student

Family Homework: Talking about the Reproductive System

All Family Homework is optional. Students may complete Individual Homework instead.

Purpose: Family Homework is a chance to share your beliefs about sexuality and relationships, and the beliefs of your family, culture or religion.

Directions: Student will do the homework with a family member or trusted adult who is like family. Find a quiet place where the two of you can talk privately for 5-10 minutes. Please follow these guidelines:

- It is okay for either of you to skip a question.
- What you discuss will not be shared with anyone else, unless you give one another permission to share it.
- Take turns asking questions. When it is your turn to listen, try to understand the other person's response.

Ask the adult: Are there words or names for the reproductive system body parts that are unique to our culture or family? Are there any names we give to body parts that have special meaning to you?

Ask the student: What body part names and functions did you learn about in class?

Ask each other: Do you have any funny stories about names for body parts? (For example, not being able to pronounce the word *penis* as a child and calling it a "peepee" instead.)



Family Homework Confirmation Slip: Talking about the Reproductive System

Due: _____

We have completed the family homework.

Date

Signature of family member or trusted adult

Student's name

Signature of student

Family Homework: Talking about Pregnancy

All Family Homework is optional. Students may complete Individual Homework instead.

Purpose: Family Homework is a chance to share your beliefs about sexuality and relationships, and the beliefs of your family, culture or religion.

Directions: Student will do the homework with a family member or trusted adult who is like family. Find a quiet place where the two of you can talk privately for 5-10 minutes. Please follow these guidelines:

- It is okay for either of you to skip a question.
- What you discuss will not be shared with anyone else, unless you give one another permission to share it.
- Take turns asking questions. When it is your turn to listen, try to understand the other person's response.

Ask the adult: What information did you receive about pregnancy when you were in school?

Ask the student: Tell me about some of the things you discussed in class today, including the following terms: trimester, conception and sex determination.

Adults who have been pregnant can share stories of the pregnancy with the student.



Family Homework Confirmation Slip: Talking about Pregnancy

Due: _____

We have completed the family homework.

Date

Signature of family member or trusted adult

Student's name

Signature of student

Family Homework: Talking about Sexual Orientation and Gender Identity

All Family Homework is optional. Students may complete Individual Homework instead.

Purpose: Family Homework is a chance to share your beliefs about sexuality and relationships, and the beliefs of your family, culture or religion.

Directions: Student will do the homework with a family member or trusted adult who is like family. Find a quiet place where the two of you can talk privately for 5-10 minutes. Please follow these guidelines:

- It is okay for either of you to skip a question.
- What you discuss will not be shared with anyone else, unless you give one another permission to share it.
- Take turns asking questions. When it is your turn to listen, try to understand the other person's response.

Ask the adult: Do you think it is right or wrong for two guys or two girls to be in an intimate relationship? What makes it right or wrong?

Ask the student: Did you use to believe any stereotypes about LGBT people that you don't believe any more? What changed your thinking?

Ask the adult: Do you think it should be legal for two men or two women to get married? Why or why not?

Ask the student: Suppose a good friend told you they were transgender. How would you feel? What would you say or do? Why?



Family Homework Confirmation Slip: Talking about Sexual Orientation and Gender Identity

Due: _____

We have completed the family homework.

Date

Signature of family member or trusted adult

Student's name

Signature of student

Family Homework: Talking about Gender Stereotypes

All Family Homework is optional. Students may complete Individual Homework instead.

Purpose: Family Homework is a chance to share your beliefs about sexuality and relationships, and the beliefs of your family, culture or religion.

Directions: Student will do the homework with a family member or trusted adult who is like family. Find a quiet place where the two of you can talk privately for 5-10 minutes. Please follow these guidelines:

- It is okay for either of you to skip a question.
- What you discuss will not be shared with anyone else, unless you give one another permission to share it.
- Take turns asking questions. When it is your turn to listen, try to understand the other person's response.

Student: Show and explain the completed *Gender Boxes Worksheet* with your trusted adult.

Ask each other:

- What surprised you about these gender boxes?
- What did not surprise you?
- Did you learn anything about me from having this discussion? If so, what?



