

# RELATIONSHIP GOALS

## WHAT IS A HEALTHY RELATIONSHIP?

### Parent Discussion Guide Week 1: 4/7

#### **Lesson Overview**

In this introductory lesson, we sought to answer two important questions: What are dating relationships, and what are the qualities of healthy dating relationships?

To help answer these questions, we watched a video from amaze.org called "What Makes A Relationship Healthy?" You can watch that video here: <https://amaze.org/video/healthy-relationships-makes-relationship-healthy/>

**Important quote from the video:** "As you get older, it's normal to feel more independent from your family and closer to your friends. Some friendships can develop into romantic relationships where you feel a special emotional connection, which could also be physical or sexual."

Dating relationships are like friendships, but with a special level of connection between the two people. This connection is romantic and emotional, and often there is a physical element to it, but not always.

This video outlines 3 qualities that every healthy relationship is built on: **Respect, Equity, and Communication**. These 3 qualities will be the focus of the next 3 lessons in our series!

#### **Discussion Questions**

- How do you feel about talking about dating and relationships at youth group?
- What do you hope to learn about relationships through this series?
- Do you often hear your friends or other people your age talking about dating, relationships, or sex? If so, what kinds of things do they say?
- Have you ever thought about or been interested in dating anybody? Why or why not?
- If you were interested in dating, what are some qualities you would look for to decide if somebody could be a good relationship partner?
- According to the video, every healthy relationship is built on Respect, Equity, and Communication. Why do you think each of those is important?
- Do you have any more questions about dating or relationships?