

GETTING READY

Lesson 2

Workbook *What Should I Say?*

Overview This lesson will help participants gain insights into the dating process. Participants will create and role-play fictitious characters in typical dating situations. The exercises emphasize the importance of good communication skills and showing respect for others while making personal choices.

Objectives

- ◆ Participants will understand that dating may involve awkward situations.
- ◆ Participants will practice asking, accepting or declining invitations to date.
- ◆ Participants will discuss the importance of communicating in ways that show mutual respect.

Vocabulary

communication	respect
confidence	readiness

Key Concepts

- Initiating a dating relationship can be uncomfortable for both partners.
- Practicing an awkward situation can help build confidence to handle it.
- Communication is a key component of any relationship.
- It is important to think about another person's feelings as well as one's own.

Preparation for Lesson Instructor will need:

- Worksheet *What Should I Say?*
- Class participants divided into mixed gender groups of 4 members.

LECTURE NOTES:

Dating often begins between friends. In early adolescence, young people usually spend time together as members of the same group. Becoming acquainted in this way initially is less threatening than one-on-one dating, but still allows teenagers the opportunity for social interaction. Asking a specific friend to go out for either a casual or special event often changes the dynamic of a relationship. Being alone together may prove to be highly uncomfortable. This is especially true for teenagers who are self-conscious and lack confidence in their social skills.

Many adolescents feel insecure about their ability to effectively communicate in a dating situation. Even between friends, conversation may be strained when spending time together without the rest of the group. It is even more stressful when one meets or dates someone he/she doesn't know well. These situations are challenging and uncomfortable until one builds a base of positive experiences and increased self-assurance. Learning how to communicate thoughts and feelings effectively is an important part of developing successful interpersonal relationships.

Simulating a common dating situation encourages individuals to perceive themselves in a variety of roles. Having the opportunity to think about and make decisions regarding dating behaviors provides an experiential base to draw from for future situations. Confidence in one's abilities is increased when a situation is handled well. Role-play also helps to raise awareness of one's level of understanding and can indicate areas for further growth.

Dating should be a time for fun. When two people feel relaxed with one another, they have more time and ability to concentrate on having a good time together. Individuals who have a realistic perception of their own identity are also more interested in and tolerant of others. Feeling good about one's self will be reflected in a number of positive ways throughout the dating process. Adolescents who feel secure are less vulnerable to pressures from the outside and have less need to try to prove something to another person. They also tend to demonstrate increased maturity by being more willing to wait for personal gratification.

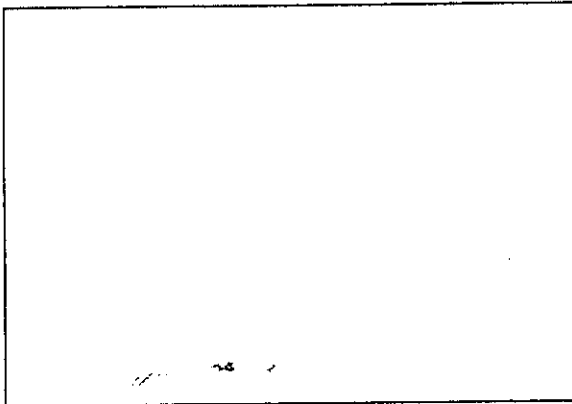
WHAT SHOULD I SAY?

Asking another person to go out with you can be an uncomfortable feeling. This is especially true if you don't know each other well. It takes practice to ask, accept or decline an invitation in a way that maintains respect for the other person. To avoid hurt feelings on both sides, it is a good idea to have a plan in mind for the best way to approach the situation.

INSTRUCTIONS:

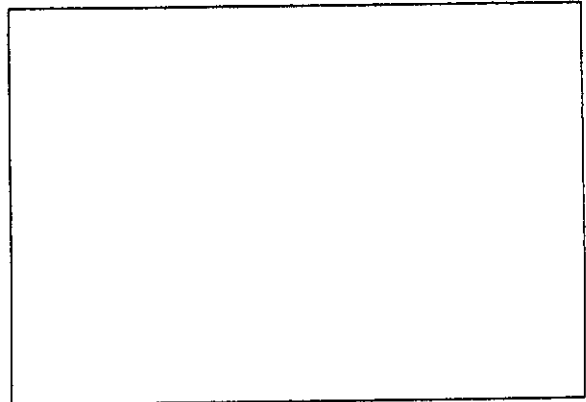
Identify four different character types that you would say are typical of people in your age group. Be creative and make up a name for each of the individuals you are describing. List behaviors that these imaginary people might demonstrate at school or in a group. Two of the characters should be male and two should be female. Have fun!

Name: _____



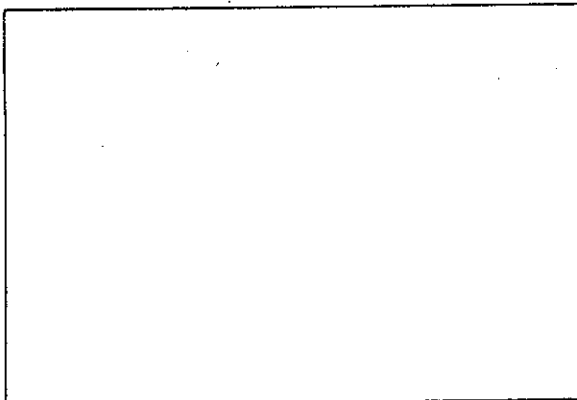
Behaviors

Name: _____



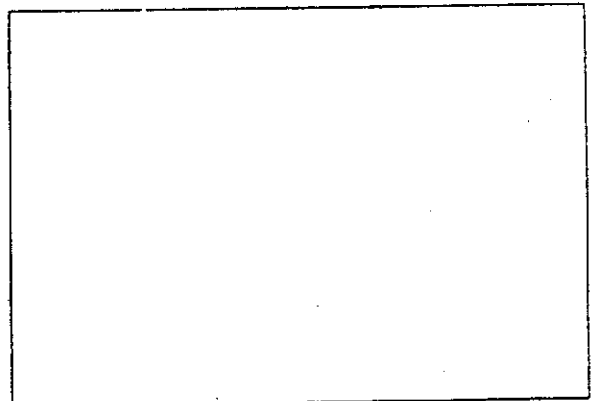
Behaviors

Name: _____



Behaviors

Name: _____



Behaviors