Family Homework Confirmation Slip: Talking about Gender Stereotypes

Due: _____

We have completed the family homework.

Date

Signature of family member or trusted adult

Student's name

Signature of student

Family Homework: Talking about Healthy Relationships

All Family Homework is optional. Students may complete Individual Homework instead.

Purpose: Family Homework is a chance to share your beliefs about sexuality and relationships, and the beliefs of your family, culture or religion.

Directions: Student will do the homework with a family member or trusted adult who is like family. Find a quiet place where the two of you can talk privately for 5-10 minutes. Please follow these guidelines:

- It is okay for either of you to skip a question.
- What you discuss will not be shared with anyone else, unless you give one another permission to share it.
- Take turns asking questions. When it is your turn to listen, try to understand the other person's response.

Student: Show and explain the handout titled *How I Want to Be Treated by My Boyfriend or Girlfriend*.

Ask each other:

- Which qualities listed on the worksheet are most important to you in your dating relationships or in your marriage?
- Which qualities listed do you hope that I will have in my dating relationships or marriage?
- Are there other qualities you think are important that are not listed here? What are they?
- What is one piece of advice you would give someone about how to have a happy and healthy relationship?



Family Homework Confirmation Slip: Talking about Healthy Relationships

Due: _____

We have completed the family homework.

Date

Signature of family member or trusted adult

Student's name

Signature of student

Family Homework: Talking about Coercion and Consent

All Family Homework is optional. Students may complete Individual Homework instead.

Purpose: Family Homework is a chance to share your beliefs about sexuality and relationships, and the beliefs of your family, culture or religion.

Directions: Student will do the homework with a family member or trusted adult who is like family. Find a quiet place where the two of you can talk privately for 5-10 minutes. Please follow these guidelines:

- It is okay for either of you to skip a question.
- What you discuss will not be shared with anyone else, unless you give one another permission to share it.
- Take turns asking questions. When it is your turn to listen, try to understand the other person's response.

For each scenario ask the adult: (1) What would you like me to do in this situation? (2) How could I ask for your help?

Ask each other: Are there certain rules or agreements that we both should follow?

I'm hanging out with friends and they start doing things that make me feel unsafe. This could include things such as drinking, going to a party I don't want to go to, acting sexually in a way that makes me feel uncomfortable, etc.

I'm hanging out at a friend's house and my friend's parents or guardians go out for the evening. I start to feel uncomfortable.

My boss at work is 23. This boss is cute and has been pretty friendly with me. I've enjoyed the attention until now. Recently, I've started feeling uncomfortable with the sexual innuendos that have been made. I'm often alone with my boss at work and am feeling more uncomfortable.



Family Homework Confirmation Slip: Talking about Coercion and Consent

Due: _____

We have completed the family homework.

Date

Signature of family member or trusted adult

Student's name

Signature of student

Family Homework: Talking about Online Safety

All Family Homework is optional. Students may complete Individual Homework instead.

Purpose: Family Homework is a chance to share your beliefs about sexuality and relationships, and the beliefs of your family, culture or religion.

Directions: Student will do the homework with a family member or trusted adult who is like family. Find a quiet place where the two of you can talk privately for 5-10 minutes. Please follow these guidelines:

- It is okay for either of you to skip a question.
 - What you discuss will not be shared with anyone else, unless you give one another permission to share it.
 - When it is your turn to listen, try to understand the other person's response.
1. Both read the *Handout for Parents and Guardians: Online Safety*.
 2. Discuss the things you already do to keep yourself safe online.
 3. Tell your parent/guardian what you've learned from this lesson about how to keep yourself safe online.
 4. Discuss how the parent/guardian can help you stay safe online.



Family Homework Confirmation Slip: Talking about Online Safety

Due: _____

We have completed the family homework.

Date

Signature of family member or trusted adult

Student's name

Signature of student

Handout for Parents and Guardians: Online Safety

High School FLASH Lesson 8 discusses online technology in relation to safety.

