

Youth Discussion: Creating Healthy Relationships

Use these questions to get your youth group to think about relationships a little deeper than normal.

1. How can you communicate effectively with someone to ensure that your needs and boundaries are being respected in a relationship?
2. How can you tell if a relationship is healthy and how to set boundaries?
3. What are the warning signs of an unhealthy or abusive relationship, and how can you seek help if you or someone you know is in one?
 - Are there normal relationship issues that we have to deal with that don't fall under unhealthy or abusive? Can you name some?
4. How can you develop a healthy sense of self-worth and self-respect in order to attract and maintain healthy relationships?
5. If family members tell you they don't like or are concerned about a relationship you have, how high on a scale of 1 to 10 should that matter to you? 10 being the greatest concern.
6. How can you navigate the complex emotions and challenges that come with dating, while also maintaining healthy relationships with friends and family?

