



TO THE YOUNG MEN:

Use these resources as a discussion guide with your parents. Review the questions and document your answers. Use your answers and reference them on a regular basis to remind yourself of the messages Fr. Chris shared in the program and how you connect with these messages.

TO THE PARENTS:

Establish a goal of what you hope to accomplish when reviewing this program with your young man. Understand what you have to do to accomplish your goal and work hard to get there.

1. REVIEW: HOW TO HAVE AN AWESOME RELATIONSHIP WITH YOUR PARENTS

- a. Your parents are learning to be parents as you grow up
- b. Your parents are your parents; not your friends.

2. LEARN ABOUT YOURSELF

- a. Do you feel understood by your parents?
- b. Do your parents listen to what you have to say?
- c. Are you able to communicate with your parent(s) effectively?
- d. Parents can sometimes be tough on us. Why do you think that is?
- e. Do you consider yourself to be a truthful person? Why or why not?

f. Are you brave enough to tell the truth and face the music when you get busted?

3. REFLECT ON WHAT YOU'VE LEARNED ABOUT YOURSELF

a. What are the things you feel like your parents don't understand about you?

b. How can you present those things in a different way to them, while still being respectful?

c. When is a time you communicated well with your parents? What was good about the communication and what was the outcome?

d. Share a time when you struggled to communicate well with your parents. What did not work well and what was the outcome?

e. Men always do the right thing. Males not so much. In your progress in becoming a man, can you remember a time you did the right thing even though it was hard? What was the outcome? Share an example.

f. Can you remember a time when you didn't do the right thing? What was the outcome? Share an example.

4. CALL TO ACTION

a. What are some ways you can show compassion to your parents?

b. Spend time with your parents. Talk about your communication styles. Ask them to share a time when they appreciated your communication style and what they appreciated about it. Now do the reverse and share when you appreciate their style and why it worked. Agree to work together to replicate these styles as you encounter situations where you need to communicate.