

How to feel **more connected** with your Growing Up Son

Review and Reflect Guide

Film 1 - What's happening to your son?

After your second viewing of Film 1,
use this sheet to jot down your thoughts and ideas.

A. Key Points

B. Think about your son.

Which **behaviour or issues** has this film helped you to understand better?

I now understand ...

C. What **positive actions** could you take to help you feel more connected to your son?

D. What would you still like to know?