

Lesson 1

Exploring My Goals

Parent Discussion Questions

Students will ask the questions below to their parents/guardians:

1. What goals have you set and accomplished in your life?

2. What is one goal you would like me to accomplish?

3. What are you grateful for?

Advice from my parents/guardians:

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Lesson 2

Navigating My Media

Parent Discussion Questions

Students will ask the questions below to their parents/guardians:

1. What are some good TV limits for our family?

2. What rules are important when I use the internet?

3. If I or one of my friends is bullied online what should I do?

Advice from my parents/guardians:

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Lesson 3

The Sails of Change

Parent Discussion Questions

Students will ask the questions below to their parents/guardians:

1. Is it true that children start puberty at all different ages?

2. What is important for me to know about the changes in my body?

3. Is it hard for a teen who gets pregnant to finish high school? Why or why not?

Advice from my parents/guardians:

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Lesson 4

Avoiding the Reefs: Living My Values

Parent Discussion Questions

Students will ask the questions below to their parents/guardians:

1. Looking at other kids my age, what are some dangerous choices I should avoid?

2. Practicing self-control will help me to be a more mature person, are there areas of my life where I need to practice self-control?

3. Sexually Transmitted Diseases-STDs are dangerous, what are some things I can do to avoid getting these diseases?

Advice from my parents/guardians:

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Lesson 5

I'll be shipshape in My Family NOT Shark Bait with the Law

Parent Discussion Questions

Students will ask the questions below to their parents/guardians:

1. What is the best thing about being a parent?

2. What are some good memories you have of your father or another positive male figure in your life?

3. If someone abuses me, (touches me in private areas, hits me or slaps me, threatens me), what should I do?

Advice from my parents/guardians:

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Lesson 6

Don't Get Drug Down with Strong Drink

Parent Discussion Questions

Students will ask the questions below to their parents/guardians:

1. How would alcohol or drug use affect my goals?

2. What kind of secret password should we create in case I find myself in a bad situation and need your help?

3. How would you help if I told you one of my friends started using tobacco?

Advice from my parents/guardians:

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Lesson 7

Steering Clear of Stress, Bullying, and Depression

Parent Discussion Questions

Students will ask the questions below to their parents/guardians:

1. Regarding my friend, what boundaries do you think I should set for myself?

2. What is something you like about my personality?

3. What are some things I can do to calm down when I get stressed?

Advice from my parents/guardians:

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Lesson 8

Charting My Course with Good Communication

Parent Discussion Questions

Students will ask the questions below to their parents/guardians:

1. I am trying to use good assertive communication skills, what are some ways I can improve my communication with you?

2. I am learning the 5 steps to problem solving. What are some ways you have successfully solved problems in your life?

3. What are some ways you apologize when you've had a disagreement with someone?

Advice from my parents/guardians:

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Lesson 9

Choosing Positive Shipmates

Parent Discussion Questions

Students will ask the questions below to their parents/guardians:

1. When you were my age, how did you know when someone was a good friend?

2. What did you do when you felt left out of a group?

3. What are ways you think I can be a better friends to others?

Advice from my parents/guardians:

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Lesson 10

Goals will Help Direct My Course at Sea

Parent Discussion Questions

Students will ask the questions below to their parents/guardians:

1. When you were my age did you have a crush?

2. What is the difference between real love and infatuation?

3. What are some positive traits in a healthy marriage?

Advice from my parents/guardians:

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