



# Healthy Teen Relationships Scenarios & Discussion Questions

**Scenario #1:** If an older person from a high school or college asked you out on a date, what would you do? What would you tell a friend to do if that happened to them?

**Scenario #2:** If a friend at school told you to send them a topless or naked picture of yourself, what would you say? What if they told you not to put your face in the picture and no one would find out or know it was you? What would you say?

**Scenario #3:** If someone sends you a sext or pornographic picture what would you do? Would you tell a parent or teacher? Why or why not?

**Scenario #4:** If a dating partner started to control you and limit who you could and could not talk to, what would you do?

**Scenario #5:** How would you handle it if someone made a romantic move that made you uncomfortable?

## Critical Thinking Section

### Students:

- Do you date? Why or why not?
- How would you say 'no' if you didn't want to go out with someone?
- How could you support your friends to have healthy relationships?
- How old do you think you should be before dating, being romantic, and committing?
- What are your family's and religion's beliefs about dating? Do you agree? Why or why not?
- Do you think porn and sending nudes objectifies people?
- Do you know anyone who has been the victim of dating violence? How did it affect them?
- What is your backup or code word to protect yourself from uncomfortable situations?

### Dating Code of Ethics

How do you know when you are ready to date? When will you be comfortable with romantic intimacy? How will you keep yourself safe when you begin dating? Create your own dating code of ethics or use this one:

1. **Get permission from your parents**
2. **Meet the person's parents**
3. **Be honest and communicate**
4. **Ask questions to get to know them**
5. **Share things about yourself so they can get to know you**
6. **Be considerate and think before you act or react**
7. **Be safe. Never do anything you do not want to do.**
8. **Never give in to peer pressure.**
9. **Have a backup plan and a code word to communicate when you want to leave a date.**
10. **Respect the other person and yourself.**

### Parents & Faculty:

- What are your rules about dating and romantic intimacy?
- Ask your child/students what their dating code of ethics is?
- Do you model healthy relationship behavior? Ask your child/student if they think you do?
- Ask your child/students about how their developing brain affects their decisions about dating?
- What are the top 3 things your child/student would do if they felt uncomfortable about a relationship issue?
- What are your rules about sexting or sending nudes?
- What should teens know about the 'hook-up culture' and the dangers of emotional or physical intimacy outside of a committed relationship?