

THE HIT ABC FAMILY ORIGINAL SERIES RETURNS

THE SECRET LIFE OF THE AMERICAN TEENAGER

"What's Done is Done"

mondays at 8/7c

For Teens:

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

- * Amy's reluctant to have Ben take care of the baby – even for short periods of time. What do you think about that? Do you think she's hesitating because she truly doubts Ben's babysitting abilities, or is there something else going on? How do you think this tension will get resolved? Can you see Amy's side in this? What about Ben's?

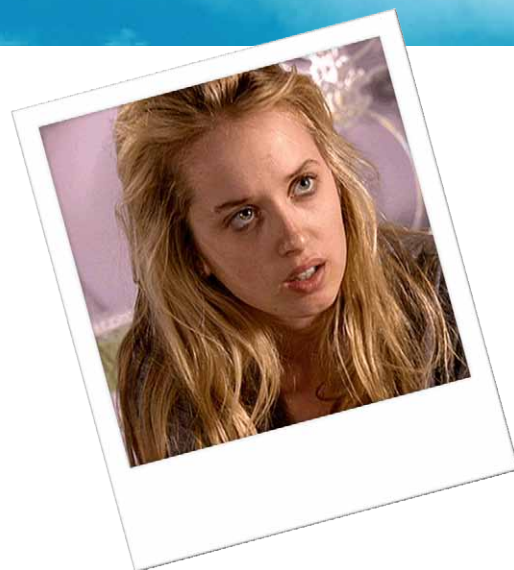
fact: *Taking care of a child is a 24/7/365 job, and it's nearly impossible to do it alone, especially if you're a teen still in school. In fact, less than half of all teen moms graduate from high school – and parenthood is the leading reason given when they drop out. Would you be able to balance having a baby with all the other things you do? Is there anyone you could rely on for support?*

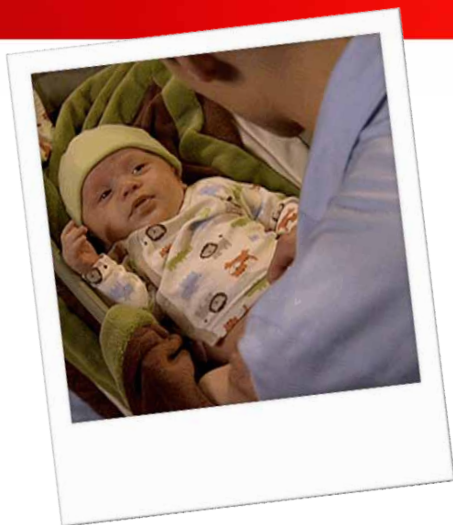
- * When Jack and Ricky are talking about Grace – how she and Jack had sex and then her father died, leading her to totally regret doing it and blame the plane crash on her actions – Ricky says he never sleeps with virgins anymore because it's "too much responsibility." What do you think he means by that? Shouldn't sex be meaningful and special every time and with every partner? What kind of "responsibility" is he talking about?

tip: *You can always say no – even if you've said yes before. Just because one relationship involved sex doesn't mean you have to do it with everyone. There are lots of good reasons to say no – such as preventing pregnancy, avoiding disease, and protecting your feelings.*

- * When David and Anne are talking about Anne's pregnancy and how careful they've been about using protection, he says, "Babies aren't necessarily 1000% preventable." What do you think about that?

fact: *The only totally foolproof way of avoiding pregnancy is not to have sex. Period. But if you do have sex, you can choose from many types of contraception that – when used carefully, consistently, and correctly – can prevent pregnancy as much as 98% or 99% of the time. Birth control pills, the ring, and the shot are all highly effective when used as directed. Talk to your doctor about the method that's best for you, and see Stayteen.org for more info.*





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.

* When Amy tells her mom she can’t hide her pregnancy as well as a teenager can, Anne says, “Don’t glamorize teen pregnancy! It’s not an asset to be able to hide a pregnancy!” What does she mean when she says “glamorize” teen pregnancy? Who makes teen pregnancy look glamorous? Do you worry that your teen might have an unrealistic idea about teen pregnancy and parenthood? Talk to your kids about it – remind them that what Amy Juergens is going through is NOT glamorous. Have your teens talk about what people their age think is “glamorous” about teen pregnancy and parenthood.

tip: *Talking about characters on television – like Amy and her mom – can be a lot easier than talking about real-life people you and your teens know. When you ask your kids to talk about their friends, or when you make judgments about their friends, it can be difficult to do so without hurting feelings or getting angry. Using a show like “Secret Life” to get started can make the whole conversation a lot easier.*

* Ruben is trying to set some boundaries for Adrian – such as no sex in the house when her parents are home. What sort of boundaries do you have in your house when it comes to sex? Have you talked to your teens specifically about what you expect? How are teens supposed to know what’s acceptable if you don’t tell them?

fact: *Nearly two-thirds of teens (64%) say they share their parents’ values when it comes to sex. The key is making sure your teens know what your values are.*

* Ben confides in Ricky that he’s thinking about sex “20 hours a day.” It’s true that teens think about sex a lot, but they don’t always think about the consequences. Have you talked honestly with your teens about all the cataclysmic changes that lie ahead if they get pregnant or get someone pregnant?

fact: *About half of teens say they’ve never really thought about what their life would be like if they got pregnant or got someone pregnant.*

