

THE HIT ABC FAMILY ORIGINAL SERIES RETURNS

THE SECRET LIFE OF THE AMERICAN TEENAGER

"The Summer of Our Discontent"

mondays at 8/7c

For Teens:

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

- * Amy's mad about the big pregnant photo of her in the yearbook. She doesn't want to always be remembered as "that pregnant girl," and she's angry with Madison (who's on the yearbook staff) for letting it get published. Will Amy always be known as the pregnant girl? Does the yearbook photo make a difference? Do you know any girls who were pregnant in school? Is that the most memorable thing about them? Will that be the thing you remember about them years from now?

fact: *Three out of 10 girls in the U.S. get pregnant as teens, and one out of six become teen moms. But it doesn't have to be that way – teen pregnancy is 100% preventable. Either don't have sex, or use protection carefully and consistently every single time.*

- * Betty gives Ben some good advice before he leaves for Italy. She tells him that being honest and sharing your true feelings with the person you love is the most important thing you can do: "You can't be dishonest with the person you love and expect the other person to honestly love you." What do you think about that? Are you able to be totally honest with the people in your life? What kinds of things do you think get lied about most? Sex? Feelings? Something else?

fact: *About half of high school students have had sex, and about half have not. And some, on either side of that fact, are lying about it. What are the reasons people lie about sex? Why would someone say they've done it if they haven't? Why would someone say they haven't done it if they have?*

- * Mr. Molina says he is leaving his job as a guidance counselor at Grant High because his wife just had a baby, his mother-in-law is living with them, and the job doesn't pay enough to support his growing family. Do you have any idea how much it costs to raise a child? Think about everything you need to buy – diapers, food, toys, clothes, childcare, doctor visits, etc. – and then think about how you would be able to do it.

fact: *Raising a child from birth to age 18 costs more than \$100,000. In the first year alone, you could spend \$10,000.*



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.

- * Ashley doesn't want to be in the middle of the dishonesty going on between her parents, and she begs her dad to fess up to Anne about the possibility that the baby she's carrying is his. So far, George hasn't spilled the beans to her mom, but it seems like Ashley has gotten through to him about telling the truth. What does it do to a child to be put in the middle of marital conflict? How must Ashley feel about keeping secrets like this? How can parents insist that their children are truthful and honest when they themselves are not? What sort of example is this setting for Ashley?

tip: *Kids learn from the example you set, not just from what you say.*

- * When Ben confronts his dad about the fact that Betty may be a prostitute, his dad assures him that she isn't... anymore. Maybe she used to be but, since she's been with Leo, she's been open and honest about her past and she hasn't been “working.” Ben's dad appreciates the fact that his son was able to have this conversation with him, but he says it doesn't matter what other people think, and that he doesn't let anyone else make decisions for him. That's a good rule – think for yourself and don't let others make up your mind for you. Are your kids easily influenced by others? Do you think they ever feel pressure from friends or boyfriends/girlfriends to do things they're not comfortable with? How do they deal with that?



fact: *Girls aren't the only ones who feel pressure to have sex. Boys feel pressure for lots of reasons too – sometimes girls are more aggressive or experienced, sometimes boys are trying to prove their “manhood,” sometimes they think everyone else is doing it (even though that's not actually true). Parents should be just as concerned about their sons as they are about their daughters..*

- * At first, Adrian is hesitant to have dinner with her mom and Ruben, because she feels like she's crashing their special date. But, since she's hungry, she sits down with them and they eat as a family, which seems to make everyone really happy. Do you share mealtime with your kids? What do you talk about over dinner?

fact: *Try to have meals together as a family as often as possible, and use the time for conversation, not confrontation.*

