

Funnels, Decision Making, & How to Say NO--During Dating!

Sexual activity at your age is a big gamble, and once you get involved in it you have a lot more to lose than you do to gain.

DEFINITIONS

- ▶ *Making Out*

- ▶ Heavy kissing and close physical contact.

- ▶ *Petting*

- ▶ Exploring each other's bodies up to but not including intercourse.

- ▶ *Intercourse*

- ▶ The penetration of the penis into the vagina.



DEFINITIONS

▶ *Dating*

- ▶ Casually dating a person—can be “just friends”
- ▶ Most often still dating other people

▶ *Exclusive Dating (Going steady)*

- ▶ A progression of a relationship to the point that the couples decided to only date each other

▶ *Engagement*

- ▶ Dating one person only with the agreement that you will marry—this agreement is usually accompanied by some token such as a ring



COMMITMENT FUNNEL



In the funnel of commitment, most of us want to belong to someone and have someone belong to us. If not now, then in the future. The excitement and thrill of the relationship moves us further and further into the funnel.



COMMITMENT FUNNEL



In the funnel of intimacy, the body has many signals that urge us to go on from step to step. Only the brain signals lets stop. Nerves in the mouth and tongue during a simple kiss, get us thinking more about intimacy. Normal embracing during kissing touches nerves that get us thinking about more. Each step urges you on to the next step.



Funnel Comparison Generalities

- ▶ The speed down each funnel varies; it can take years, or it can happen in one *night*.
- ▶ **Girls**
 - ▶ More interested in pushing down the *commitment* funnel.
- ▶ **Guys**
 - ▶ More interested in pushing down the *sexual intimacy* funnel.



Funnel Comparison Generalities

- ▶ Girls and guys will use one funnel to bargain for the other.
- ▶ Girls give sex to get *love* and Guys give love to get sex!!
 - ▶ How might that backfire for girls?
 - ▶ How might that backfire for guys?



Funnel Comparison Generalities

- ▶ The earlier in *age* one enters the funnel, the longer one is faced with the problem of fighting gravity down the funnel.
- ▶ The *more you date* one person, the slipperier the funnel becomes.
- ▶ Going down the intimacy funnel gives girls a different reputation than guys.



Funnel Comparison Generalities

- ▶ It is easier to break off a relationship than it is to go back up the funnel.
 - ▶ A relationship is usually broken up when couples disagree on continuing down the funnel.
 - ▶ It is difficult (almost impossible) to go back up a funnel.
 - ▶ If you want to go to the top of the funnel, you will have to break off the relationship and find someone else to date.



