

**S-ANON**  
International



Family Groups

## S-ATEEN: INFORMATION ABOUT SPONSORSHIP AND MEETINGS

*"We believe sexaholism is a family disease because it affects all the members emotionally, spiritually, and sometimes physically. We cannot change or control our parents, family members, or friends. We can detach from their problems while continuing to love them and ourselves. By applying the Twelve Steps to ourselves, we begin to grow mentally, emotionally, and spiritually."*

S-Ateen Preamble to the Twelve Steps

### WHAT IS S-ATEEN?

S-Ateen is a fellowship of young people, ages 12 to 19, whose lives have been affected by sexaholism in a family member or friend. S-Ateen meetings follow S-Anon's Twelve Steps and Twelve Traditions. They are guided by adult S-Ateen Group Sponsors, however S-Ateen meetings are separate from S-Anon meetings.

### WHAT HAPPENS AT AN S-ATEEN MEETING?

We recommend you use the S-Ateen Meeting Format published in the *S-Anon/S-Ateen Service Manual*. This is a suggested format. Just as in S-Anon, the teens may change the meeting order as long as the Conference Approved readings are not altered. S-Ateens have the option of reading all the readings mentioned in the Meeting Format, or selecting one or two. It's recommended that the complete Meeting Guidelines be read at each meeting. After the readings, S-Ateens are given the opportunity to share individually.

### WHO CAN START AN S-ATEEN GROUP?

An S-Ateen group may be started by any adult S-Anon member interested in extending the hand of recovery to young people. The S-Anon member initiating a new S-Ateen group may also be a family member (parent, sibling, grandparent, etc.) or friend of an S-Ateen. While a parent can help with recruiting S-Ateen Group Sponsors, acquiring meeting literature, securing a meeting location and schedule, this member may not participate as an S-Ateen Group Sponsor in the same meeting rooms with their own child(ren).

### WHEN IS THE BEST TIME TO HAVE AN S-ATEEN MEETING?

Any day and time that works for the teens and the group sponsors is best. Some groups plan to have the S-Ateen meeting coincide with an S-Anon meeting. Some groups have the S-Ateen meeting one hour before the S-Anon meeting, which allows the S-Ateen Group Sponsors to attend the S-Anon meeting.

### WHAT IF AN S-ATEEN ASKS FOR FEEDBACK OR AN OPINION DURING THE MEETING?

For meeting safety, the Group Sponsors ensure that there is no crosstalk during the meeting. For a brief description of crosstalk, please refer to the *S-Anon/S-Ateen Service Manual* index. If an S-Ateen member requests feedback, they may state this during their sharing. After the meeting closes, those wishing to offer feedback may stay to do so.

### DOES IT WORK TO HAVE SIBLINGS ATTEND THE SAME MEETING?

Yes. Siblings attend meetings together with no problem. S-Ateens have the option of one sibling stepping out of the room while the other shares, but this rarely occurs and is not required.

## SPONSORSHIP IN S-ATEEN

### WHAT ARE THE SUGGESTED REQUIREMENTS TO BE AN S-ATEEN GROUP SPONSOR?

S-Ateen meetings are conducted separately from those of S-Anon and are guided by adult S-Anon members serving as S-Ateen Group Sponsors. An S-Ateen Group Sponsor is currently certified through the S-Anon service training process as an S-Anon Member Involved in S-Ateen Service (SMISS). An S-Ateen Group Sponsor has made a commitment to be of service to a local S-Ateen meeting on a regular basis or for a specific S-Anon event, such as a Marathon and/or International Convention.

Additionally, S-Ateen Group Sponsors must:

1. Be an S-Anon member regularly attending S-Anon meetings
2. Have completed or be working the S-Anon Twelve Steps with an S-Anon sponsor
3. Have at least two years in S-Anon in addition to any time spent in S-Ateen
4. Be at least 21 years old
5. Not have been convicted of a felony
6. Not have been charged with child abuse or any other inappropriate sexual behavior; or convicted of any offence involving sexual misconduct or physical violence against children or adults

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## **IS IT NECESSARY TO HAVE TWO S-ATEEN GROUP SPONSORS AT EACH S-ATEEN MEETING?**

