

Unit 5

Dating Relationships



Standards and Objectives

Unit 5: Dating Relationships

Performance Objective #7

Actively participate in an experience involving the practice of appropriate social interactions in the family, career and/or community setting.

STANDARD 4

Students will understand the importance and impact of healthy opposite gender relationships in families, careers and communities.

Objective 1: Discuss how dating relationships begin and develop.

- a. Identify and understand the progression/ avenues of adolescent attractions. Explore the ways relationships begin, develop and grow.
- b. Discuss advantages of group socialization rather than paired dating at an early age.
- c. Discuss the problems and consequences of early pairing.
- d. Discuss appropriate ways to end a relationship and how to deal with a relationship that has ended.
- e. Define and discuss dating violence and how to report and/or deal with those situations appropriately.

Objective 2: Discuss reasons and motives for dating.

- a. Explain the difference between infatuation and love.
- b. Identify desirable dating qualities.
- c. Analyze personal rights that apply to dating (The right to: be yourself, an enjoyable safe date, have your values respected, care for and protect your body, establish and protect your reputation, be free from guilt and fear, say no).
- d. Define sexual harassment and develop assertive behavior skills as a means of protection from sexual harassment and abusive situations.

Objective 3: Analyze the importance of appropriate social interactions in relation to families, careers and communities.

Fairy Tales

Directions: Provide the names of the following characters from the popular fairy tales listed below. Then, answer the questions at the bottom of the page.

	<u>Fairy Tale</u>	<u>Hero</u>	<u>Leading Lady</u>	<u>Villain</u>
1.	Cinderella			
2.	Snow White			
3.	Rapunzel			
4.	Beauty and the Beast			
5.	Little Mermaid			
6.	Aladdin			
7.	Sleeping Beauty			
8.	Peter Pan			

9. List 8 ways the *FEMALE* characters are stereotyped:

- | | |
|----|----|
| 1. | 5. |
| 2. | 6. |
| 3. | 7. |
| 4. | 8. |

10. List 8 ways the *MALE* characters are stereotyped?

- | | |
|----|----|
| 1. | 5. |
| 2. | 6. |
| 3. | 7. |
| 4. | 8. |

11. What are some more modern “Fairy Tales” that are challenging the traditional stereotype?

Teen Relationships and Attractions

Avenues of Adolescent Attraction

	Conversations during classes or in the hall, glances, smiles.
	Sharing common activities or friends, writing notes, friendly “shoves” or pushes common work places or community groups
	Silly calls/texts or calls for information about a school project or another friend, occasional “prank” calls
	Sharing gossip, hugging, working on school activities or projects, going to the movies, malls or to another person’s house to watch movies or eat.
	Groups of 3 or more girls and 3 or more guys meeting for specific activities-movies, dinner, sports, etc. – Pairing off does not occur; group members are simply friends.
	2 girls and 2 guys who have paired off go together for an activity of any kind. A romantic attraction is usually involved.
	1 girl and 1 guy who have paired off go together for an activity of any kind. The couple know each other well and want to spend time alone.

Purposes of Dating

- _____: to develop appropriate social skills; to practice getting along with others in a different setting.
- _____: to have fun and enjoy the companionship of others; to try new and different activities.
- _____: to get to know others and compare their personalities and characteristics.

When is the Right Time to Start Dating?

- When _____ feel socially ready, not just because “everyone else is doing it.”
- Not everyone is _____ at the same time.
- The younger you start dating, the _____ you move through the avenues toward pairing off.

Group Dating vs. Pairing Off

<u>Group Dating</u>	<u>Pairing Off</u>
• _____ in numbers	• Relationships _____ more rapidly
• Relaxed _____	• More _____ to entertain partner
• Meet new _____	• Might be _____ getting to know them
• Easier to _____	• More _____
• _____ opportunity for early physical intimacy	• _____ opportunity for early physical intimacy

So How Do We Really Get a Date?

- First, decide WHO you want to date. What type of person? What characteristics are you looking for?
- List 10 characteristics of a “dateable” person. (Ex: has a plan, on time, attractive, sense of humor, etc.)

- _____
- _____
- _____
- _____
- _____

- _____
- _____
- _____
- _____
- _____

The Five Love Languages Test

By Dr. Gary Chapman

Read each pair of statements and circle the one that best describes you.