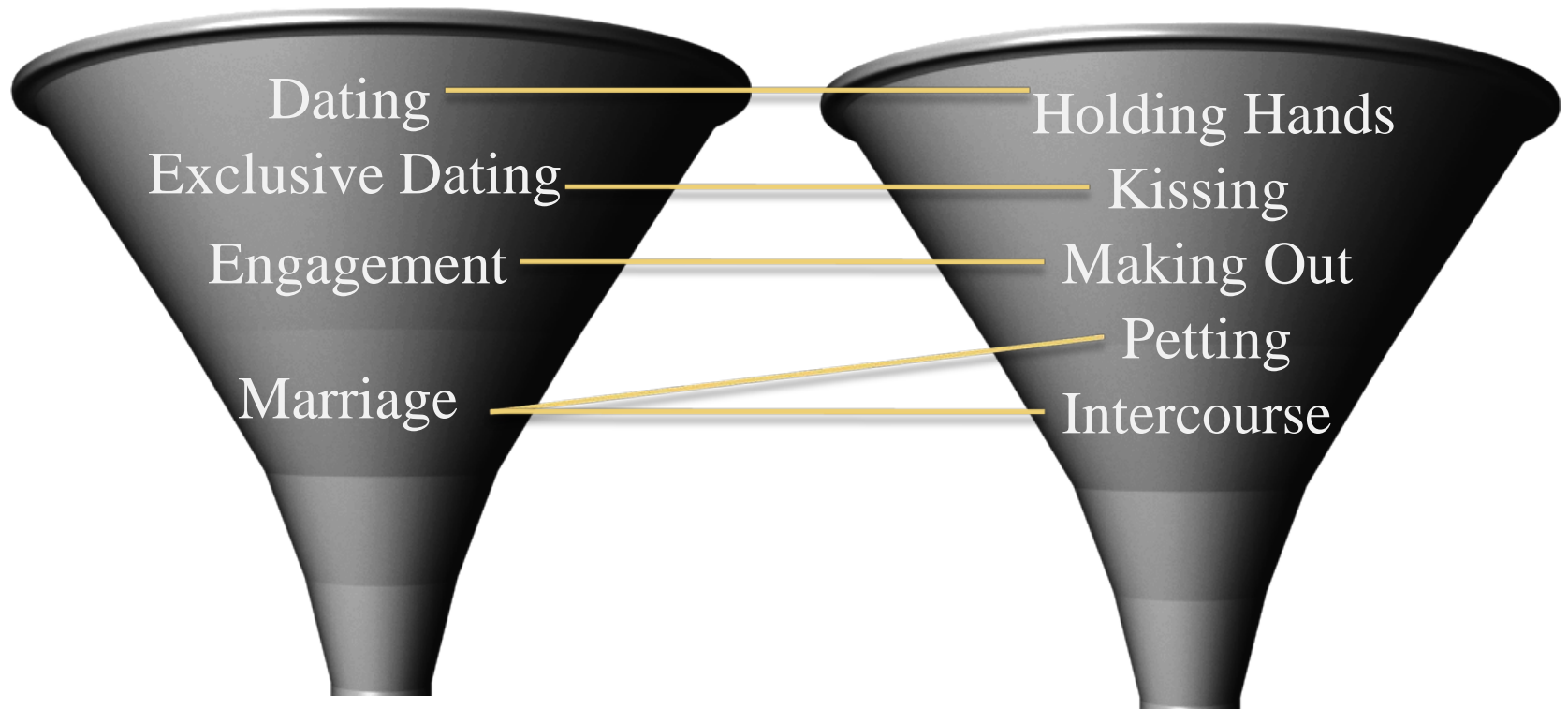
Funnel Comparison Generalities

- ▶ Once you have gone down the funnel, future funnels are more slippery.
- ▶ Once you have traveled down a funnel with a person, a *separation* from that person does not put you back at the top of the funnel.
 - ▶ When you are back together again, you will continue on from the point at which you were separated.



A Natural Balance

For any relationship to grow, there needs to be a balance between intimacy and commitment. If this balance gets too far out of line, then it will jeopardize the relationship.



Making a Decision

1) *Identify the problem*

- ◆ Should I have sex at this point in my life?

2) *List the choices*

- ◆ (No, Yes with someone I love, etc.)

3) *List the pros and cons of each option.*

4) *Make a choice*

- ◆ You cannot choose not to choose; if you do not make up your mind, it will most likely be “yes” by default. No one else can make this decision for you.

5) *Make a plan.*

- ◆ Avoid situations that make the funnel more slippery.

6) *Take responsibility for the results of your decision.*

- ◆ If you've decided not to have sex, take credit for saving something important for an important person at an important time.
 - ◆ If you've decided to be sexually active, take responsibility for preventing pregnancy and avoiding STDs.
-



How to say NO and Mean It!

Refusal Skills

Refusal Skills

▶ How you say no is as important as what you say!

- ▶ Use “I” statements.
- ▶ Use body language.
- ▶ Be firm.
- ▶ ***End the debate!***



How to Say NO!!

1. Use the word “NO!”

- ❖ State it with confidence. You don't need to give a reason. If you feel uncomfortable, "NO!" is enough!

2. Be Loud and Clear!

- ❖ Look at the person. Be firm with your voice. Look like you mean it! State it clearly and be direct. If the person isn't listening repeat "NO!" louder. Say it as many times as it takes!

3. Use Strong Body Language!

- ❖ Place both hands in front of you in a “stop” position. Stand tall, move away, walk away if you need to.



How to Say NO!!

4. *Follow Through!*

- ❖ Give a clear message. Don't sound like you mean maybe or you would like to think about it. Say "NO, this is NOT OK with me!" Don't give them a chance to change your mind.
 - ❖ Even if you really like the person, you always have the right to say "no" even if it hurts his/her feelings.
 - ❖ Even if you've been kissing or making out, you can say "NO!" to sex!
 - ❖ Get out of a situation where it will be hard for "no" to be respected.



How to Say NO!!

5. Tell Someone!

- ❖ If the person won't take "no" for an answer, trust your instincts! If necessary, yell for help! Get away to where there are other people. If the person forces sex upon you, remember it isn't your fault.
- ❖ Seek a trustworthy adult, parent or friend to confide in.
- ❖ Rape is a crime and no one ever deserves to have sex forced on them.



10 Ways to Say NO!

1. *Just say no*
 2. *Ignore the comment*
 3. *Make an excuse*
 4. *Change the subject*
 5. *Turn the idea into a joke*
 6. *Act surprised*
 7. *Express your feelings for them*
 8. *Suggest a different plan*
 9. *Return the challenge*
 10. *Leave*
-

