



HERITAGE | MILESTONES

Purity Checklist

It is wise to help an early teen establish clear boundaries BEFORE they face tempting or awkward situations. As soon as he or she begins taking an interest in the opposite sex spend time together walking through the following discussion checklist to create healthy expectations and goals.

THE PURPOSE OF DATING: Use the following statements to frame discussions with your teen about when they might be ready to consider dating.

WHAT DATING IS

- Spending time with the opposite sex to discover a future spouse.
- Building a friendship without the physical bonds reserved for marriage.
- A process intended for those approaching the age for engagement and/or marriage.

WHAT DATING IS NOT

- A time to kiss, touch, or other forms of intimacy before marriage.
- A status symbol among peers impressed by those with a boyfriend or girlfriend.
- A way to boost your own confidence through attention from the opposite sex.

MODESTY: Avoid causing temptation for others and demonstrate self-respect establish basic guidelines for dressing modestly such as...

- Fingertip length on girl's shorts and skirts.
- Girls practice sitting (watch the back of bottoms).
- Swimsuit (jump up and down and make sure everything stays in).
- Girl's tops must fully cover breast/cleavage even when bending forward.
- Girl's should wear a one piece swimsuit when swimming with boys.
- Make sure guy's pants stay at the waist.

ACCOUNTABILITY: In addition to mom and dad, encourage your teen to identify a close friend or two who shares the same values to help hold each other accountable to protect their purity.

DRAWING THE LINE: Coach your teen to decide now what he/she will and will not do in a relationship with the opposite sex. Discuss the following summary of the natural progression of physical intimacy. Decide together where to draw the line in order to protect purity and prevent a broken heart.

- Flirting
- Side hugs
- Frontal hugs
- Holding hands
- Arms around each other
- Cuddling
- Kissing
- French kissing
- Touching/caressing with clothes on
- Petting/groping under or without clothes
- Oral sex
- Sexual intercourse

DANGER ZONES: Create a list of strategies that will help them avoid potentially compromising situations including...

- Never be in a house with the opposite sex without parental supervision.
- Stay in family areas of the house. No going in bedrooms.
- Doors of the room you are in remain open.
- Come straight home after a date. No “parking.”
- Limit alone time to a set amount to give the relationship breaks.
- Date only a growing Christian.
- Only group date as friends until a designated age such as 16 or 17 years old.

EXIT PLAN: Create an easy way for your teen to flee a tempting or risky situation with the opposite sex. Discuss possible “code language” they might use when calling or texting for a ride home such as “I’m having a great time, but I don’t feel well.” This will alert you that they need to leave without embarrassing them in front of others.

GRACE: If your teen has already made mistakes such as viewing pornography or going too far with a boyfriend/girlfriend, read John 8 and ask God to help you model Jesus’ balance with the woman caught in adultery. You must clearly call the sin a sin so that your teen can receive grace through repentance. But offer hope by challenging him/her to start fresh and “go and sin no more.” Find an appropriate time to talk rather than react in the heat of discovering the sin. Coach them through the same steps to set new boundaries and accountability for the future. Offer grace and forgiveness, but also lead them in making a commitment from this point on to avoid further risk and harm to their purity.