



### WEEK ONE

PROVERBS 24:27

When it comes to dating,  
becoming the right person >  
finding the right person.

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### WEEK TWO

EPHESIANS 5:15-17

Don't make anyone  
your everything.

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### WEEK THREE

2 SAMUEL 11:1,3

You owe it to yourself  
to be honest to yourself.

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### WEEK FOUR

PROVERBS 11:14

Don't date in the dark.



### REMEMBER THIS:

Love is patient, love is kind.  
It does not envy, it does not  
boast, it is not proud. It does  
not dishonor others, it is not  
self-seeking, it is not easily  
angered, it keeps no  
record of wrongs.

1 CORINTHIANS 13:4-5 NIV



### THINK ABOUT THIS:

In this phase, teens tend to rush  
into everything, including dating,  
before knowing who they are  
yet or what they're looking for.  
Encourage your teen to focus  
on themselves before jumping  
all in! Rushed relationships can  
oftentimes result in heartbreak or  
regret. That's why in this series,  
we'll look at some of the most  
important things your teens can  
do to date well right now so that  
their lives and relationships will be  
better later.

## DO THIS:



### MORNING TIME

Even if your teenager doesn't show it, the little things still mean a lot to them. They may not "need" you like they used to, but continuing to do things like make them breakfast before a big day, or write them a little note of encouragement would probably still mean a lot. You can even send a text to let them know you're thinking about them if you don't have a chance to see them before school.



### MEAL TIME

Sometimes with the hustle and bustle of the week, it's hard to find a time to sit down and eat with your teen. And when you do find time, meal times are often cut short by things like homework, chores, and friends. When you do have the chance to have dinner, try using it as a time to look back and look ahead. Ask about one person they spent time with this week and ask about one person they plan to hang out with coming up. Even five minutes at the dinner table with your teen can go a long way in keeping you both connected.



### THEIR TIME

The next time your teen comes to you with something about their relationship, relate it to an experience of your own. And maybe don't always go for the stories that start with, "When [kid's parent/step-parent] and I were dating..." Give other examples, and know that it doesn't necessarily have to be a dating relationship. Be real with them about what you went through and don't be afraid to be a little vulnerable.



### BED TIME

One night this week, especially if you know your teen has a big event or test the next day, try to drop by their room with a short word of encouragement. It's okay if it doesn't turn into a deep, heart-to-heart conversation." The goal is to simply remind them that you're thinking about them and their day tomorrow.