**SETTING UP HEALTHY DATING BOUNDARIES**

* Refrain from talking about having (or not having) sex with significant other.
* Speak affirmations, “We are pure”, “We will wait”, “God will satisfy us”.
* Refrain from viewing or introducing sexual media to the relationship or to yourself (porn, movies with sexual content, tv programs, songs, magazines, events, parties).
* Refrain from drinking in general, but especially around significant other.
* Guard your hearts and minds at romantic events (ex. Weddings)
* Have a plan before meeting up. Idle hands are the devil’s tools.
* Think before speaking (What am I really saying? Is there a hidden motive or manipulation laced in my words?)
* Make sure actions show “I love you” before your words ever do.
* Refrain from laying on bed with significant other. Refrain from even going into the bedroom together when nobody is home.
* Refrain from seeing each other naked.
* Refrain from being present when other is changing clothes.
* Refrain from spooning. Nothing good comes of it; it is purely a physical action that imitates sex.
* Refrain from making out.
* Refrain from having emotionally charged/intimate conversations in vulnerable places.
* If love language is “physical touch”, don’t use it as an excuse to be physical.
* Take guard if you pray together. Praying is very intimate and can create a strong bond and emotionally charged situation. Praying also naturally lowers guards. Do not manipulate or take advantage of the situation.
* Have a high level of vulnerable transparency with people in your inner circle.
* Have people in your life that will ask you the tough questions.
* Live with roommates who have the same core values.

**SETTING UP HEALTHY DATING BOUNDARIES**

* Refrain from talking about having (or not having) sex with significant other.
* Speak affirmations, “We are pure”, “We will wait”, “God will satisfy us”.
* Refrain from viewing or introducing sexual media to the relationship or to yourself (porn, movies with sexual content, tv programs, songs, magazines, events, parties).
* Refrain from drinking in general, but especially around significant other.
* Guard your hearts and minds at romantic events (ex. Weddings)
* Have a plan before meeting up. Idle hands are the devil’s tools.
* Think before speaking (What am I really saying? Is there a hidden motive or manipulation laced in my words?)
* Make sure actions show “I love you” before your words ever do.
* Refrain from laying on bed with significant other. Refrain from even going into the bedroom together when nobody is home.
* Refrain from seeing each other naked.
* Refrain from being present when other is changing clothes.
* Refrain from spooning. Nothing good comes of it; it is purely a physical action that imitates sex.
* Refrain from making out.
* Refrain from having emotionally charged/intimate conversations in vulnerable places.
* If love language is “physical touch”, don’t use it as an excuse to be physical.
* Take guard if you pray together. Praying is very intimate and can create a strong bond and emotionally charged situation. Praying also naturally lowers guards. Do not manipulate or take advantage of the situation.
* Have a high level of vulnerable transparency with people in your inner circle.
* Have people in your life that will ask you the tough questions.
* Live with roommates who have the same core values.