

THE HIT ABC FAMILY ORIGINAL SERIES RETURNS

# THE SECRET LIFE OF THE AMERICAN TEENAGER

"Cramped"

mondays at 8/7c

## For Teens:

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

- \* Ashley gets really mad when it seems like her dad doesn't trust her to make good decisions. Is he right to be worried because of what happened with Amy? Do younger siblings always end up paying for the sins of their older brothers and sisters, whether it's justified or not? Do you see examples of this in your own family or with your friends?

**fact:** *George's fears aren't totally unfounded: Younger siblings of teen parents are far more likely to become teen parents themselves than younger siblings of teens who are not parents.*

- \* When an angry and frustrated Ricky comes over to Adrian's house and wants to have sex with her (even though she wants to break up with him), it gets kind of heated. She suggests they go into therapy together, which he doesn't want to do, and eventually he leaves without incident. Have you ever been in a situation where you felt threatened or frightened? If someone were trying to force you to do something against your will, what would you do?

**fact:** *One in 5 teens who have been in a serious relationship report being hit, slapped, or pushed by a partner. One-third of teen girls say they've been concerned about being physically hurt by their partners.*

**tip:** *Learning healthy relationship skills greatly reduces your risk of violence with other teens. Check out <http://www.stayteen.org/whats-your-relationship-reality> for more info and tips.*

- \* Even though he sees Mrs. Bowman and her new man buying condoms at the drugstore, Jack doesn't say anything about it to Grace. What do you think of that? Should he have told her? How do you think Grace would react to knowing her mom was thinking about being intimate with someone new?

**tip:** *Regardless of Grace's ability to accept that her mom's trying to move on, Kathleen is smart to be shopping for condoms if she's going to have sex – unplanned pregnancy can happen to grown-ups as well as teens.*



## 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.

- \* Adrian wants a relationship. She hasn’t been so interested in making an emotional connection with someone before, but she’s serious about finding that now. Are your teens eager to be in relationships? What are they looking for in a partner?

**tip:** *As a parent, you can help your teens have healthy, successful relationships by taking their feelings and desires seriously (don’t use terms like “puppy love” or insist they’ll be over their crush next month). Make sure they know you’re on their side as they try to figure things out.*



- \* George and Ashley are going through a rough patch because he’s worried about whether she’ll make good decisions in high school. How do you find the balance of trust and protection as a parent? How can a teen show their parents that they’re trustworthy?

**fact:** *Navigating the waters of a parent-teen relationship isn’t always smooth sailing, but it’s easier for everyone if you can be honest with each other and communicate openly.*