1. A. I like to receive notes of affirmation from you.
E. I like it when you hug me.
2. B. I like to spend one-on-one time with you.
D. I feel loved when you give me practical help.
3. C. I like it when you give me gifts.
B. I like taking long walks with you.
4. D. I feel loved when you do things to help me.
E. I feel loved when you hug or touch me.
5. E. I feel loved when you hold me in your arms.
C. I feel loved when I receive a gift from you.
6. B. I like to go places with you.
E. I like to hold hands with you.
7. A. I feel loved when you acknowledge me.
C. Visible symbols of love (gifts) are very important to me.
8. E. I like to sit close to you.
A. I like it when you tell me that I am attractive.
9. B. I like to spend time with you.
C. I like to receive little gifts from you.
10. D. I know you love me when you help me.
A. Your words of acceptance are important to me.
11. B. I like to be together when we do things.
A. I like the kind words you say to me.
12. E. I feel whole when we hug.
D. What you do affects me more than what you say.
13. A. I value your praise and try to avoid your criticism.
C. Several inexpensive gifts mean more to me than one large expensive gift.
14. E. I feel closer to you when you touch me.
B. I feel close when we are talking or doing something together.
15. A. I like you to compliment my achievements.
D. I know you love me when you do things for me that you don't enjoy doing.

CONTINUE ON NEXT PAGE

16. E. I like for you to touch me when you walk by.
B. I like when you listen to me sympathetically.
17. C. I really enjoy receiving gifts from you.
D. I feel loved when you help me with my home projects.
18. A. I like when you compliment my appearance.
B. I feel loved when you take the time to understand my feelings.
19. E. I feel secure when you are touching me.
D. Your acts of service make me feel loved.
20. D. I appreciate the many things you do for me.
C. I like receiving gifts that you make.
21. B. I really enjoy the feeling I get when you give me your undivided attention.
D. I really enjoy the feeling I get when you do some act of service for me.
22. C. I feel loved when you celebrate my birthday with a gift.
A. I feel loved when you celebrate my birthday with meaningful words (written or spoken.)
23. D. I feel loved when you help me out with my chores.
C. I know you are thinking of me when you give me a gift.
24. C. I appreciate it when you remember special days with a gift.
B. I appreciate it when you listen patiently and don't interrupt me.
25. B. I enjoy extended trips with you.
D. I like to know that you are concerned enough to help me with my daily task.
26. E. Kissing me unexpectedly makes me feel loved.
C. Giving me a gift for no occasion makes me feel loved.
27. A. I like to be told that you appreciate me.
B. I like for you to look at me when we are talking.
28. C. Your gifts are always special to me.
E. I feel loved when you kiss me.
29. A. I feel loved when you tell me how much you appreciate me.
D. I feel loved when you enthusiastically do a task I have requested.
30. E. I need to be hugged by you every day.
A. I need your words of affirmation daily.

Add Total Number of Answers Here:

A. ____ Words of Affirmation B. ____ Quality Time C. ____ Receiving Gifts D. ____ Acts of Service E. ____ Physical Touch

Love vs. Infatuation

<u>Love</u>	<u>Infatuation</u>
• Grows _____	• Happens _____
• Long _____	• Short lived and _____ quickly
• Love the _____ person (inside and out, even the flaws)	• Focused mainly on _____ appearances
• Want the other person to _____	• Become _____ of partner
• Willing to _____	• _____ leading to many arguments
• _____ and commitment	• Insecurity and _____ about relationship
• Ability and desire to _____ for physical intimacy	• _____ into sex and marriage before ready

Types of Love

	Love typical of friendships
	“Puppy Love”, full of emotion
	A rational and realistic view of love
	A non-sexual relationship between people of opposite genders, sharing of common intellectual and spiritual feelings
	A self-centered view of love, personal needs and wants are the MOST important
	Crazy, possessive and jealous
	A physical and intimate expression of love
	Selfless love or concern for others, their needs and wants are the most important

Love vs. Infatuation Music Activity

Can you tell the difference between Love and Infatuation?

Listen to the following popular songs and find out!

Directions: Write down the TITLE and several KEY LYRICS from the song that show you if it is talking about Love or Infatuation. Then, be ready to discuss your view as a class.

Song 1: Title: _____

Key Lyrics: _____

Love or Infatuation? (Circle One)

Song 2: Title: _____

Key Lyrics: _____

Love or Infatuation? (Circle One)

Song 3: Title: _____

Key Lyrics: _____

Love or Infatuation (Circle One)

Song 4: Title: _____

Key Lyrics: _____

Love or Infatuation? (Circle One)

Song 5: Title: _____

Key Lyrics: _____

Love or Infatuation? (Circle One)

Song 6: Title: _____

Key Lyrics: _____

Love or Infatuation? (Circle One)

Song 7: Title: _____

Key Lyrics: _____

Love or Infatuation? (Circle One)

Song 8: Title: _____

Key Lyrics: _____

Love or Infatuation? (Circle One)

Dating Rights and Rules

As a date, you have the RIGHT to:

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

Why set Dating Rules?

