

Teens are faced with more and more independent decision making during this year. They will spend more time with friends, away from direct supervision and will have to decide between right and wrong in more social situations.

It is important to keep the lines of communication open. *This does not mean abandoning rules and expectations.* It does mean spending some time with your child as often as possible, sharing an activity like a walk or bike ride or shooting baskets in the driveway, sharing a meal, spending time in the car or a visit at bedtime. Try to talk about every day kinds of things, not pressing for information about friends or activities, let the information come to you naturally. These are years where acting calm, no matter how challenging, matters.

Loving for Life Family Connection



Eighth Grade

*“Let no one despise
your youth, but be an
example to believers in
the world, in word, in
love, in spirit, in faith,
in conduct and purity”
1 Timothy 4:12*

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Eighth grade essentials:

- Understanding puberty. The physical and social changes that have been taking place during the past 2 years
- Demonstrating respect for themselves and others
- Developing responsibility for themselves and their relationships, friendships, family and romantic
- Developing friendship skills such as compromise, understanding, compassion.
- Developing communication skills, how to express what is important without getting upset or giving in.
- Refusal skills, how to say no, with ease and good humor
- Manners-please and thank you at the very least.
- How to listen
- How to control actions during strong feelings i.e. managing tempers, waiting for sex
- May show cycles of maturity/immaturity

“There’s more to sex than just skin on skin. Sex is as much a spiritual mystery as physical fact”

1Corinthians 6:17,18

To consider and communicate:

- What does your family value most? Make a list of the 5 most important values you share.-Hang it up in a central place in your home.
- Conversations should be short, just a word or two, well placed now and then, interspersed with longer talks
- Acceptable vs. unacceptable teenage behavior in your family. Be specific and clear, using limited words and humor.
- Talk about alcohol, drug use, sexual activity and their consequences, not just from parents but the wider world as well.
- Social rules and regulations including dating rules, sleepover rules, curfews.
- Talk about Relationships. What makes someone a good friend, good romantic

partner, good spouse, what traits are important for happy relationships

- Help your child develop a positive mental picture of the type of person they would like to be.
- Help your child develop a positive mental picture of the person they would like to have as a spouse if they are called to marriage.
- Talk about temptation, techniques for managing the feelings of desire.
- The consequences of sexual activity including STD’s, pregnancy, changing relationships, broken hearts, loss of parental trust.
- Model how to resist pressure firmly but friendly, with a smile and a little humor, without giving in.
- Keep praying together
- Pray for others, keep a chalkboard prayer list
- Make mass attendance a priority
- Do your best to live your faith in your day to day life.
- Be as relaxed as possible when talking with your teen,

they are more likely to share with you if you take things in stride

- Volunteer as a family
- Chores are more valuable for development than sports,.
- Daily, weekly, monthly chores should help in the work of the household.
- Be active together
- We learn to wait by waiting, for birthdays, holidays, new sneakers. “Not right now” is a great phrase to use
- So is “I’ll think about it”
- So is “I’ll get back to you”
- Limit screen time
- Pay attention to ratings of movies/ video games

“Above all else guard your heart for it is the wellspring of life”

Proverbs 4:24

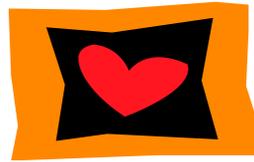
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Homework

Discuss the following questions:

- Make a list of fun things to do on a date. You have to be able to afford it, it should fit into your family rules, it should help you get to know the other person. Try to list at least 10 things.
- What are your favorite ideas on the list?
- What can you most see yourself doing?
- Which activity will help your family get to know this person better?
- Which activity will help you get to know this person better?
- What do you want to know about someone before you get involved with them? Which activity will help you to learn this?
- What are the family rules about dating? Write them down:
- How does this list of activities help you to keep the rules?

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Eighth Grade

*“Whatever you do work at it
with all your heart, as if
working for the Lord, not for
men”*

Colossians 3:23

Homework

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- What are the most important qualities of a good relationship? List at least 5.
- What are the traits you would find in a bad relationship? List at least 5.
- How can waiting to have sex make a romantic relationship stronger?
- How can having sex make a relationship weaker?
- What kind of person do you want to date?
- What kind of romantic relationships do you want to have?
- What decisions can you make to help you to have better relationships?
- How can you tell if you can trust someone?
- How should someone treat you in a relationship?
- How should you treat the people you date?

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Sexually Transmitted Disease Fact Sheet

HPV is the most common STD, and most people with HPV on not know they have it.

- There are more than 40 HPV types that can infect the genital areas of males and females. These HPV types can also infect the mouth and throat
- There is no cure for HPV
- Some types of HPV cause cervical cancer and less common but serious cancers including cancers of the vulva, vagina, penis, anus and tongue, tonsils and throat

Most people who have chlamydia don't know it since the disease often has no symptoms.

- Chlamydia is the most commonly *reported* STD in the United States.
- Sexually active females 25 years old and younger need testing every year.
- Easy to cure, chlamydia can impact a woman's ability to have children if left untreated.

Anyone who is sexually active can get gonorrhea.

- If they occur, symptoms in men and women vary depending on what part of the body is infected: Gonorrhea can affect the anus, eyes, mouth, genitals, or throat.
- This disease can impact a woman's ability to have children if left untreated.

Genital herpes is a common STD, and most people with genital herpes infection do not know they have it.

- You can get genital herpes even if your partner shows no signs of the infection.
- If you have any symptoms (like a sore on your genitals, especially one that periodically recurs) laboratory tests can help determine if you have genital herpes.
- There is no cure for herpes, but treatment is available to reduce symptoms and decrease the risk of transmission to a partner.

Individuals who are infected with STDs are at least two to five times more likely than uninfected individuals to acquire HIV infection.

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- If an HIV-infected person is also infected with another STD, that person is more likely to transmit HIV through sexual contact than other HIV-infected persons.
- HIV is acquired through sexual contact, vaginal, oral and anal

sex as well as through IV drug use.

The sexual behaviors that spread syphilis also spread other STDs, like HIV.

- Syphilis is easy to cure in its early stages.
- Signs and symptoms of syphilis include a firm, round, small, and painless sore on the genitals, anus, or mouth, or a rash on the body, especially on the palms of the hands or the soles of the feet.
- In the most recent statistics rates of syphilis increased the most among 15–24 year-old men and women.

All information on this page taken from the CDC website, for more information please go to:

<http://www.cdc.gov/std/default.htm>

