

A P A R E N T ' S
T O
G U I D E

Valentine's Day

In This Guide . . .

- **Love Is a Many-Splendored (or Stressful or Depressing) Thing!**
- **How did Valentine's Day get started?**
- **What do I do if my teen is single and indifferent?**
- **What do I do if my teen is single and wanting a relationship?**
- **What do I do if my teen just went through a breakup?**
- **What do I do if my teen is single and cynical?**
- **What do I do if my teen is in a relationship?**

- **How can I be proactive in helping my girls on Valentine's Day?**
- **Where does sex fit in?**
- **What are some other things I can do?**
- **Takeaway**