

**S - ANON**  
International



Family Groups

## S-ATEEN: SUGGESTIONS FOR MEETING TOPICS

S-Ateen meeting topics and suitable readings may be chosen from any Conference Approved Literature (CAL) for S-Ateen.

S-Ateen CAL includes the following:

- S-Ateen, S-Anon, SA, Alateen, Al-Anon and AA Literature
- S-Ateen CAL Meeting Readings including the S-Ateen Welcome, S-Ateen Preamble to the Twelve Steps Twelve Steps of S-Ateen, Twelve Traditions of S-Ateen, S-Ateen Problem, Keys to S-Ateen Recovery, Obstacles to Recovery
- Alateen stories from *Courage To Be Me – Living with Alcoholism*
- Alateen's two Daily Meditation books, *Alateen – A Day at a Time* and *Living Today in Alateen*
- Alateen's five pamphlets, "Alateen Talks Back" on "Acceptance," "Detachment," "Serenity," "Slogans," and "Higher Power"

Some groups find it helpful to have a schedule of topics for the month. This may include a Step, a Tradition, or one of the readings from the S-Ateen Meeting Format. For topic meetings some groups use the two Alateen meditation books available and choose a topic from the Index or read the meditation for the day. For other meeting topic ideas S-Ateen groups may refer to the Index of any CAL.

It is usually suggested that the teens share on the chosen topic, but they are also encouraged to share something "off topic" if they feel the need. Generally, the S-Ateen meeting is not about discussing the problems of family members or friends, but to focus on solutions and their own recovery from the family disease of sexaholism.

With guidance from the S-Ateen Group Sponsors, the teens are encouraged to apply the S-Ateen program tools, principles, and slogans in all areas of their lives (i.e., setting healthy boundaries, overcoming fear, understanding what it means to "focus on yourself"). The S-Ateen Group

Sponsors take their turn sharing on the topic from their "teen years" and what they may remember growing up.

To encourage S-Ateen members' sharing, it is suggested that at least one or two CAL readings on the meeting topic be read. Experience has shown S-Ateen members respond well to Alateen Literature. These topics and readings are ones they quickly understand and in language that speaks to them.

*Note: S-Ateen Literature may be purchased or downloaded at <http://www.sanon.org>. Alateen Literature may be purchased or downloaded at <http://al-anon.alateen.org>.*

### ADDITIONAL RESOURCES FOR S-ATEEN

Additional resources include the following pieces of S-Ateen Literature which are free downloads ordered from [www.sanon.org](http://www.sanon.org).

S-ATEEN: INFORMATION ABOUT SPONSORSHIP AND MEETINGS (L-12ST)

S-ATEEN: INDIVIDUAL AND GROUP SPONSORSHIP (L-23ST)

S-ATEEN: MEETING TOPIC SUGGESTIONS (P-2ST)

S-ATEEN: SUGGESTED MEETING FORMAT (L-24ST)

S-ATEEN: RESPONSIBILITY AGREEMENT (L-22ST)

The following Alateen resources are available as well as other helpful Alateen literature at [al-anon.alateen.org](http://al-anon.alateen.org).

ALATEEN SAFETY GUIDELINES (G-34)

A GUIDE FOR SPONSORS OF ALATEEN GROUPS (P-29)

Please contact the WSO for new or updated information that may not have been available at the time of this publication.

**S - ANON**  
International



Family Groups

© S-Anon International  
Family Groups, Inc. 2014  
World Service Office (WSO)  
P.O. Box 17294  
Nashville, TN 37217  
615-833-3152 or 800-210-8141  
email: [sanon@sanon.org](mailto:sanon@sanon.org)  
Website: [www.sanon.org](http://www.sanon.org)

*This guideline is produced as a service tool by the S-Anon World Service Office and may be photocopied without alteration or redaction.*