

# Family Dinner Conversations



Officer Gomez's starting point conversation topic ideas

<b>School</b>	<ul style="list-style-type: none"> <li>• How important is school to your family?</li> <li>• Reasons for doing homework</li> <li>• What other lessons does school teach?</li> <li>• Student expectations</li> </ul>
<b>Respect</b>	<ul style="list-style-type: none"> <li>• At home</li> <li>• At school</li> <li>• In public</li> </ul>
<b>Sex</b>	<ul style="list-style-type: none"> <li>• Explain the essentials of sex</li> <li>• Partners</li> <li>• Difference between pornography and real relationships</li> <li>• Diseases</li> <li>• Contraception</li> <li>• Consent</li> <li>• Other consequences</li> <li>• Pregnancy</li> <li>• Cost of having and maintaining a kid</li> </ul>
<b>Drugs</b>	<ul style="list-style-type: none"> <li>• Consequences (Long Term / Short Term)</li> <li>• Lost opportunities</li> <li>• Cost</li> <li>• Addiction</li> <li>• Future Employment</li> <li>• Toll on the family</li> </ul>
<b>Vaping</b>	<ul style="list-style-type: none"> <li>• Consequences</li> <li>• Cost</li> <li>• Addiction</li> <li>• Lifelong Choice</li> <li>• Nicotine content in vapes</li> </ul>
<b>Alcohol</b>	<ul style="list-style-type: none"> <li>• Underage drinking</li> <li>• Parties</li> <li>• Options if wind up drunk (ie, parents will pick up any time)</li> <li>• Friends drinking and driving</li> <li>• Driving consequences</li> </ul>

<b>Minors + Nude Pictures</b>	<ul style="list-style-type: none"> <li>• 1st offense = misdemeanor / 2nd offense = felony</li> <li>• Once it is sent it is hard to take back</li> <li>• Permanency online</li> <li>• Extortion possibilities</li> <li>• Future job prospects</li> </ul>
<b>College</b>	<ul style="list-style-type: none"> <li>• Start looking at colleges in about 8th grade</li> <li>• Pro's and Con's of college degree</li> <li>• Income / Expense worksheet</li> <li>• What do non-college jobs look like?</li> <li>• Trade Schools</li> <li>• Military</li> <li>• Apprenticeships</li> </ul>
<b>Driving</b>	<ul style="list-style-type: none"> <li>• Expectations</li> <li>• Friends in the car</li> <li>• Texting and Driving</li> <li>• Vehicle Maintenance</li> <li>• Options when the car breaks down</li> <li>• Do a walk-through of their first crash, angry driver, police, call home, etc.</li> </ul>
<b>Dating</b>	<ul style="list-style-type: none"> <li>• Minimum partner and age requirements for dating (probably good exercise for adults too)</li> <li>• Setting boundaries</li> <li>• How to exit a relationship</li> <li>• How can you tell if your partner is controlling (this starts in middle school)</li> <li>• What does a bad relationship look like?</li> </ul>
<b>Social Conflict &amp; Bullying</b>	<ul style="list-style-type: none"> <li>• Difference between social conflict and bullying</li> <li>• How to best handle both social conflict and bullying</li> <li>• Anger issues</li> <li>• Problem solving</li> <li>• What if you see a friend bullying or being bullied?</li> </ul>
<b>Finances</b>	<ul style="list-style-type: none"> <li>• Budgeting</li> <li>• Credit Cards</li> <li>• Investing</li> <li>• Taxes</li> <li>• Goals</li> <li>• Vehicle and Home purchasing</li> </ul>
<b>Suicide</b>	<ul style="list-style-type: none"> <li>• Options for help if feeling suicidal</li> <li>• Name some trusted adults who can help</li> <li>• What if a friend is suicidal?</li> <li>• What if someone is a cutter and not suicidal?</li> </ul>