



"HELP MY TEEN IS DATING!" DISCUSSION GUIDE

HELP MY TEEN IS DATING

DISCUSSION GUIDE

CHAPTER QUESTIONS

1. WE HAVE ALL BEEN THERE

What are three ways to start the conversation?

1. _____
2. _____
3. _____

2. THE RIGHT TIME TO DATE

What are the three ways you'll know your child is ready to date?

1. _____
2. _____
3. _____

3. BUILDING SELF-ESTEEM

Go to Chapter 3 of *Can I Kiss You?* page 29. Please note the book referenced in the DVD with the title of *May I Kiss You?* has been replaced by the most updated version from Mike Domitrz titled *Can I Kiss You?* Please use the book *Can I Kiss You?* Review the "Values List" with your child.

<https://datesafeproject.infusionsoft.com/app/storeFront/showProductDetail?productId=779>

What are two examples of how you can build self-esteem within your child?

1. _____
2. _____

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CHAPTER QUESTIONS

4. RESPECT

What are the three signs of respect?

1. _____
2. _____
3. _____

What are the three classic “lines” teens say that they hear when dating?

1. _____
2. _____
3. _____

5. BODY LANGUAGE AND ASKING

What are the three most common reasons people don't ask for intimacy?

1. _____
2. _____
3. _____

6. ROLE-PLAYING

What is one way you can demonstrate to your child the challenges of body language?

7. BECOMING THE DORK

What are the benefits of “becoming the dork” when having these conversations with your child?

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CHAPTER QUESTIONS

8. WORST-CASE SCENARIOS

Why should we talk about “worst-case scenarios” with our child?

What are the three “worst-case scenarios” we should equip our child with?

1.

2.

3.

9. ROLE-MODELING

What is the primary reason to be an “intimacy and dating” role model for your child?

How can you specifically become a role model in everyday life?

What are two ways to empower your child to say “no”?

1.

2.

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CHAPTER QUESTIONS

10. ASKING FOR MORE THAN A KISS

What are 3 things your child can ask their partner to learn if either and/or both of them are ready for "more" or not?

1. _____
2. _____
3. _____

11. BELIEFS AND STANDARDS

What are the three specific questions we can have our children answer to discover what their own personal beliefs and standards are?

1. _____
2. _____
3. _____

12. BE A FRIEND

What are the five signs your child can use to identify whether their drink has been spiked?

1. _____
2. _____
3. _____
4. _____
5. _____

What is the common answer when teens are asked, "How often is alcohol involved with intimacy?"

What are two primary reasons teens say alcohol is needed for intimacy?

1. _____
2. _____

What is your number one priority as a parent?

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CHAPTER QUESTIONS

13. DEFINITION OF SEXUAL ASSAULT

Instead of “No means no” we should teach, “Do you _____?”

Why don't we use the word “permission”?

Consent should be a “mutually, _____ agreement.”

What is the age of consent in your state? _____

14. MAKING THEM COMFORTABLE

What are the specific words you can say to make your children comfortable with coming to you if someone touches them without their consent?

15. RESOURCES

What are the three primary resources to support a survivor?

1. _____
2. _____
3. _____

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CHAPTER QUESTIONS

16. STARTING THE CONVERSATION

Go to Chapter 8 of *Can I Kiss You?* page 87. Please note the book referenced in the DVD with the title of *May I Kiss You?* has been replaced by the most updated version from Mike Domitrz titled *Can I Kiss You?* Review the fun “dating exercises” with your child to create an ideal setting where both of the individuals on the date feel respected, comfortable, and can have fun learning about each other.

<https://datesafeproject.infusionsoft.com/app/storeFront/showProductDetail?productId=779>

What is at least one way we can help our child “choose” the best-case scenarios for dating?

17. HOW TO SHARE

We should share with _____ and _____.

18. WRAPPING IT UP

Get “*Voices of Courage*” for free:

<https://www.centerforrespect.com/voices-of-courage-download-individual-files/>

Get “Can I Kiss You?” Book:

<https://www.centerforrespect.com/product/can-i-kiss-you-a-thought-provoking-look-at-relationships-intimacy-sexual-assault/>

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DISCUSSION TOPICS

A. Back in the day...

In order to be there for our kids, to teach them specific “how-to” skill sets, it’s important to reflect back...to go “back in the day” and think about how things were when you were dating. Below are some questions to get you thinking and discussing and some space to write or type your answers as they come to you. All of these answers are important for you to understand better what may be going through your child’s mind.

What were you nervous about when you were dating and/or hooking up? What scared you? What did you look forward to? How did you decide when you were ready to be sexually active with each partner? What were you nervous about when you first started becoming sexually active? What did you wish you knew at the time that you now understand today? What questions can enter your mind at this point in your life today when you are about to become sexually active?

What did your parents do well when having these conversations with you when you were young (if they had these conversations with you)? What do you wish they had done differently and why?

What are examples of times you saw your peers in middle or high school get confused with “getting attention” vs. “being respected”? Without sharing anyone’s names, you could share these examples with your teens to show how easy it is to mistake “attention” for “respect.”

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DISCUSSION TOPICS

A. Back in the day...continued

What are examples of times you saw your peers in middle or high school become confused with “getting attention” vs. “being respected”? Without sharing anyone’s names, you could share these examples with your teens to show how easy it is to mistake “attention” for “respect.”