For you to be familiar with what your child has learned, here is a list of behaviors that were covered in class. These are behaviors that could increase your child's risk for harassment or sexual exploitation:

- visiting x-rated sites on purpose
- interacting online with people they don't know in real life
- using cell phones or the Internet to harass or make rude/nasty comments to others
- using file-sharing programs to download files (videos, music, etc)

The way to decrease these risks isn't to stop using technology. Instead, we need to increase family awareness and communication. Developmentally, it's normal for teens to be interested in romance, adventure, sex and independence.¹ But teens need support from adults in their lives as they explore these interests. Without support and supervision from their parents and guardians, they may be at increased risk for exploitation online.

So how can adults help decrease risk? Here are some ideas:

- If you have access to a computer, use social networking sites *with* your teens. They can help teach you how to set up an account, and you can be their "friend" on the site. Social networking sites can be a fun way to communicate with each other!
- If you can, be open to talking about subjects such as sex and relationships, bullying and sexual orientation. If you are a safe person to talk to, your teen is less likely to seek out support from other potentially unsafe sources.
- Create a family Internet & technology use contract together. By working together, you will create opportunities for positive growth and communication for your teen.

Sample family contract: <http://www.safekids.com/family-contract-for-online-safety/>

¹ 2008. Wolak J, Finkelhor D, Mitchell K, et al. "Online 'predators' and their victims: Myths, realities and implications for prevention and treatment." *American Psychologist*. 63

Family Homework: Talking about Abstinence

All Family Homework is optional. Students may complete Individual Homework instead.

Purpose: Family Homework is a chance to share your beliefs about sexuality and relationships, and the beliefs of your family, culture or religion.

Directions: Student will do the homework with a family member or trusted adult who is like family. Find a quiet place where the two of you can talk privately for 5-10 minutes. Please follow these guidelines:

- It is okay for either of you to skip a question.
- What you discuss will not be shared with anyone else, unless you give one another permission to share it.
- Take turns asking questions. When it is your turn to listen, try to understand the other person's response.

Ask the student: What do you think about teens "dating" or agreeing to be a couple? What are the advantages and disadvantages?

Ask the adult: Have you ever fallen in love? When? What was it like? How did you know it was love?

Ask the student: Do you think you'll ever be in a committed, life-long relationship? If so, what kind of person would you want it to be with? If not, why not?

Ask the adult: When do you think a person is ready to have sex?

Ask the student: When do you think a person is ready to have sex?



Family Homework Confirmation Slip: Talking about Abstinence

Due: _____

We have completed the family homework.

Date

Signature of family member or trusted adult

Student's name

Signature of student

Family Homework: Talking about Birth Control Methods

All Family Homework is optional. Students may complete Individual Homework instead.

Purpose: Family Homework is a chance to share your beliefs about sexuality and relationships, and the beliefs of your family, culture or religion.

Directions: Student will do the homework with a family member or trusted adult who is like family. Find a quiet place where the two of you can talk privately for 5-10 minutes. Please follow these guidelines:

- It is okay for either of you to skip a question.
- What you discuss will not be shared with anyone else, unless you give one another permission to share it.
- Take turns asking questions. When it is your turn to listen, try to understand the other person's response.

Ask the adult: Tell me about our family's, culture's or religion's beliefs about birth control.

Ask each other: How do you personally feel about people using birth control to prevent pregnancy?



Family Homework Confirmation Slip: Talking about Birth Control Methods

Due: _____

We have completed the family homework.

Date

Signature of family member or trusted adult

Student's name

Signature of student

Family Homework: Talking about HIV & Other STDs

All Family Homework is optional. Students may complete Individual Homework instead.

Purpose: Family Homework is a chance to share your beliefs about sexuality and relationships, and the beliefs of your family, culture or religion.

Directions: Student will do the homework with a family member or trusted adult who is like family. Find a quiet place where the two of you can talk privately for 5-10 minutes. Please follow these guidelines:

- It is okay for either of you to skip a question.
- What you discuss will not be shared with anyone else, unless you give one another permission to share it.
- Take turns asking questions. When it is your turn to listen, try to understand the other person's response.

Ask the student: What did you learn from today's class about sexually transmitted diseases (STDs) that seemed important?

