

THE HIT ABC FAMILY ORIGINAL SERIES RETURNS

# THE SECRET LIFE OF THE AMERICAN TEENAGER

"The Big One"

season premiere june 22  
mondays at 8/7c

## For Teens:

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

- \* Adrian is pretty direct when she tries to talk Grace out of having sex with Jack. Do you think Adrian is a good person to be judging whether Grace is ready? If you had a friend who was about to take a big step like that and you really felt it was the wrong thing to do, would you be honest about it? What would you say? How would you feel if a friend said those things to you?

**fact:** *Even though it may seem like everyone is doing it, the truth is that about half of high school students are and half are not. And not everybody is telling the truth.*

- \* Amy is struggling with motherhood (lack of sleep, frustration with a crying baby, the mess, etc.) – plus all the usual teen stuff too (dad thinking her clothes are too sexy, bickering with mom, school work, boy drama, etc.). How do you think she'll be able to cope with all the responsibilities of parenthood without losing her identity as a regular teen? Do you know any parenting teenagers? How do they do it? How would your life change if you got pregnant? What if you had a child? Do you think you're ready for the lifelong commitment of being a parent?

**fact:** *Less than half of teen moms graduate from high school – and parenthood is a leading reason why. Also, many teen moms say they lose their pre-pregnancy friends after the baby comes because of the difference in priorities, activities and time and the fact that being a parent is a full time job. If you had a friend who had a baby, how would you relate to her? What would it take to keep the friendship going?*

- \* Amy's mom is pregnant! And it wasn't planned. In fact, it is unclear whether her newly ex-husband George is the father or if the new boyfriend David is. This gives Amy the opportunity to turn the tables a little bit and say the things her mom said to her last year, like "How did this happen?" and "How can you be pregnant at your age?" What do you think Anne's pregnancy will mean for the family? Were you surprised that she got pregnant?

**fact:** *Half of ALL pregnancies in the U.S. are unplanned – it happens to everyone, not just teenagers. If you have sex and don't use protection there is always a chance you will get pregnant – it doesn't matter if it's the first time ever or the first time with that particular person. Every act of unprotected sex puts you at risk for pregnancy and STIs.*



## For Teens (continued):

- \* Ricky has some harsh words for Adrian's dad – about abandoning his child and being absent from her life for 16 years. Is Ricky out of line or did Ruben need to hear all that? How do you think Ricky's experience with his own awful dad and his knowledge of friends (like Adrian) who have troubled relationships with their fathers, effect on the kind of parent he is trying to be to John? Are there things about the relationship you have with your parents that you want to change when you have children of your own?

**fact:** *Children who grow up in homes without fathers are 5 times more likely to be poor. They are also more likely to suffer physical, emotional and education neglect. Fathers matter.*

- \* Before his shocking and untimely death, Grace talked with her dad about her desire to have sex with Jack. Dr. Bowman wasn't happy about it, and Grace felt like he was treating her like a child. Once she found out about the plane crash she regretted her decision to go against his wishes – but until then she felt good about her choices. Should she have waited as her father instructed even though she felt she had good reasons for taking her physical relationship with Jack to the next level? How do you handle situations where you feel one way but your parents strongly feel another?

**fact:** *Teens say parents most influence their decisions about sex.*

## 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.**

- \* Leo must have a pretty open dialogue going with Ben about sex if he is comfortable borrowing condoms from him before his big night with Betty. What do you think about that? How much should parents and teens share when both are dating?

**tip:** *Kids of all ages learn not just from what parents SAY about sex and love – but also from what they DO. When parents and other adults show each other kindness, respect and affection, they are also showing their kids what a healthy relationship looks like.*

- \* When Grace insists to Adrian that she's ready to have sex with Jack, Adrian says that she may be prepared (with contraception) but she isn't ready (emotionally). Is there a difference? How do teens know if they're really ready emotionally? How can parents help them tell the difference?

**fact:** *Teens say parents influence their decisions about sex than any other factor. Even though you aren't in the room with them when the moment arrives, the conversations you've had, the examples you've set, the seriousness with which you've treated the issue, are.*

**tip:** *The teen birth rate is on the rise in the U.S. for the first time in 15 years. When asked which of these three things would be most helpful in helping young people avoid too-early pregnancy: a) more open conversations with parents, b) seeing the consequences of teen pregnancy portrayed realistically in the media, or c) more frequent and better quality sex education in schools – BOTH adults and teens both chose a) more open conversations with parents as their top response.*