



DATING

CONVERSATION GUIDE FOR PARENTS

WHAT DO YOU THINK OF WHEN YOU HEAR THE WORD "DATING"? Some of us may remember a favorite romantic movie. Some of us may feel the sting of our first heartbreak. You may think back with fondness to your very first date. If you have teenagers who are about to date or are already dating, you may just think, "NO!" and want to run far, far away. As tempting as that may be, it's not an option—or at least not an option that will help your teen navigate dating successfully. At some point you'll need to have a conversation about dating with your teen (followed by many more conversations). We want to help get you started by giving you some words to say and words not to say.

WHAT TO SAY

(BEFORE THEY START DATING)

- "We know you want to make good choices. We're here to help you."
- "I want you to have the best dating experience in high school and look back on it with as few regrets as possible."
- "Let's talk about what your *Personal Values are before you start dating."
- "It's important to ask yourself, *Who Am I Looking For? before you begin dating. Let's make a list of some of those qualities."
- "Who are some friends or other trusted adults you feel you can talk to about dating who will help you make good decisions?"
- "Saying no to someone who wants to go on a date with you or be in a relationship with you doesn't make you a bad person. Just remember to always be honest and kind when communicating."
- "You can't always be close friends with someone who has a crush on you or someone you have a crush on when feelings aren't mutual."
- "Be careful with your words and clothing so you don't lead a person's thoughts or emotions somewhere they don't need to be yet."
- "The rules in your friends' homes will be different than our rules and that's okay."
- "Let's work on a *Dating Agreement together to help us both know what to expect."

(DURING DATING)

- Ask questions like: "How was your date?" "Did you have fun?" "What did you do?" "How are you feeling about (name of date)?" "Do they make you feel important?" "Are they who you thought they would be?"
- "If anyone tells you to prove you care for them by doing more sexually than what you want to do, that's a sign you shouldn't be dating that person."
- "Let's look back at our *Dating Agreement (or fill it out if you haven't already) and make sure we still agree."

(AFTER A BREAKUP)

- "It's okay to be sad."
- "It won't always hurt as badly as it hurts right now."
- "Even though this stinks, what are some things you learned from this?"
- "God has good plans for you."
- "God still loves that person and he still loves you."
- "It's wise to have some time away from that person."
- "Now is a good time to invest in spending time with your close friends."

WHAT NOT TO SAY

- "I know you're probably going to do what you want anyway."
- "You're old enough to decide on your own."
- "I never liked them anyway."
- "If you _____, no guy/girl will ever want you."
- "I can't believe you did that."
- "Well, if that's what all of your friends are doing, then I guess it's ok."

* For the additional resources mentioned, talk with your student leader.