- They help you be _____ when dating.
- They help you make _____ BEFORE a situation arises so you will not compromise your values and goals.
- They help you feel _____ about yourself.
- They keep you _____!

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.)
 - _____
 - _____
 - _____
 - _____
 - _____

Social Interactions

Appropriate Social Behavior for Families, Careers and Communities

Good Manners and Appropriate Social Skills

- Using good manners and appropriate social skills shows _____ for the people and places around you.
- Allows for _____ with fewer misunderstandings.
- People will remember you by your _____, whether good or bad.

Why Social Skills?

- Those who don't learn appropriate social skills at an early age might:
 - Have problems with _____.
 - Have difficulty with _____.
 - Have difficulty _____ emotions.
 - Not be easily accepted by _____.
 - Have problems getting _____ with others.

Basic Social Skills (Simple Manners)

- Be polite
- Say "Please" and "Thank You"
- Make eye contact when talking
- Hold the door for others
- Turn your phone off when appropriate
- Keep conversations polite and appropriate
- Be punctual (on time)
- Use appropriate language

Important Skills for School Success

- Manage time wisely and productively
- Create good study habits
- Set attainable goals often
- Concentrate and ask questions
- Learn how to be a good note-taker
- Complete assignments/turn them in on time
- Get organized
- Be motivated to learn
- Work hard (no excuses!)
- Do your best and be committed

Important Skills for Employability

- Communication skills
- Teamwork
- Critical thinking
- Initiative / self-motivation
- Productive and positive attitude
- Leadership skills
- Adaptability
- Time management
- Integrity / honesty
- Dependability
- Interpersonal skills ("people skills")

Other "Lost" Skills

- Appropriate Phone Use
- Thank You Notes
- Meal Time Manners / Dining Etiquette
- Tipping

Breaking Up

Stages of Loss After a Break-Up

- _____
- _____
- _____
- _____
- _____

• It is okay to be mad, but it is _____ okay to let your anger get out of control. Find positive ways to deal with your anger and move on.

How to Break-Up with Someone the Right Way

- _____
- _____
- _____
- _____
- _____

How to Deal with Being Dumped

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

No One Would Tell

Video Questions

1. What were the first warning signs that Stacy's and Bobby's relationship was not a healthy one?
2. Why do you think that Stacy stayed with Bobby and kept going back to him even after he started becoming violent?
3. What would you tell Stacy if she were your friend?
4. What would you tell Bobby if he were your friend?
5. What should you do if you, a friend or family member are in a violent relationship?

Dating Violence

Warning Signs of Unhealthy Relationships

Sexual Harassment

- Any _____ or communication of a sexual nature that negatively affect a person's relationships, employment opportunities or environment.
- Harassment may be _____ or _____.

How to Deal with Sexual Harassment

- Let the person know that you are _____ with their behavior. Tell them to _____. Be _____.
- _____ someone you trust: parent, relative, coach, teacher, counselor, etc.
- Keep a _____ of the harassment to show what's been happening.
- If you see or suspect something, _____ something!

Types of Abuse

- _____: can begin with threats of violence, punching fist through wall, escalates to pushing, slapping, restraining, etc. Finally, it can become life threatening.
- _____: any non-consensual, forced sexual behavior. It may escalate to rape or sexual assault.
- _____: Mental violence that can include constant verbal threats and abuse, harassment, excessive possessiveness, isolating abused person from others, damage of personal property, intimidation, etc.

Dating Violence

- A pattern of behavior to establish _____ and _____ over another person through fear and intimidation – often including the threat or use of _____.
- It occurs when one person believes they are _____ to control another person and those involved are in an intimate or _____ relationship.

Relationship Red Flags: Warning Signs of a Partner Who Is or May Become Violent

- Wants to get _____ quickly
- Will not take NO for an _____
- Is _____ jealous and possessive
- Wants to choose their partners _____ and activities
- Is _____ and bossy (makes all the decisions)
- Puts partner _____ when alone and in front of others
- Makes partner feel _____ – “If you really loved me you would...”
- _____ the victim for behavior – “It's your fault I get so angry.” But, then apologies – “I'll never do it again, I promise.”
- Has strong ideas about _____ roles.

Why Teens Stay in Abusive Relationships

- Embarrassed or ashamed
- Afraid violence will escalate if they try to end the relationship
- Convinced it's their fault
- No experience with healthy dating relationships
- Confuse jealousy with love
- Ignore reality – don't know they're being abused
- Afraid friends and family won't believe them
- Feel like there is no one they can turn to for support
- Mix of "good times" and hope that partner will change
- Believe that being involved with someone is the MOST important thing in their life – better to be with someone than to be alone

What Should You Do?

- If you or someone you know is in an abusive or unhealthy relationship
_____!