

Discussion Guide

Choose one of the three quizzes/articles depending on the life situation of the client. Have the client complete the quiz and then use this guide to discuss questions related to the article. Be careful not to impose your answers on the client. Use this handout to help girls think about the decisions they are making, and if those decisions are going to give them the outcome they want. Remind her that good choices make for a good life.

25 ways to a relationship that rocks

Objective: To get the students thinking about what qualities they want in a relationship and what they think a healthy relationship looks like. *Note:* These qualities are also important to have in a healthy friendship.

- Do any of these descriptions NOT describe your relationship?
- Which areas do you need to work on?
- Would you date a guy who drinks alcohol or does drugs? Why or why not?
- Would you ever date a guy your friends and family didn't like? Why or why not?
- What does it mean to you to totally trust someone?

What's your limit?

Objective: To discuss boundaries. *Note:* Setting boundaries is one of the most important aspects to a relationship. Without them, even the strongest people give in. Setting boundaries is often what will save a girl from heart-break or unwanted pregnancy.

- Do you agree with your quiz results? Why or why not?
- Do you think boundaries are important to set in a relationship? Why or why not?
- At what point in the relationship do you think personal boundaries should be set?
- What are your boundaries for dating relationships?

Definition of boundary: Anything marking a limit or border.

Should you flush your crush?

Objective: To have teens consider if their boyfriend/crush is worth keeping. *Note:* It is important to be sensitive with the students when talking about dumping their bf. It may be hard for a student to admit they need to break up, and the subject will probably stir up some emotions.

- Do any of the top 10 resemble your bf or crush?
- Have you ever broken up with a guy because he did not treat you the way you deserve to be treated?

Should you flush your crush ... continued

- Have you ever ended a friendship because your friend didn't treat you well?
- What counts as "cheating"? (Just physical, or does flirting, excessive texting, pornography, etc. count?)

Exercise: *If it appears as if a teen is in a bad relationship, have her imagine that a friend is in her exact situation. How would she, as a friend, respond? What advice would she give her friend?*

Design time

Objective: To get teens to think about what qualities they want in someone they date. Often teens do not think about this, and then they end up in a bad relationship. Have the student think about what she really wants in a guy (other than cute looks). Discuss the answers.

Often how a guy treats others is a clue about how he is going to treat you.

- How does your crush treat his mom or sisters?
- How does he treat other girls?
- How does he treat female teachers at school?

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