

# RELATIONSHIP GOALS

## RESPECT

### **Parent Discussion Guide Week 2: 4/14**

#### **Lesson Overview**

Last week, we outlined 3 foundations of a healthy relationship: Respect, Equity, and Communication. This week, we're focusing in on respect. We define respect as "taking care of something because it is valuable." And we believe that because each person is infinitely valuable, we each deserve infinite respect.

This week, we will focus on 2 ways relationship partners should show respect: respecting each other for who they are and respecting boundaries.

It's important for relationship partners to appreciate each other as they are without trying to change each other. If one partner shames the other for certain aspects of their personality or tries to change them, this is a sign of a relationship that lacks respect.

Good relationships also need boundaries. A boundary is a guideline placed on a relationship to keep it safe and healthy. Partners often set up boundaries for the amount of time they will spend together, their physical relationship, and many other areas. If one partner sets a boundary, it's important for the other partner to respect it and not push the boundary.

Finally, tonight we will discuss the importance of consent in healthy and safe relationships. Consent is when both partners in a relationship enthusiastically agree to engage in any behavior together. To explain the concept further, we will watch [this video](#) from amaze.org . The page for this video includes other resources to help you talk with your children more about consent.

#### **Discussion Questions**

- What does it mean to you for relationship partners to respect each other? Why is this important?
- What are some pieces of your personality that you would want a relationship partner to appreciate about you?
- How important is it for relationship partners to have shared interests?
- How can partners respect and appreciate each other if they have different interests?

- Why would it be important for partners to set up boundaries in a relationship?
- If you were to start dating somebody, what would be some important boundaries you would want to have in the relationship?
- If your partner pushed your boundary one time, how would you handle the situation? What if it happened more than once?
- Why is consent important in dating relationships?
- Is there anything about consent that is confusing for you? Do you have any questions about it?
- Can you think of any situations in dating relationships where getting consent would be especially important?
- How do you know for sure that you have consent from a partner? What could you do if you aren't completely sure if you have consent?