



## *The Dating Scene*

### Definitions:

Date-

Dating-

### The Basics:

- Participate in activities.
- Feel comfortable in some type of group activity.
- *Why?*
  1. We all want to live life with an array of choices. If we have friendships skills, we can choose whether or not to have a relationship with someone.
  2. Social communication & relatedness are predictors of success in the workplace.
  3. Connections with others are important for health and longevity.

### Plan opportunities:

- Think of what you would like to do if going out. Make a list of these possible things to do with another person. (The activities you like will make you look more confident.)
- From your list of activities, GO out and DO.
- Build many opportunities to connect with others. Finding a similar interest is only the first shared experience in building a relationship.
- Practice your social skills (conversation skills and hidden rules of situations)
- Plan & reciprocate invites.
- Key- you have to know what you like to do and find people who feel the same way... the next step is willingness to try other things.

### Relationships (friendships & dating) means:

- ❖ I know the person well
- ❖ I like the person and the person likes me
- ❖ We can disagree
- ❖ We share interests, while respecting other's different interests too
- ❖ Can confide in each other

## The actual date:

### + Plan

- Appearance
- Hygiene
- Manners
- How to get there
- Paying- start simple

+ Try- take the risk & ask. A *no* is not a disapproval of you as a person. Do go with the rule that after a person says *no* 3 times you are ready to move on.

### + Show you are interested

- Smile
- Ask about the person's interests & experiences
- Compliment sincerely
- Call back, phone/email etiquette

## Skills for close friendships & dating

- ♥ Most important LISTEN without jumping in with own experience or with quick fix.
- ♥ Closeness tolerates Silence; that awkward pause before respond becomes comfortable. It is OK to just be together.
- ♥ People who are close talk about feeling, life experiences, frustrations, worries, & plans.

## Myths

- ⇔ You can go out with someone even though you have never talked.
- ⇔ You can go out with someone even though you don't know his or her last name.
- ⇔ First romance should last forever.
- ⇔ I have to have a boyfriend/girlfriend to *fit in*.

## Stay Safe

- ⊕ Restrain your intensity
- ⊕ Be aware of peer pressure
- ⊕ Confide in a trusted adult