

THE HIT ABC FAMILY ORIGINAL SERIES RETURNS

THE SECRET LIFE OF THE AMERICAN TEENAGER

"Ciao"

mondays at 8/7c

For Teens:

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

- * Ricky wants a commitment from Adrian – he wants their relationship to be such that neither of them has sex with anyone else. What do you think made him feel this way? Jealousy? Realization that he truly cares about her? Seeing the problems in other people's relationships (like Ben and Amy, for instance?). What does commitment mean to you when it comes to relationships? Anything beyond not having sex with anyone else?

fact: *Teens think trust is key – 40% of guys and 48% of girls say that trust is the most important part of a healthy relationship.*

- * When Amy asks her dad and Ashley to take care of baby John for the summer so she can go to Italy, she says "I'm too young to be tied down with a baby for the rest of my life without a break!" What do you think of that? Should her family take care of John so she can travel? Do you think other teen parents feel the same way – that they all of a sudden have a lot of responsibility and no way to take a break from it? Is that something to consider before having sex?

fact: *Half of all teens have never considered how a pregnancy would affect their lives. Having less time for the things you want to do is one enormous consequence of having a baby.*

- * When Grace goes back to school, everyone knows what she's been through – not just her dad's sudden death but also the fact that she and Jack had sex. How do you think that makes her feel? What do you think of the comments people make to her about it? Is it anyone else's business what she and Jack did? What do you think about her decision to stop having sex? Do you know anyone who's had sex once and then decided to stop?

fact: *Many teen girls say the drama and gossip between friends is the hardest part of being a teenager. Can you relate?*

fact: *You can always say "no" to sex, even if you've said "yes" before.*



- * When Ricky and Adrian are talking at the lockers about Ben going to Italy, Ricky says something about how Adrian isn't the only girl at school who is having sex. She agrees and says half the girls are and half of them aren't. Does that seem right to you? In your school, do you think more or less than half of teens have had sex?

fact: *Adrian is right – in the United States about half of high school teens have had sex and about half have not. And some are lying.*



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 Ben calls Adrian to get her take on how he should break the news to Amy that he has an opportunity to go to Italy for the summer Adrian automatically thinks he's calling her for sex. Whoa! Can't guys and girls just be friends without it always being about sex? Do you think Adrian jumped to conclusions? Do your kids have friends of the opposite sex they can talk to without it always being about sex?

tip: *Talk to your kids about their friends, and the nature of those friendships. Some teens say their friends of the opposite sex are the only ones they can really trust. What about your teen? Do you know what “friends with benefits” means?*

- * One of the reasons Ricky and Adrian haven't had a lot of opportunity to have sex recently is because Ruben, her father, is always around now trying to make up for all the lost time when they were estranged. Even Ricky makes a crack about Adrian isn't “available” anymore like she used to be. Do you know what your kids are doing when you're not around?

fact: *More parental supervision means less time to get into trouble. Know where your kids are what they're doing, even if you're not in the room with them, and make sure they know what you approve and disapprove of. It doesn't make you a nag. It makes you a good parent.*