Complete the cartoons: Choose *The Couple* or *The Clinic* cartoon. In the thought and speech bubbles, each of you will write what the people in the cartoon might be thinking or saying.

Ask each other:

- What were your characters thinking or saying?
- Would they think or say something different if they had better communication skills?
- Would they think or say something different if they understood how STDs are passed from person to person?
- In real life, what might you want to talk over with a partner (someone you dated, boyfriend, girlfriend, husband, wife) about STDs?
- In real life, what might you say to a doctor or other health care provider about STDs?



Family Homework Confirmation Slip: Talking about HIV and Other STDs

Due: _____

We have completed the family homework.

Date

Signature of family member or trusted adult

Student's name

Signature of student

Cartoon 1: The Couple



Cartoon 2: The Clinic



Family Homework: Talking about Condoms

All Family Homework is optional. Students may complete Individual Homework instead.

Purpose: Family Homework is a chance to share your beliefs about sexuality and relationships, and the beliefs of your family, culture or religion.

Directions: Student will do the homework with a family member or trusted adult who is like family. Find a quiet place where the two of you can talk privately for 5-10 minutes. Please follow these guidelines:

- It is okay for either of you to skip a question.
- What you discuss will not be shared with anyone else, unless you give one another permission to share it.
- Take turns asking questions. When it is your turn to listen, try to understand the other person's response.

Discuss your beliefs about condoms:

- What do your culture and your religion (if you have one) believe about condoms?
- What do the two of you believe?
- When – if ever – is it wrong *not* to use a condom?
- When – if ever – is it wrong *to* use one?



Family Homework Confirmation Slip: Condoms

Due: _____

We have completed the family homework.

Date

Signature of family member or trusted adult

Student's name

Signature of student

Family Homework: Talking about HIV & STD Testing

All Family Homework is optional. Students may complete Individual Homework instead.

Purpose: Family Homework is a chance to share your beliefs about sexuality and relationships, and the beliefs of your family, culture or religion.

Directions: Student will do the homework with a family member or trusted adult who is like family. Find a quiet place where the two of you can talk privately for 5-10 minutes. Please follow these guidelines:

- It is okay for either of you to skip a question.
- What you discuss will not be shared with anyone else, unless you give one another permission to share it.
- Take turns asking questions. When it is your turn to listen, try to understand the other person's response.

Ask each other:

- Should teens be able to get confidential HIV tests? Why or why not?
- Should teens be able to buy condoms? Should they be able to get them for free? Why or why not?
- What advice would you give teens who think they might have an STD? Who should they tell? Where should they go for help?



Family Homework Confirmation Slip – Talking about HIV & STD Testing

Due: _____

We have completed the family homework.

Date

Signature of family member or trusted adult

Student's name

Signature of student

Family Homework: Talking about Communication & Decision Making

All Family Homework is optional. Students may complete Individual Homework instead.

Purpose: Family Homework is a chance to share your beliefs about sexuality and relationships, and the beliefs of your family, culture or religion.

Directions: Student will do the homework with a family member or trusted adult who is like family. Find a quiet place where the two of you can talk privately for 5-10 minutes. Please follow these guidelines:

- It is okay for either of you to skip a question.
- What you discuss will not be shared with anyone else, unless you give one another permission to share it.
- Take turns asking questions. When it is your turn to listen, try to understand the other person's response.

Ask the student: What are your life goals at this time? Career? Family? Travel? What would a pregnancy or STD do to change those goals?

Ask the adult: How do you communicate with your boss at work when you want or need something? Can you think of an example? How do you communicate with your partner (present or past) when you want or need something? Can you give an example?

Ask the student: How would you say NO if your partner wanted to have sex but you didn't want to? How would you talk about birth control and condoms with a partner?

Ask the adult: What do you think I could say to my partner about preventing pregnancy or disease, if I got into a relationship and we decided to have sex? What if my partner said he or she didn't want to use birth control or condoms?



Family Homework Confirmation Slip: Talking about Communication & Decision Making

Due: _____

We have completed the family homework.

Date

Signature of family member or trusted adult

Student's name

Signature of student