

---

**Workbook  
Assignment**

*What's the Rush?*

---

**Overview**

The most stable and meaningful relationships are between individuals who know each other well. People learn about one another across situations over a period of time. Four important areas of knowing are: socially, emotionally, cognitively and physically. This lesson will help young people clarify expectations and help them determine acceptable dating behaviors.

---

**Objectives**

- ◆ Participants will discuss the importance of developing relationships over time.
  - ◆ Participants will identify behaviors that are part of successful dating.
  - ◆ Participants will determine their personal dating expectations.
- 

**Vocabulary**

expectations  
peer pressure

behaviors  
dimensions

---

**Key Concepts**

- Good relationships develop along several dimensions at a time.
  - Relationships that move too quickly do not have a solid foundation for understanding.
  - Important areas of awareness are social, emotional, cognitive and physical.
  - Dating expectations should be determined and discussed, not assumed.
- 

**Preparation for  
Lesson**

Instructor will need:

- Worksheet *What's the Rush?*
  - "This is Me" handout
  - clothespins
  - Overhead transparency **Ways of Knowing**
-

- Assign the workbook page *What's The Kus.* introduction at the top of the page. Discuss the Myths and Guidelines for dating. The lesson can be given as homework or completed during the rest of the session.
- 

## LECTURE NOTES:

In the beginning stages of dating it is not uncommon for individuals to feel pressured to move their relationship too quickly toward physical intimacy before the relationship has truly had time to develop naturally in additional areas. Adolescent relationships are often driven by feelings of attraction or personal need. It is important to help them understand that the best relationships are those that develop over time and allow the individuals to get to know one another in a variety of situations.

Four important areas of knowing another person are: how does this person act around other people including family and strangers (social), how does this person demonstrate emotional balance and control (emotional), what are a person's attitudes and belief systems, (cognitive), and how does this person show affection and caring, (physical). Relationships that are built on true knowledge of the other person have the best chance of surviving.

Developing an emotional bond with another person requires trust that develops over time. Trust between dating partners is the basis for self-disclosure, the process of allowing others to see more of one's inner person. Self-disclosure always involves the element of risk. One or both partner may be disappointed or lose interest if they do not like what is revealed. Or, the partners may discover that they are not able to self-disclose at the same level. When this happens, barriers begin to develop between partners. One partner may feel left out or betrayed when the other partner is unwilling to self-disclose in the same way.

When people have things in common, a dating relationship has a stronger base from the beginning. Getting to know someone in a group setting, before going out with them may reveal much about their personality, interests and habits. Attraction alone between two people is not enough to hold a relationship together. Unfortunately, it is true that sometimes opposites attract, but they also have less in common and more to disagree about.

It is also important for adolescents to recognize the value of clarifying their own expectations regarding dating before they enter into a relationship with another person. It is difficult to make good decisions or set behavioral goals while trying to deal with new experiences as they are occurring. Establishing and maintaining personal standards can eliminate unwanted situations or feelings of regret at a later time.

# WHAT'S THE RUSH?

First impressions are not always accurate. The best and most lasting relationships are those that develop over time with people you truly care about. In order for you to fully appreciate another person's qualities, you must learn about that person in different areas of his/her personality. Get to know a person well before important decisions are made regarding your commitment to any type of relationship with him/her.

## MYTHS:

1. People just *fall* in love.
2. You will be able to change another person's behavior if you work at it long enough.
3. Physical intimacy means that someone truly cares about you.
4. There won't be anyone else for you if the relationship breaks up.

## GUIDELINES:

1. Let the relationship develop in its own time.
2. Don't feel pressured to move the relationship to a different level until you are ready.
3. Don't allow yourself to be talked into behaviors that are uncomfortable for you.
4. Spend time with the other person first as part of a group.
5. Know what your expectations are for the relationship and talk honestly about them together before moving forward.

## QUESTIONS FOR DISCUSSION:

1. What personality characteristics do you look for when choosing someone to date?  
\_\_\_\_\_  
\_\_\_\_\_
2. How long should you know someone before going out with him/her? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
3. What situations will tell you the most about the person you are thinking about dating?  
\_\_\_\_\_  
\_\_\_\_\_

4. Should you go out with someone who has obvious anger or conflict issues? Why or why not? \_\_\_\_\_  
\_\_\_\_\_

5. When is a good time to discuss expectations regarding sexual behavior with the other person? \_\_\_\_\_

6. How should a relationship progress in order to make you feel more comfortable?  
\_\_\_\_\_

7. Even though you may be physically attracted to another person, why would it be beneficial to wait rather than act on those feelings?

Beneficial for you: \_\_\_\_\_

Beneficial for him/her: \_\_\_\_\_

8. How would you like to be treated when on a date? \_\_\_\_\_  
\_\_\_\_\_

9. What would you do on a date to treat your partner well? \_\_\_\_\_  
\_\_\_\_\_

10. Why would it be a good idea for someone else to know where you are going while on a date? \_\_\_\_\_  
\_\_\_\_\_

11. How would you handle the situation if the person you were with started to pressure you into unwanted behaviors or made you feel unsafe? \_\_\_\_\_  
\_\_\_\_\_

What would you say? \_\_\_\_\_  
\_\_\_\_\_

What would you do? \_\_\_\_\_  
\_\_\_\_\_

12. Is it ever OK to force someone to do something he/she doesn't want to do when he/she is with you? \_\_\_\_\_

**This is ME...**