



MORE THAN FRIENDS

WEEK 1

JUDGES 14:1-3
JUDGES 16:15-16

When it comes to dating, logic trumps emotion.

WEEK 2

PROVERBS 17:22

Whether you're dating or not dating, maintain a positive attitude.

WEEK 3

MATTHEW 18:9

Get rid of anything that influences you to make unwise choices.

WEEK 4

PHILIPPIANS 2:3-5

Breakups don't have to be bad.

TALK ABOUT THIS

WEEK 1: Dating can be tricky, regardless of your age. It's easy to allow our emotions to make all the calls, and sometimes, "following your heart" can lead you down a pathway of regret. Ask your student if they've seen or been in a situation where a friend started dating someone, then completely changed. Ask them how that made them feel and how things ended up for that friend.

WEEK 2: Not everyone has great dating experiences, and it's easy to become cynical, annoyed, or wounded by dating before you even get out of high school. Make a dating pros and cons list with your teenager. Discuss how there are positive aspects to it, but negative ones, too. Emphasize how everyone's dating experience is different, and it's definitely not like the movies.

WEEK 3: If you want to avoid a person or habit that hurts you—physically, emotionally, or spiritually—it's going to cost you something. It could cost you time, relationships, and maybe even money. But the alternative is becoming a slave to something that will eventually result in resentment or long-term regret. Tell your teenager about something or someone you had to "quit." What did it take?

WEEK 4: Breakups can be tough, but they don't have to be devastating. Sit down with your student and come up with a list of "breakup rules" they can follow if and when the situation arises in a current or future dating relationship. Start with how to handle seeing each other, talking about one another, and how to manage social media after a breakup. Make sure to get their input, too.

REMEMBER THIS

Be devoted to one another in love. Honor one another above yourselves.
Romans 12:10 NIV

DO THIS



MORNING TIME

Leave a note on the fridge or in your student's car giving them one reason why someone would be lucky to date them. You can do this several mornings over the next few weeks, or make a Top 10 list and surprise them all at once. Making these a series of silly and serious reasons will keep the tone thoughtful and lighthearted.



MEAL TIME

During dinner one night this week, tell your teenager the story of how you met their mother or father, regardless of how many times they've heard it before. Talk about at least one thing you did right in the relationship and at least one thing you wish you'd done differently.



THEIR TIME

Start a texting game of "would you rather" with your student. You can make it a family thread, or text them directly. Add in a few "would you rather" questions about dating, but keep the tone light. For example, "Would you rather date someone with a super annoying laugh or a super annoying cry?"



BED TIME

Grab your student a new toothpaste and toothbrush and leave it in their bathroom to use before bed one night. Write a note on their mirror with a dry-erase marker reminding them how awesome and beautiful their smile is.

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