

SESSION 6: PARENT TO PROTECT



SUGGESTED DISCUSSION QUESTIONS

- What is something you learned that you did not know before?
- What are some additional characteristics you would add to a safe, supportive relationship?
- What are some characteristics that might be missing in your relationship with your child?
- What are some things you can do to get reconnected?
- What are some signs of a toxic relationship that you can relate to?
- What did Andy say is the role of the prefrontal cortex? At what age is it fully developed?
- What is the significance of using “I” statements?
- How does using “I” statements strengthen us as individuals and help us choose supportive relationships?
- What were some traumatic events Jesse suffered prior to ending up in an online relationship?
- What did Jesse need that she went searching for online?
- What did Sean Parker admit to exploiting in people?
- If Jesse were your child, how would you respond to her in order to heal your relationship?

TAKE AWAYS

If you are realizing you have some work to do in your important relationships including with your children, this is your opportunity to:

- Acknowledge what is missing and try to add those important characteristics.
- Believe the truth of every “I” statement you state about yourself and apply it. Then apply it to your children.
- Forgive yourself. Find support, maybe a counselor or therapist can help.