



# Dating Rights & Rules

As a date, you have the **RIGHT** to:

1. Be yourself!

You are a unique person and can make decisions for YOU!. You have **a special personality and don't** need to be or act like anyone else. NOBODY has the right to pressure you to do something or become **someone you don't want to be** just to please them. If someone **doesn't like you for what you are,** let them date someone else. **They aren't worth your time!**

As a date, you have the **RIGHT** to:

2. An enjoyable and safe date!

Be sure you understand what the activities are for the evening. If you feel uncomfortable about **them, you don't have to go. It's easier to say "NO" up front than to try and get out of the activity later.**

As a date, you have the **RIGHT** to:

3. Have your values respected!

The values you have established in your life are important to you. Others may have different values, **but they don't have the right to** make you change your values or lower your standards. Only you have that power.

As a date, you have the **RIGHT** to:

4. Care for and protect  
your body!

Protect your body from substances, dangerous activities or sexual advances.

As a date, you have the **RIGHT** to:

5. Establish and protect your reputation!

You have the right to act in a way that makes you proud of your actions-not ashamed of them. You have the right to **refuse "cheap" experiences that** degrade you or would lower your self-esteem.

As a date, you have the **RIGHT** to:

6. Be free from guilt and fear!

You can be free from the fear of pregnancy, free from the fear of **AIDS and other STD's**, free from guilt and regret by simply saying **"NO" to activities that** compromise your values.

As a date, you have the **RIGHT** to:

## 7. Say "NO"!

It isn't easy to say no to your friends when they are planning an activity that is risky or even illegal, especially if they threaten you. **Saying "NO" will help you** gain confidence and also keep you out of situations where you might compromise your values and goals.

# Why Set Dating RULES?

1. They help you be responsible when dating.
2. They help you make decisions BEFORE a situation arises so you will not compromise your values and goals.
3. They help you feel confident about yourself.
4. They keep you safe!

# Messages of Intuition

## The "Sixth" Sense

- ◉ Nagging Feelings
- ◉ Persistent Thoughts
- ◉ Dark Humor
- ◉ Hunches
- ◉ Gut-Feelings
- ◉ Hesitation
- ◉ Suspicion
- ◉ Doubt
- ◉ Fear

# Setting Dating Rules:

Write 5 PERSONAL dating rules that will help keep you safe and happy when dating.  
(Try to be specific.)

Examples might include:

- Always be home at curfew.
- Date someone close to my own age.
- Never be alone in a bedroom with **someone I'm attracted to.**