

Dear Teen:

You are making some of the wisest and best choices you can for your future right now. This piece of paper will walk you through vital decisions to protect your heart, body and future. You might want to set aside a few hours to work your way through this, or break it up into a question or two a day over several days.

Take a look at the things God has to say about relationships on the last page of this relationship contract. Write down, in your own words next to the verse what it means or what you learned or were reminded of as a relationship principle to remember. There are many verses so again, you might want to just do a few at a time over several days.

This is your document, your future, your voice and opinion that is to be recorded. Have fun protecting your own future! You are creating a path and plan to your own happiness now and in the future and a fulfilling intimate life when you marry. Best wishes!

Bill & Pam Farrel
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***Note to Parents or youth leaders: Hosting a Vital Relationships Night where teens hear the verses read by each other, and they do some of the exercises as a group (like what traits to look for in a mate or fun and safe date ideas) then give them some quiet time with background music playing and no talking to complete the more personal questions, this is a method that also works well to help teens work through the relationship contract. As parents, we always rewarded our teens with a dinner out of his/her choice as a reward for all the hard work of completing the contract and this also give you time to hear from the teen what he or she has decided and who they feel comfortable getting the contract. (We recommend the teen keep a copy, one is given to the parents, one to another adult (youth pastor, Bible study leader, aunt/uncle; and one to a peer who is strong and close friend to keep the teen accountable for his or her actions and behaviors.)*

Excerpt from *10 Best Decisions a Parent Can Make* by Bill & Pam Farrel (Harvest House) and *GOT TEENS?* by Pam Farrel and Jill Savage (HarvestHouse) This is for personal use only with your own teens. If you want to use it with a small group or a youth group, please contact: info@farrelcommunications.com, 800-810-4449 or www.farrelcommunications.com.

my relationship contract

Name: _____

What traits do I want in the person I would someday like to marry? You do marry whom you date! What qualities are “must have’s” to you? (List internal traits, not just outward appearance.). Are any of these important: Honesty? Integrity? Faith? Financial security? Empathy? A sense of humor?

Now: Look at the list again. **Are you those things?** Quality attracts quality. Any areas you want to work on this year?

How will I know if the person I would like to date has those traits? Below is a chart to use so you can discern if a person has the traits you are looking for. This chart will also help you identify “loser” traits or red flags early, which mean re-evaluate the relationship (Talk through issues or break up as God leads you).

Trait I want in a mate
(example: respects me)

Green Light
(How will I know they have it?)

Red Light
(How will I know they DON'T)

How will my parent know I am ready to date responsibly?

What things can I do in other areas of my life that will give them confidence to release me to spend time socially with those of the opposite sex?

Who is paying for my social life? (Allowance, a job, etc?)

How will you get to the date? (Walk, parents drive you, friends, older sibling, you drive?)

How will my parents feel about this plan of how I arrive at the date?

What kind of commitment will I extend to those I date? (What does it mean to “go together,” be a boyfriend/girlfriend?)

How will I make the parents of those I date feel their son or daughter is safe with me?

What kind of communication should I give parents of my date as our commitment grows?

Am I willing to abide by wishes of date’s parents?

What kinds of gifts will I accept and give and at what level of commitment? (Watch for dates or gifts that up the intimacy level too early in the relationship. Remember you have years to romance someone; don’t use all the tools in your first year! What gifts are less personal thus more emotionally safe to give earlier in a relationship? (Example: a CD is not as personal as an inscribed locket; a locket is not as personal as a piece of clothing for which you have to guess the size).

What are God’s physical standards for my relationships at what stage? Put a mark on this continuum with what sexual line you will draw at what level of commitment: marriage only, engagement, serious dating headed to marriage/courtship, casual relationships. Thessalonians 4:3 makes it clear sex outside of marriage is off limits by God’s standards, so if you want God’s best you will back the line up. But how far? Clue: move it back to where sexual temptation begins (for example at least back past all forms of foreplay—that is actually part of the sex act). Now, remember Matthew 5:8: “Blessed are the pure in heart.” Now move the mark back to where you can stay pure in heart, actions and thoughts toward the person you are dating.

Hold
Hands

Hugs

Kiss

Kisses

Make
Out

Petting

Foreplay

Oral sex
Intercourse

How and when will I communicate these standards and boundaries to those I date?

What are places that are “safer” to date? Active dates like bowling are safer than sit-around dates like watching a movie in the dark). List 10 active dating options:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

Things I will never do on a date:

What age do I feel is reasonable to date:

Group date (a bunch of friends together):

Double date:

Single date:

What is the purpose of single dating?

How much time will I spend with someone of the opposite sex? And how will I know if I am spending too much time with someone?

What are good guidelines for time spent together on the phone, instant messaging, etc?

How will I handle it if friends tease me for my standards?

Who are two people I can ask to hold me accountable for my standards? Choose leaders, mentors, best friends or family members who intimidate you a bit! Also, choose people who can observe your life: a roommate, a youth pastor or mentor, a sibling, or a friend in your social circle—someone who can see and observe your life. Tell them your dreams and desires in the area of relationships, and ask them to hold you accountable for your choices.

I will ask (and give a copy of this contract to):

1. _____

2. _____

What are the consequences if I break my own conscience? Will I set new higher boundaries? Will I change the places I go on dates? Will I ask for more accountability? Will I get counseling if I continue to violate my own conscience? If you continue to violate your own conscience or place yourself in unhealthy relationships or dangerous situations over and over again, it may signal a deeper issue or problem.

First offense: _____

Second offense: _____

Third offense: _____

(Note for our sons, we added in a section of questions on how they can protect their thought life and accountability there, too).

Signed: (Name) _____

Parents' name(s) _____

Date: _____

Read these verses and in your own words write what you think they mean and what relationship advice they give.

1 Tim 4:12

Jer 29:11

Ps 84:11b

1 Thes 4:3-6

Eph 4:29

Phil 4:8

1 Sam 16:7

1 Cor 6:19,20

1 Cor 15:33

Rom 13:12 b- 14

Eph 5:11

Eph 4:22-24

Gal 2:20

Ps 139:13,14

John 8:32

Gen 2:24

Rom 8:5

Gal 5:19-24

John 10:10

Rom 12:1

2 Cor 6:14

1 Cor 6:18

Matt 5:8