

RELATIONSHIP GOALS

COMMUNICATION

Parent Discussion Guide Week 4: 4/28

Lesson Overview

We're looking at 3 foundations of a healthy relationship: Respect, Equity, and Communication. This week, we're focusing in on communication!

Our lesson this week is focused around a video from [amaze.org](#) that outlines three styles of communication in relationships: passive, aggressive, and assertive. You can watch that video through [this link](#).

This is how the video describes these communication styles:

- **Passive** - when people do not clearly express their feelings, thoughts or needs to others
- **Aggressive** - when people forcefully express their feelings, thoughts or needs, but do not take into consideration what anyone else wants
- **Assertive** - when a person clearly expresses their thoughts, feelings and needs and also takes the other person's thoughts, feelings and needs into consideration

In even simpler terms: With **passive** communication, we care about the other person's needs, but not our own. With **aggressive** communication, we care about our own needs, but not the needs of the other person. But with **assertive** communication, we care about our needs *and* the other person's needs.

Assertive communication is almost always the best way to communicate in relationships. We care about our partner without ignoring our own needs or feelings.

When relationship partners communicate this way, they have the opportunity to creatively work together to find a solution that they're both happy with. There is no one right answer when you and your partner are working together as a team and communicating clearly!

this kind of communication ties together all 3 of our foundations of a healthy relationship: both partners work together as equals, they respect each other's needs and feelings, and they communicate honestly. This is what a healthy relationship looks like!

Discussion Questions

- What stuck out to you most from tonight's youth group lesson?
- Why would open communication be so important for having a healthy dating relationship?
- What could be some signs that a dating or married couple don't have good communication in their relationship?
- Can you think of any couples you know (dating or married) who communicate with each other well? How do you know they communicate well?
- Do you have any relationships with family or friends where you would say you have good, open communication?
- Why can open and honest communication be so difficult in relationships?
- Can you think of any situations in which open communication could be especially important for a dating couple your age?