Yes, though it's important to remember that the S-Ateen meeting belongs to the teens. The meetings are for the teens and run by them, whereas the S-Ateen Group Sponsors act as "guides" to ensure the Meeting Guidelines and Traditions are followed. Additionally the S-Ateen Group Sponsors' role is to ensure the meetings remain a safe place for the teens. It may also be helpful to refer to the Alateen pamphlet, "A Guide for Sponsors of Alateen Groups." (P-29)

Most S-Ateen groups start with two S-Anon members willing to become certified S-Ateen Group Sponsors. It's beneficial for S-Ateen groups to have four or more group sponsors, allowing for rotating schedules. This helps ensure two group sponsors are in attendance at each meeting and provides each group sponsor more flexibility in case of illness or other commitments. It also gives the teens the opportunity to hear other members' stories.

## **CAN PARENTS OF S-ATEEN MEMBERS BE GROUP SPONSORS?**

We suggest that the parent of an S-Ateen member not act as an S-Ateen Group Sponsor. Even if the parent insists there are no family secrets, a teen might not feel free to share in the meeting with their parent in the room.

## **DO S-ATEEN GROUP SPONSORS SHARE DURING THE MEETING?**

Yes. S-Ateen Group Sponsors take their turn during the meeting to share on the topic, Step or Tradition along with the teens. The Group Sponsors share from their "teen years" and what they may remember growing up. This is a very rewarding part of S-Ateen Group Sponsorship service work. It gives the group sponsor an opportunity to look back at some of the issues they encountered growing up, and then to share how gaining experience, strength, and hope by working the program has helped.

## **DO I NEED TO BE A PARENT MYSELF TO BE AN S-ATEEN GROUP SPONSOR?**

No. S-Anons with many different backgrounds enjoy this service work, from grandmothers to young members, with or without children. We have all been teens!

## **DO THE S-ATEEN GROUP SPONSORS HEAR PERSONAL DETAILS OF THE FAMILY MEMBER'S "ACTING OUT" BEHAVIOR?**

No. Most S-Anon members who had this concern found that the issue did not arise. The teens seldom talk about the acting out issues of the addiction. They soon realize S-Ateen is for them and about them, not the sexaholic or other family members. They are more interested in talking about their relationships with peers, pressures at school,

and why they feel the way they do. They are excited to learn that the S-Ateen tools and slogans can help them make their lives more manageable and more serene.

## **ARE THERE ANY LEGAL RESPONSIBILITIES FOR S-ATEEN GROUP SPONSORS?**

For the safety of the S-Ateen group members, and as part of the Meeting Guidelines which are read at every meeting, we inform all members that if there is any ongoing, unresolved sexual abuse of a minor that has not been dealt with previously and this is shared in the S-Ateen meeting, it is the legal responsibility of the S-Ateen Group Sponsors to report this to the proper local authorities.

*Note: For additional information regarding behavioral and safety guidelines which are applicable to S-Ateen meetings, you may refer to the Al-Anon document G-34, "Alateen Safety Guidelines."*

## **DO S-ATEEN MEMBERS SPONSOR EACH OTHER?**

Yes. S-Ateen individual sponsorship is a mutual and confidential one-on-one sharing between two fellow S-Ateen members who wish to discuss their personal problems or issues in more detail than what is shared during a meeting. S-Ateen Individual Sponsors are willing to share their experience, strength, and hope gained from working the S-Ateen program. S-Anon members and S-Ateen Group Sponsors do not sponsor individual S-Ateen members.

It may also be helpful to review the Alateen pamphlet "Alateen Sponsorship — Is It For You?" (S-27)

## **S-ATEEN MEETING TOPICS**

### **WHAT TOPICS ARE SUGGESTED FOR AN S-ATEEN MEETING?**

Some groups find it helpful to have a schedule of topics for the month. This may include a Step, a Tradition, one of the readings from the Meeting Format, or any other topic found in S-Ateen Conference Approved Literature (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 just about discussing problems related to sexaholism but to focus on solutions. The teens are encouraged to apply the S-Ateen program tools and principles in all areas of their lives (i.e., setting healthy boundaries, overcoming fear, understanding what it means to "focus on yourself" rather than on family members or school friends).

*Note: All Alateen books and pamphlets are considered CAL for S-Ateen meetings. Details may be found in "S-Ateen: Suggested Meeting Format." (L-24ST)*

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## 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.



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