



# HEALTHY RELATIONSHIPS INITIATIVE

## **Toolkit for Teens**

### **Conversation Starters #3: Commitment**

1. What is your view of your level of commitment to this relationship? (e.g. “Are we dating exclusively, or casually dating and getting to know other people with no exclusive commitment?”)
2. What challenges do you expect might impact your ability to commit to this relationship (if the relationship is a committed relationship)?
3. What does a committed relationship look like to you?
4. What did you learn about commitment in relationships growing up in your family?
5. What, if any, fears do you have about being in a committed relationship?