



PARENT CUE

DATEABLE

DATEABLE

WE'RE TEACHING THIS

Do you want to be dateable? Of course you do! All of us want to know that we are desirable to some other person. That there is another person out there somewhere who not only finds us attractive, but also finds us interesting, and smart, and funny, and strong, and inspiring, and did I mention attractive? We all want to be prime dating material, not just for someone, but for the right someone. But how does that happen? How does a person become more or less dateable? And, how do you practice being dateable when

you're 100%, unquestionably single? While the Bible doesn't offer very specific advice on what to wear or which movie to see on a date, it does have some real, practical, and honest advice that is helpful whether you're currently dating or just hope to in the future. As we take a closer look at what the Bible says about our relationships and what Jesus said was most important, we may just discover that the best thing that could happen to our love life is love itself.

THINK ABOUT THIS

Communicating with teenagers is hard. And it's especially hard to know what to say and how to say it when it comes to sensitive topics like dating. Deep down, we know that the dating years are a time to lean in and keep the conversation going with our kids, but sometimes the awkwardness and potential explosions can make us want to do just the opposite.

In her article, "5 Tips For Communicating With Teens," author and mom of three teenagers, Autumn Ward, explores how we can keep the lines of communication open on every topic, including dating.

Communication is a two-way street. Often, the reasons teenagers choose not to talk with their parents are because they feel like their parents don't listen or will get mad at what they tell them. Parents, on the other hand, feel like their teens just won't talk to them. Who's right? In most cases, they both are. But don't lose hope! Below are five ways we

as parents can help open the lines of communication with our teenagers.

1. Just listen.

We know being in listening mode isn't possible 24/7, but we still need to show our teens that we're open to listening when they need us. And we can pretty much guarantee it will happen when we're on the phone, making dinner or headed to bed. When this happens, do whatever it takes to give your teenager your undivided attention. (This may require making coffee at 11:00 p.m.)

2. Encourage.

Be encouraging, supportive and positive. If your teenager has a fight with a friend, this is not the time to say, "I never liked that friend anyway!" That's a door slammer. Try, "Are you okay?" Or, "Sometimes friends fight. Hopefully the two of you will be able to work it out. Do you want to talk about it?"



3. Say, "I don't know."

Know that it's okay not to know the answer. It's okay to say, "I don't know," but follow it with: "We can try and find out together." And don't miss out on this opportunity to point your teenager to God who does know all the answers and always has a listening ear.

4. Be kind.

Treat your teenager the way you'd want to be treated. We already know that, don't we? We all want to treat our family well, but somehow it's tempting to do things in conversations with our kids that we'd never do when talking to adults—things like bringing up past mistakes or embarrassing moments. Nothing creates distance in a relationship like shame. So at this critical phase, when it's so important to keep

the conversation going, be careful to guard that relationship by being kind and encouraging—not critical and shaming.

5. Be patient.

Sometimes we just need to be quiet. There are two answers to the question, "Do you want to talk?" If the answer is "no," you need to respect that. Even if it takes a huge piece of duct tape placed over your mouth, do your best not to push. You can keep the lines of communication open by saying, "Okay, but I'm here when you need me to listen."

by Autumn Ward

For more from Autumn or to connect to a wider community of parents, check out www.parentcue.org

TRY THIS

Sometimes it can be hard to know when and how to talk to our kids about dating. It'd be so nice if we just had a guide that told us what to say...

- before they start dating.
- while they're in a relationship.
- after a breakup.

Well, good news...there is!

In order to help get the conversation started at your house, we've included a **Dating Conversation Guide** for you and your teenager that helps each of you talk about dating in a real and helpful way before, during and after a relationship happens.

In fact, not only does it help you and your son or daughter come to an agreement about what dating should look like, but it also includes several guides to help your student think through what is important to them and what they are looking for in a relationship.

This week, **take a look at the Dating Conversation Guide** as well as the other documents included and **plan a time to talk** with your son or daughter about either the dating relationships they have now or the dates they plan to have in the future. It doesn't have to be formal or super serious—just a coffee date or some time in the car will work. You'll be glad you did and so will they...even if they don't say so.



DATING

CONVERSATION GUIDE FOR PARENTS

WHAT DO YOU THINK OF WHEN YOU HEAR THE WORD "DATING"? SOME OF US MAY REMEMBER A FAVORITE ROMANTIC MOVIE. SOME OF US MAY FEEL THE STING OF OUR FIRST HEARTBREAK. YOU MAY THINK BACK WITH FONDNESS TO YOUR VERY FIRST DATE. IF YOU HAVE TEENAGERS WHO ARE ABOUT TO DATE OR ARE ALREADY DATING, YOU MAY JUST THINK, "NO!" AND WANT TO RUN FAR, FAR AWAY. AS TEMPTING AS THAT MAY BE, IT'S NOT AN OPTION—OR AT LEAST NOT AN OPTION THAT WILL HELP YOUR TEEN NAVIGATE DATING SUCCESSFULLY. AT SOME POINT YOU'LL NEED TO HAVE A CONVERSATION ABOUT DATING WITH YOUR TEEN (FOLLOWED BY MANY MORE CONVERSATIONS). WE WANT TO HELP GET YOU STARTED BY GIVING YOU SOME WORDS TO SAY AND WORDS NOT TO SAY.

WHAT TO SAY

(BEFORE THEY START DATING)

- "We know you want to make good choices. We're here to help you."
- "I want you to have the best dating experience in high school and look back on it with as few regrets as possible."
- "Let's talk about what your *Personal Values are before you start dating."
- "It's important to ask yourself, *Who Am I Looking For? before you begin dating. Let's make a list of some of those qualities."
- "Who are some friends or other trusted adults you feel you can talk to about dating who will help you make good decisions?"
- "Saying no to someone who wants to go on a date with you or be in a relationship with you doesn't make you a bad person. Just remember to always be honest and kind when communicating."
- "You can't always be close friends with someone who has a crush on you or someone you have a crush on when feelings aren't mutual."
- "Be careful with your words and clothing so you don't lead a person's thoughts or emotions somewhere they don't need to be yet."
- "The rules in your friends' homes will be different than our rules and that's okay."
- "Let's work on a *Dating Agreement together to help us both know what to expect."

(DURING DATING)

- Ask questions like: "How was your date?"
"Did you have fun?" "What did you do?"
"How are you feeling about (name of date)?"
"Do they make you feel important?"
"Are they who you thought they would be?"
- "If anyone tells you to prove you care for them by doing more sexually than what you want to do, that's a sign you shouldn't be dating that person."
- "Let's look back at our *Dating Agreement (or fill it out if you haven't already) and make sure we still agree."

(AFTER A BREAKUP)

- "It's okay to be sad."
- "It won't always hurt as badly as it hurts right now."
- "Even though this stinks, what are some things you learned from this?"
- "God has good plans for you."
- "God still loves that person and he still loves you."
- "It's wise to have some time away from that person."
- "Now is a good time to invest in spending time with your close friends."

WHAT NOT TO SAY

- "I know you're probably going to do what you want anyway."
- "You're old enough to decide on your own."
- "I never liked them anyway."
- "If you _____, no guy/girl will ever want you."
- "I can't believe you did that."
- "Well, if that's what all of your friends are doing, then I guess it's ok."

* For the additional resources mentioned, talk with your student leader.