



# *Are You Ready to Date?*

An exploration for you and your girl



The topic of dating is one that, for many of us moms and leaders of young girls, comes up before we want it to and usually before we're ready for it! Maybe your girl has already started asking you questions about dating, or maybe you've noticed that some of her friends are starting to date, or they are simply interested in books, TV shows, and movies that deal with dating. When the time to talk with your girl about these issues comes, we hope this resource will help you start a discussion with your girl and help her and you decide if she's ready to date.

We've provided you with lots of questions here, but these are just ideas and starters to help you get the conversation flowing. We expect that some of these topics will be ones that you'll want to dig into over several chats—don't feel like you have to cover it all at once!

1. So, what have you been thinking about dating? Is it something you want to do now? How come?
  
2. What kind of guy would you want to go out with? Give me some details—I want get a picture of this guy in my head!
  
3. Does this ideal guy exist in your life now? Or do you have someone else in mind? Why do you want to go out with this particular guy? What I mean is, what would be your purpose in dating him? Would it be just to have fun? Or to get to know him better? Tell me what's on your mind.
  
4. What do you expect to get out of dating, in general? What do you think the benefits are?
  
5. Have you noticed other dating couples? What have been some of the outcomes (both good and bad) of those relationships?
  
6. Have you thought about what a healthy relationship looks like? Have you seen people in good relationships? What do you notice about them? If you had to come up with a list of the top five signs of a healthy relationship, what would make the list?

7. What's a healthy relationship look like in God's eyes? Think about some ways God tells us to behave toward one another in his Word. What do you think would be on God's top-five list? (You may want to have some Scriptures ready to share here, if your girl needs that.)

8. (Note: If your daughter mentioned boundaries or respect on one of these lists, first acknowledge her answer, then dive into the question that follows here.) Respecting each other's boundaries is definitely a part of having a healthy relationship. Have you thought about what your boundaries would be in a dating relationship? Tell me what you think about physical boundaries, emotional boundaries, and spiritual boundaries.

9. Where are your boundary lines drawn in each of these areas?

a. As far as the physical thing goes, is hand-holding or kissing too much? If not, what is?

b. What about the emotional area? What if a guy told you he loved you? Or what if he said, "If you love me, you will \_\_\_\_\_" (fill in the blank)? Is it possible to let your feelings carry you too far?

c. What about your spiritual boundaries? If a guy you liked wasn't a Christian, or maybe said he was, but had doubts, or didn't follow through with his behavior, would that be a problem for you? What really matters to you about your relationship with God?

10. If you found yourself in an unhealthy relationship, or even just in a moment where your boundary lines were getting crossed, what would you do? How would you get out of it? Let's think about some specific situations—maybe even ones you've heard about happening to other girls. If you were in a difficult spot (physically, emotionally, or spiritually), what are some strategies you could use to help yourself or find someone who could help you?

11. If Jesus were sitting here with us today, what would you want to ask him about the whole dating thing? What insights do you wish he could give you? What do you think he would say to you about guys and dating? (Encourage your girl to pray about these requests regularly.)