

Reflections on Your Childhood

Ask participants to relax and close their eyes if they're comfortable doing this. Read the following **slowly and with feeling and pause between each section**.

1. Think back – to what you can remember – of the time when you were a young teenager, somewhere around age 12 or 13. Try to picture the way you looked then and where you were living at the time. Picture your parents, guardians, or whoever raised you. *PAUSE 5 seconds*.
2. How would you describe your parents' style – their ways of raising you? *PAUSE 5 seconds*
3. How did you and your parents get along? How did they talk to you? How did you talk to them? *PAUSE 5 seconds*
4. What kinds of activities did you do with your parents? Did you do a lot of things together or just a few? Did you have much one-on-one time together? *PAUSE 5 seconds*
5. What kinds of things did you really enjoy doing with them? What did you want to do more of? *PAUSE 5 seconds*
6. How much affection did your parents show you? How much did you show them? Would you say you and your parents were close? Why or why not? *PAUSE 5 seconds*
7. Did your closeness with your parents change over time? If so, how did it change? *PAUSE 5 seconds*
8. Was there any difference between your relationship with your mother and your relationship with your father? What were the differences and how did you feel about them? *PAUSE 5 seconds*
9. How much did you agree with, or buy into, the values and beliefs that your parents tried to teach you? How much conflict, arguing or fighting took place between you and your parents? *PAUSE 5 seconds*
10. In general, how satisfied were you with the relationship between you and your mother, your father, and/or any other adult who raised you? How satisfied do you think they were with the relationship?

■ **Parent-Child Connectedness: New Interventions for Teen Pregnancy Prevention**

ETR Associates with support from the Annie E. Casey Foundation

Reprinted from ReCAPP — ETR Associates' Resource Center for Adolescent Pregnancy
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