Can you remember a time when you were awkward and/or dorky and it really worked out? Helping your children learn that awkwardness is normal is really important. When will you role-play the asking first scene with your child?

If you have a partner, discuss each other’s answers. What good friends and/or family members could you also have this conversation with? By doing so, you will realize how different each person’s thought process and concerns can be.

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DISCUSSION TOPICS

B. Self-Reflection...Personal Action Continued

Prior to discussing dating and intimacy with your teen, it's important to step back and think about your own narrative and the narrative you might be creating with your child.

How do you sometimes fall into the trap of falling into gender stereotypes and/or heteronormative (assuming heterosexuality) as a parent? An example: I'm worried about my son because of how girls All girls need to be told..... How will you change your approach and wording to be more inclusive and less based on "gender roles"?

List as many worst-case scenarios as possible that could happen on a date. List as many worst-case scenarios as possible with asking first. List as many worst-case scenarios as possible after engaging in sexual activity with a partner. Now think of ways your child can prepare for each of those possibilities that will leave your child empowered (not fearing worst-case scenarios all the time). Write down all these strategies for empowerment.

What are specific actions you will take in front of your children to role-model healthy relationships, respecting boundaries, and asking first? What ways can you role model "asking first" in all areas of life (including situations not involving sexual decision-making)?

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C. Today...

Now let's discuss what is going on today, in our current society, with current norms, standards, and social dynamics.

What is currently going on in society that could provide a great starting point for these conversations (movies, celebrity stories, current news, etc.)?

What are ways you will help your child separate signs of love from infatuation, lust, and/or being horny?

How will you engage with your teenager in a conversation discussing the value of being sober when being sexually active (feel everything, know what you are doing, remember the joy and pleasure, etc.)?

How will you explain to your child about the importance of "Age of Consent" laws in your own state? How will you explain the importance of waiting until all partners are of the legal age of consent

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DISCUSSION TOPICS

C. Today... continued

How will you, as an adult, integrate more “Asking First” into your life? Example: Asking your spouse or relationship partners for a kiss or asking your child for a hug instead of just giving your child a hug.

After you download the free copy of *Voices of Courage*, which chapter are you going to share with your child by either listening to it or reading it? (Listening is considered the most powerful way to share a chapter.) <https://www.centerforrespect.com/voices-of-courage-download-individual-files/>

After you read the book *Can I Kiss You?*, which aspects from the book do you really want to discuss with your child? (get the book here: <https://www.centerforrespect.com/product/can-i-kiss-you-a-thought-provoking-look-at-relationships-intimacy-sexual-assault/>).

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DISCUSSION TOPICS

D. My children's relationships with others and themselves...

Now let's explore how to help our children build relationships with their own selves as well as healthy relationships with others.

What are ways to help improve your children's self-confidence when it comes to their bodies, owning their boundaries, and having sexual confidence? What can you do in the next twenty-four hours to start empowering your children? For example, does your child have detailed, thorough sexual education to understand fully the decision-making involved—the joys, the risks, etc. The more knowledge someone has, the more likely they can become more confident in their knowledge and ability to make good decisions.

How will you help your child recognize whether the relationship is *mutual*?

How will you prepare yourself for your children answering what their standards are? What if your children have standards that concern you? How will you be careful to hear them and honor their answers without expressing judgment when they say it?

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DISCUSSION TOPICS

D. My children's relationships with others and themselves... continue

How will you stress the point your child is never at fault for being sexually assaulted – including if your child chooses to drink and/or use drugs before and/or during sexual activity? Only the person committing the sexual assault is responsible for a sexual assault. You want to make it clear that your children can always come to you, including at times when they may fear you, the parent, being disappointed. Let your children know that your biggest fear has nothing to do with whatever they could choose to do. Your biggest fear is them (your children) not being able to come to you in such an important time when they need support and love. How will you word this conversation so that it is loving and open?

How will you stress the importance of consent being a mutually enthusiastic agreement, which is much more than getting “permission”? How will you discuss getting a “Yes” and actually making sure your partner wants to say, “Yes”?

How will you bring a “sex-positive” approach to talking with your child? One of the biggest mistakes parents make is focusing on the scary elements of sex and not creating a truly balanced approach.

How will you address your children's potential concerns of being judged by you or disappointing you? How will you free them of these concerns so they can come forward to you, including with the most difficult information?

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BONUS MATERIAL DISCUSSION TOPICS

Faith, Spirituality, and Dating

If you are a family that follows a specific faith and/or religion, how will you incorporate your faith into these lessons and do so in way that remove the guilt and shame some people feel around sexual intimacy and religion?

Sexual Choices Our Teens Face

Are your kids aware of the plethora of possibilities for sexual activity (kissing—including all areas of the body, touch and fondling, masturbation, oral, anal, vaginal, and more)? The more education you give your children, the better. The key is educating them versus lecturing them. Informing versus scaring. How will you talk to your child about possible sexual activities that a partner could want to explore?

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BONUS MATERIAL DISCUSSION TOPICS

Technology

What are examples of music, movies, Netflix, or other entertainment sources that your children listen to and/or watch that concern you because of the dangerous lessons the show/song may be promoting? How will you talk with your children about this concern without saying they shouldn't watch the show? (How will you teach them to see the misleading or dangerous lesson for themselves?)

How will you become more comfortable discussing pornography with your children in a way that is factual and less judgmental—to focus on the misleading and unrealistic aspects of pornography?
