

Talking Love & Dating

With Your Teen

10 QUESTIONS Every Parent Should Ask *Themselves* Before Talking to Their Teen About Dating & Sex

1 What emotions come up for me when I think about these conversations?

Fear, anxiety, embarrassment, excitement, grief, hope—name them honestly. Unchecked emotions can quietly steer the conversation.

2 How did my own experiences with dating, love, or sex shape me—for better or worse?

What baggage, wounds, or positive lessons might I unintentionally project onto my teen?

3 Am I more focused on controlling outcomes or on shepherding my teen's heart?

Ask yourself whether your goal is compliance or formation—and how that affects your tone.

4 What do I believe is God's design for love, relationships, and sex?

Can you articulate this clearly, winsomely, and with hope—not just rules or warnings?

5 How comfortable am I listening without immediately correcting or reacting?

Am I prepared to hear things that may surprise, worry, or challenge me?

6 What fears am I bringing into this conversation?

Fear of culture, fear of mistakes, fear of losing influence, fear of being too late—name them and surrender them.

7 Do I see my teen primarily as a problem to manage or a person to disciple?

How does this mindset change the way you ask questions and respond?

8 What messages about love and sex has my teen already absorbed from culture—and how aware am I of them?

Am I prepared to engage their world, not just lecture from mine?

9 How can I model humility, repentance, and grace if I don't have all the answers—or if I've made mistakes?

What would it look like to lead with authenticity instead of perfection?

10 Am I willing to make this an ongoing conversation rather than a one-time talk?

Do I see this as the beginning of a long journey of trust, dialogue, and discipleship?

Remember: You don't need to get everything right. Your teen doesn't need a flawless expert—they need a loving, present, and faithful guide. Start with your own heart, and let the conversation grow from there.