

# 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.