



For Teens:

Here's some stuff to talk about from this week's episode:

- * Of all people for Jesse to cheat with behind Lauren's back, Madison was probably the worst choice. But it takes two to tango and Madison is just as guilty (if not more so). Madison and Lauren have been BFFs forever, way longer than any romantic relationship. What do you think this will mean for their friendship? How would you feel if your best friend hooked up with your boyfriend? Or even made out with someone you liked? Can friendships ever recover from a betrayal like that?

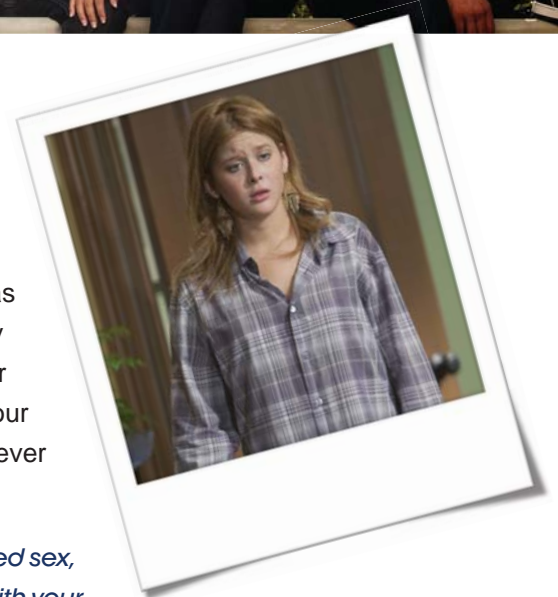
tip: Before you do something foolish – whether it's having unprotected sex, getting into a car with someone who's been drinking, or hooking up with your best friend's boyfriend – **THINK ABOUT THE CONSEQUENCES!** And in a situation like the one with Madison-Jesse-Lauren, think about how the other person is going to feel.

- * It looks like Ben may have finally met someone new to start his final "positive" year of high school. He's been through a lot the past few years and Dylan seems like a refreshing change from the chaos of his past two girlfriends. Plus, Dylan says she doesn't do that stuff when Ben brings up sex. And Ben seems pretty relieved about that. What did you think of Dylan being so straightforward? Would it be acceptable if someone said that at your school? Do you think it's a good idea for Ben to slow down with Dylan?

something to think about: Ben's not alone; 60% of guys ages 15-18 agree that they'd be relieved if a girl wanted to wait to have sex.

- * Jesse's hookup with Madison was obviously a very bad decision, but Jesse tries to blame it on the alcohol. He says he was not thinking right because he'd had a lot to drink. Is alcohol a valid excuse for having sex with your best friend's boyfriend or cheating on your girlfriend? Have you or someone you know ever made a bad decision because you were drunk?

fact: 20% of 15-17 year olds say they've done something while drunk or high that they would not have done sober. Cheating or hooking up with your friend's boyfriend or girlfriend is bad, but having an unplanned pregnancy or contracting an STI could be even worse.



For Parents:

Watching a show like *The Secret Life of the American Teenager* with your teens is good way to start a conversation about sex, love, and relationships. Even though teens say that parents most influence their decisions about sex, parents of teens underestimate their own influence in this area. Here are some ideas for talking to your kids after watching the show.



- * During Jack's speech at graduation, he thanks his parents and the parents of his fellow graduates for always encouraging them and guiding them to make the right choices. He knows he would never have succeeded without that strong backbone of support. How would you have felt if you were a parent in the audience? Do you have discussions with your teen about graduating and the future? What types of conversations can you have to make sure your teen grasps the value and importance of their education?

tip: *According to teens, parents are their number one influential source when it comes to sex, love, and relationships, but the conversations shouldn't stop there. Talk to your teens and express interest their social lives, encourage them to make good decisions and apply themselves in school. They'll thank you later on.*

- * Ricky ends his graduation speech with a proposal and Amy says yes. The two of them look very happy and in love and the rest of the room cheers. Except Amy's parents. They look surprised and unsure of how to react. Do you think Amy and Ricky are ready to get married? How would you have felt if you were Amy's parents? Are there any expectations regarding relationships or marriage in your family?

something to think about: *Talking to your teens early on – and often – about relationships is a great way to share your values and expectations. Starting a conversation about the types of relationships they see, both on TV and in real life, can help to open lines of communication for years to come.*