

Name _____ Class Period _____

DATING UNIT NOTES

PURPOSES OF DATING

Socialization:

-
-

Recreation:

-
-

Mate Selection:

-
-

STAGES OF DATING

Stage 1: Gushy

Characteristics Include:

Stage 2: Playing Games

Characteristics Include:

Stage 3: Goal Directed

Characteristics Include:

7 PRINCIPLES OF SMART DATING

Principal #1: *Seek a good _____ . Look for common _____ .*

- Do you have similar interests & enjoy doing things together?
- Do you enjoy talking to each other about ideas?
- Do you have similar attitudes about school and future goals?
- Do you find each other interesting?

Principal #2 : *Pay attention to _____ .*

- Do you have similar values?
- What about your priorities?
- Are the values and beliefs you hold most dearly shared or respected by this person?
- Are your values about drugs, alcohol, and boundaries about sex respected?

Principal #3: *Don't try to _____ the other _____ .*

- Remember that what you see is what you get.
- Don't be so desperate to be in a relationship that you deluded yourself about who this person really is.

Principal #4: *Don't try to _____ yourself.*

- Be Real, Be yourself, and remember nobody is perfect.
- Real relationships are not based on phony fronts.
- Don't change to gain love and acceptance from someone else.

Principal #5: *Expect good _____ and don't run from _____ .*

- Explore your differences and pay attention to how you both deal with conflict.
- How you communicate and handle conflicts say a lot about your future happiness in this relationship.

Principal #6: *Don't play _____ , pressure, or _____ someone.*

- Don't try to make someone jealous or push them into a relationship.
- Don't use a power advantage to get someone to do something.
- A worthy and equal relationship is not based on games, pretenses, manipulations, or pressure.

Principal #7: *Have a bottom _____ .*

- Have a standard for how you want to be treated and talked to.
- Expect Respect!
- Never tolerate abusive behavior.

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INFATUATION VS. LOVE

List 5 Characteristics of Infatuation:

- 1.
- 2.
- 3.
- 4.
- 5.

List 5 Characteristics of Love:

- 1.
- 2.
- 3.
- 4.
- 5.

Types of Love:

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

FUNNELS, DECISION MAKING, & HOW TO SAY NO--DURING DATING!

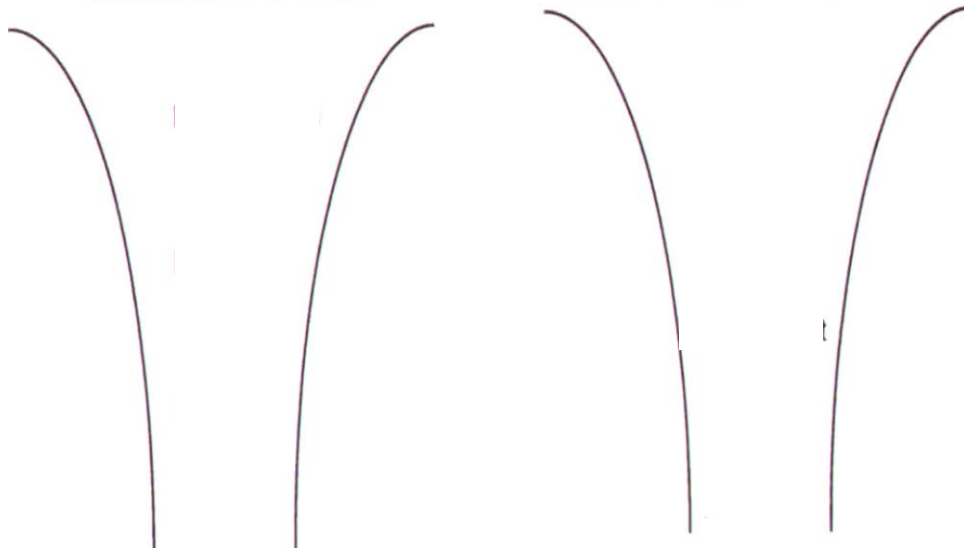
Sexual activity at your age is a big gamble, and once you get involved in it you have a lot more to lose than you do to gain.

DEFINITIONS:

- ◆
–Heavy Kissing and close physical contact
- ◆
–Exploring each other's bodies up to but not including intercourse.
- ◆
–The penetration of the penis into the vagina.
- ◆
–Casually dating a person, the relationship may be very casual and a friends only basis. Those involved in this type of relationship are most likely dating other people.
- ◆
–A progression of a relationship to the point that the couple is dating each other exclusively.
- ◆
–Dating one person only with the agreement that you will marry—this agreement is usually accompanied by some token such as a ring.

INTIMACY FUNNEL

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.

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FUNNEL COMPARISON

- ◆ The speed down each funnel varies; it can take years, or it can happen in one _____.
- ◆ Girls are usually more interested in pushing down the _____ funnel.
- ◆ Guys are usually more interested in pushing down the _____ funnel.
- ◆ Girls and guys will use one funnel to bargain for the other.
 - Girls give sex to get _____ and Guys give love to get _____!!
- ◆ The earlier in _____ one enters the funnel, the longer one is faced with the problem of fighting gravity down the funnel.
- ◆ The _____ one person, the slipperier the funnel becomes.
- ◆ Going down the intimacy funnel gives girls a different _____ than guys.
- ◆ It is easier to _____ a relationship than it is to go back up the funnel.
- ◆ Once you have gone down the funnel, future funnels are more slippery.
- ◆ Once you have traveled down a funnel with a person, a _____ 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.
- ◆ For any relationship to _____, 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.

MAKE A DECISION

- 1)
- 2)
- 3)
- 4)
- 5)
- 6)

HOW TO SAY NO!!!

- 1)
- 2)
- 3)
- 4)
- 5)

