



## 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, S-Ateen Twelve Steps, S-Ateen Twelve Traditions, The S-Ateen Problem, Keys to S-Ateen Recovery, and Obstacles to Recovery
- S-Ateen booklet *What It's Like To Be Me*
- S-Ateen pamphlet *Is S-Ateen For You?*
- S-Anon's *Reflections of Hope* meditation book and *Working the S-Anon Program* book have topics for teens and family recovery
- Alateen's *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 Alateen Talks Back on pamphlets, titled *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 CAL readings. For topic meetings, some groups use the S-Ateen booklet *What It's Like To Be Me* or read from S-Anon CAL. They may also choose a topic from the index of Alateen books 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 turns 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 literature written from a teen perspective. These topics and readings are ones they quickly understand and are presented in language that speaks to them.

### ADDITIONAL RESOURCES FOR S-ATEEN

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

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

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

*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 pieces of S-Ateen Literature that may not have been available when this piece was published.



© 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.*