

## Youth Life

Growing from a child to an adult is one of the most exciting times of life. It includes increased freedom and exploration of new thoughts and actions. Meeting new people and gaining more freedom opens the door to the true diversity of the world. Every day, youth confront social and cultural expectations that challenge Bahá'í values. Sometimes, though, confronting these pressures can feel overwhelming and stressful rather than empowering and liberating.

## Bahá'í Faith

You are not alone in this exciting, challenging period of your life. Bahá'ís around the country are experiencing similar transitions, and many have already grown through this stage of life. The Illumine website shows how Bahá'í principles can assist with the transition to adulthood and shares the knowledge and experience from other Bahá'ís. The [illumine.org](http://illumine.org) website can help guide you through life's twists and turns.

1. Personal stories show how other Bahá'í youth grew through their teens.
2. Book and movie recommendations are entertaining and informative.
3. Resources provide ways to take action in your life.

[illumine.org](http://illumine.org)

## The Purpose of Dating

Dating is the process of discovering someone's character: their traits, their values, and their personality. Discovering someone's character does not have to be done one-on-one. You can often avoid the stress or anxiety of one-on-one dating by learning about someone in a group setting with friends or community members. In a group setting, you can more easily see how they treat others, which demonstrates how they might treat you in an eventual relationship. How someone behaves in a group reveals aspects of their character without you having to be the only focus. You can be more social and learn about many people at once in a group setting.

## Wants and Needs

A loving relationship is one of the most fulfilling parts of life. The best way to build that relationship is to seek traits that can form a solid foundation of trust—kindness, generosity, fairness, honesty. The Universal House of Justice points out that **“The sex act is merely one moment in a long process”** and implies that physical intimacy is an inadequate substitute for poor compatibility. Many books, movies, and TV shows depict loving relationships beginning with passionate, physical intimacy. These exaggerate the importance of sex in a relationship and minimize how important compatibility of character is to successful relationships.

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Youth Life +  
Bahá'í Faith



[illumine.org](http://illumine.org)

# Dating

Experiencing  
new emotions  
and desires

illumine.org

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The official Baha'i website is: [bahai.org](http://bahai.org).

“When the world becomes more spiritual there will not be such an exaggerated emphasis on sex, as there is today, and consequently it will be easier for young people to be chaste and control their passions.”

Shoghi Effendi