

# RELATIONSHIP GOALS

## QUESTION & RESPONSE

### Parent Discussion Guide Week 5: 5/5

For the final week of our Relationship Goals series, the entire large group time will be devoted to responding to questions written in by our students before the series started! Below, you'll find all the questions we'll be covering along with a summary of Jake's response. While we would love for parents or guardians to talk through all of these questions with their students, there are a few that are especially important for families to discuss together. For these questions, we will include in our response at youth group that students should talk to their families about them. These questions will also be grouped together at the end of this list!

#### Questions & Responses

- **Is dating stressful? Is dating hard?**
  - o Any long-term committed relationship is going to have its challenges and will require work from both partners to keep it healthy. If we remember respect, equity, and communication, the difficulty and level of stress will be significantly less!
- **Is it okay to not want to date?**
  - o Yes!
- **How do you find "the one"?**
  - o There is no such thing as "the one". People meet each other based on where they live and how they spend their time. We'll never meet the perfect person, because none of us are perfect. The important thing is to choose somebody you are **compatible** with – you have things in common, enjoy each other's personalities, have similar values, etc.
- **How do you ask someone out?**
  - o Keep it simple, clear, and low-pressure. Say something like "I like you a lot. Would you like to go on a date with me sometime?" Be prepared to be kind whether they say yes or no.
  - o Watch [this video](#) about dealing with rejection from amaze.org
- **How do you tell someone you don't like them back?**
  - o Be honest, clear, and kind. Say something like, "Thank you for telling me how you feel, but I don't feel the same way about you." Don't say anything that isn't true to try to "let them down easy". You aren't doing anything wrong by being honest!

- **What happens when someone wants to have a dating relationship with you but you are not ready for stuff like that?**
  - o Same as before, be honest, clear, and kind. Say something like “Thank you for asking, but I’m not interested in dating anybody right now.” Only say this if it’s the truth.
- **How do you break up with someone?**
  - o Again, be honest, clear, and kind. Say something like, “I don’t think our relationship is working out.” You can give them reasons if they are true, necessary, and you are being kind. Say “I want to break up/I don’t want to continue this relationship”.
  - o If the relationship is very unhealthy or abusive, talk to a parent, guardian, or other trusted adult who can help you come up with a plan to get out of it.
- **When is the line between being insecure and being toxic crossed?**
  - o **Insecurity** – being uncertain or anxious about yourself; having negative thoughts about yourself; lack of confidence
  - o **Insecurity you can work with in a relationship** – one or both partners struggle with being insecure about themselves but treat each other with respect and make an effort to communicate their feelings
  - o **Insecurity can cause problems in a relationship** – when one or both partners lash out and try to hurt each other because of their insecurity or refuse to communicate how they’re feeling

### Family Questions

- **How young is an appropriate age to date?**
  - o There is no age where you “should” start dating. You can wait as long as you want.
  - o Talk to your parents about when they would be comfortable for you to start dating.
- **Does dating a non-Christian work?**
  - o It is possible, as long as both partners respect each other’s beliefs and are able to talk about them with honesty and kindness. If the partners have to avoid talking about their differing beliefs in order to keep peace, that is an unhealthy dynamic.
  - o Talk to your parents about how they would feel about you dating somebody who isn’t a Christian.
- **What should you do if your friends or family disapprove of the person you’re dating?**
  - o Give you family or friends the chance to share their thoughts & feelings with you. Listen to them and try not to be defensive. Take what they say into real consideration. Remember, these people care about you! Don’t go in with the goal of trying to change their mind. Go in with an open mind.
  - o Then, share your thoughts and feelings without trying to argue.
  - o Keep your relationship priorities straight. At your age, a person you’re dating shouldn’t be the most important person in your life. Your family and close friends know you better than somebody you’ve been dating for a month or two.
  - o Talk to your parents about how you might have this conversation if it ever comes up.