

## Dating Lecture Notes:

### Rules about Dating:

- Age – how old?
- Who – age, religion, etc...
- When – weekends only
- Where – public, places, no parties, etc...
- How often – 2x week, weekend days
- How many – double date, single
- Curfew – time limits
- Meet parents – before 1<sup>st</sup> date
- \_\_\_\_\_ – drugs, alcohol, sex
- Emergency contact – cell phone, call if plans change

### Responsibilities of Dating:

- \_\_\_\_\_.
- The physical and emotional safety of your date
- Honest and open communication
- Establish guidelines for sexual behavior.
- Obey the law.
- Be true to yourself and your values.

### Developing a Meaningful Relationship:

- Be that person's friend first. Friendship is a key ingredient in a mature relationship.
- Put off sex. \_\_\_\_\_ what the person thinks and feels.
- Be assertive about what you want and what you don't. Be honest.
- Share a variety of experiences.
- Find your own interests. You don't have to do or like all the same things.
- Spend time nurturing your other friendships.
- Respect each other. Support each other in front of your friends.
- Spend time with each other's families.

### 10 Harmful Profiles:

- |                  |                  |
|------------------|------------------|
| • People pleaser | *Enabler         |
| • Clinger        | *Liar            |
| • Fixer          | *Promise Breaker |
| • Distancer      | *Abuser          |
| • Controller     | * Self-Centered  |

- **Avoiding Abuse:**

- Any physical assault against you
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- Bossiness or failure to respect your opinions
- Verbal putdowns, insults, or disrespectful behavior
- Quick temper or angry outbursts
- History of fighting or violence
- Abuse of alcohol or drugs
- Pressure to have sex or forcefulness that scares you
- Readiness to blame you for any mistreatment
- Failure to accept responsibility for past bad relationships
- Belief that one gender should be in control
- Conduct or attitudes that worry your family and friends