

# GETTING READY

## Lesson 1

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### Workbook Assignment

*What It's About*  
*Things To Know*

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### Overview

The purpose of this lesson is to encourage young people to begin thinking critically about the role of interpersonal relationships in their life. The exercises are designed to help adolescents clarify their expectations regarding appropriate behaviors in the early stages of dating. They will also become acquainted with typical situations that can cause difficulty throughout the dating process.

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### Objectives

- ◆ Participants will discuss the purpose of dating as a social practice.
  - ◆ Participants will examine their current level of knowledge about dating protocol.
  - ◆ Participants will consider possible options for handling a variety of dating situations.
  - ◆ Participant will analyze differences in dating expectations.
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### Vocabulary

awareness  
decisions

courtesies  
interrelationship

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### Key Concepts

- Successful dating requires knowledge of self and others.
  - Maturity is an important component of the dating process.
  - Personal expectations influence dating behaviors.
  - Planning ahead and practicing skills may reduce the likelihood of uncomfortable or embarrassing situations occurring while dating.
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period with class discussion on the answers they have provided.

- Assign from the workbook *Things To Know* for homework.

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## LECTURE NOTES:

Teenagers are growing physically, emotionally, cognitively and socially at different rates over a period of years. Adjusting to one's changing self is a developmental process that everyone experiences. While some young people are able to negotiate the teen years with relative ease, many adolescents do not. There is often a sense of insecurity and self-doubt about one's ability to meet new challenges and it is during the adolescent years that acceptance among peers takes on a new importance. Being connected to others is a way of increasing self-esteem and gives one a sense of belonging.

Adolescents typically begin to be interested in dating sometime during the years of 12-17. Factors that contribute to the actual age at which a young person begins to date will vary based on social activity, family or cultural expectations, and religious beliefs. One of the strongest influences on the onset of dating behaviors among adolescents is peer activity. There is more incentive to date if their circle of friends is dating.

Dating provides a way to connect with others in a significant way. Because adolescents are highly influenced by the behaviors of their friends, there may be outside pressure to begin dating before a young person feels truly comfortable with the process. Young people who have not thought through what actual skills are needed to go out with someone successfully can find themselves in potentially awkward situations that are embarrassing. Many young people make choices or engage in behaviors they later regret because they lacked the knowledge or confidence to choose otherwise at the time.

Successful dating requires two important elements: maturity and skill. Maturity is demonstrated by the ability to consider someone else's needs as well as one's own. It is best when adolescents have a clearly defined sense of self before trying to build a significant relationship with others. In order to feel more secure while on a date, one can benefit from learning basic dating courtesies that show respect for both partners. Clarifying personal expectations will help young people develop confidence in handling new situations and setting behavior goals. Going out with someone can be less problematic if one plans ahead and has an opportunity to practice skills that will be needed for developing successful long-term interpersonal relationships.

# WHAT IT'S ABOUT



Establishing friendships and dating relationships is an important part of being a young adult. It takes time and practice to develop the skills that allow you to feel comfortable in a group of people, or secure enough to spend time alone in a meaningful way with someone you like. This exercise is designed to help you define specific dating expectations.

## Setting Your Baseline:

	Yes	No
1. A person should date a good friend.	_____	_____
2. It's best to go out with a group of friends first.	_____	_____
3. It's OK to spend time alone in the house with someone you are dating when parents are not at home.	_____	_____
4. Going out with someone means that you spend most of your free time with him/her.	_____	_____
5. It's important for your friends to like the person you are dating.	_____	_____
6. You should continue seeing someone secretly even though his/her parents don't want you to or don't know about it.	_____	_____
7. It's OK to date someone who is much older than you.	_____	_____
8. If someone isn't dating it means there is probably something wrong with that person.	_____	_____
9. You should have a steady boyfriend/girlfriend in high school.	_____	_____
10. When someone is nice to another person it means he/she likes that person.	_____	_____
11. Dating costs a lot of money.	_____	_____
12. Quiet or shy people are boring.	_____	_____
13. Dating someone means being physically intimate with him/her.	_____	_____
14. A person should act or dress in a certain way to be noticed by someone he/she hopes to attract.	_____	_____
15. You can assume a lot about another person based on his/her reputation.	_____	_____

16. Spending money on someone on a date means that person owes you something. \_\_\_\_\_
17. Going to parties is a good way to meet people. \_\_\_\_\_
18. Having fun on a date should include using alcohol/drugs. \_\_\_\_\_
19. The role of your dating partner is to make you happy. \_\_\_\_\_
20. One of the dating partners should control the relationship. \_\_\_\_\_

**Clarify Your Thinking:**

1. How old should someone be in order to start seriously dating? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

2. What do you need to know about someone before you go out with him/her?  
\_\_\_\_\_  
\_\_\_\_\_

What should he/she know about you? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

3. Should parents know where you are and whom you are with? Why or why not?  
\_\_\_\_\_  
\_\_\_\_\_

4. Would you feel safe being alone with the person you are interested in dating?  
\_\_\_\_\_  
\_\_\_\_\_

# THINGS TO KNOW

How well a single date or dating relationship goes can depend on your knowledge of basic manners and how to properly treat the other person. This lesson will help you determine your understanding of dating etiquette. You will decide what courtesies are important to use when you are on a date.

## How would you handle:

1. Meeting your date's parent(s) for the first time? \_\_\_\_\_  
\_\_\_\_\_
2. Giving your date a compliment? \_\_\_\_\_  
\_\_\_\_\_
3. Receiving a compliment? \_\_\_\_\_  
\_\_\_\_\_
4. If you are not on time? \_\_\_\_\_  
\_\_\_\_\_
5. When you have to cancel a date at the last minute? \_\_\_\_\_  
\_\_\_\_\_
6. Your date isn't paying attention to you? \_\_\_\_\_  
\_\_\_\_\_
7. The person you are with gets upset and leaves without you? \_\_\_\_\_  
\_\_\_\_\_
8. Your date is very self-centered? \_\_\_\_\_  
\_\_\_\_\_
9. Being stood-up? \_\_\_\_\_  
\_\_\_\_\_
10. When your date is embarrassing you in front of other people? \_\_\_\_\_  
\_\_\_\_\_

**What do you Think?**

**Guys**

**Girls**

**Both**

- |   |                          |                          |                          |
|---|--------------------------|--------------------------|--------------------------|
| 1. Who should open a door for whom?   | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 2. Who should ask out whom?   | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 3. Who orders the food in a restaurant?   | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 4. Who pays the expenses for the date?  | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 5. Who drives the car?  | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 6. Who plans what to do on the date?  | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 7. When walking on the sidewalk with a date who should walk on the street side? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 8. Whose responsibility is it to get home on time?                              | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |



**Discussion:**

1. How far ahead should you ask someone out for an important event?
2. How late in the evening may you call someone at his/her home?
3. How soon should you ask the person to go out again if the first date went well?
4. Should you let your date win at something even if you are better skilled?
5. Does your date's way of dressing influence your expectations about the date?
6. Should the date be walked to the door when being brought home after the date?
7. Should you ask (be asked) before kissing your date for the first time?
8. Should you discuss former boyfriends/girlfriends when on a date with another person?
9. Should you tell your date if he/she has bad breath or body odor?
10. Should you cancel a date if you change your mind about going out with the person?