### HRC Grade 9 Dating Lesson 1

Healthy Relationships Curriculum Initiative

Subject and Performance Indicators

1. Name the principal reasons why people date.
2. Describe the dynamics of a date and give examples of dating activities.
3. Describe how to establish a dating relationship.
4. Articulate the characteristics of a positive, trusting dating relationship.

Lesson Context

Dating is awkward, especially first dates. It is important for girls and boys to know that it is normal to feel awkward and a bit uncomfortable at the beginning of a relationship. Dating is a learning experience. It is likely that a particular dating relationship will come to an end, and a new one will take its place. A healthy dating relationship should be fun, can sometimes grow to be boring, but should never be abusive. Relating some of your personal experiences will be useful to students.

Lesson Elements

* Why should I go on a date anyway?
	+ Reasons to date: recreation, socialization, status grading, companionship, mate selection, intimacy.[[1]](#endnote-1)
	+ Some basic questions: What do I expect from dating? Why do we date? When is the best age to start dating? Who should I date? Check your motives.[[2]](#endnote-2)
	+ Useful tips: Get to know the person. Go out with a group. Plan activities. Be clear about your expectations and time to be back home. Tell at least one friend and parents of your plans.[[3]](#endnote-3)
* What is a date like and what do you do? Where do you go?
	+ The basics: Respect. Positive. Never force. Plan. Trust. Ask questions. Be true to yourself. Be comfortable.[[4]](#endnote-4)
	+ Conversation: Ask questions, be interested, listen, and don’t talk about old girlfriends or boyfriends.[[5]](#endnote-5)
	+ Places to go: movies, coffee shop, dance, mall, ice cream parlor, game room, miniature golf, amusement park, music concert, sporting event. Brainstorm!
	+ First kiss.[[6]](#endnote-6)
* How do you establish a dating relationship?[[7]](#endnote-7)
	+ Chemistry: There is just something about her or him.
	+ Hanging out in a group first.
	+ Look for common interests and backgrounds. More than a two-year age gap will likely be troublesome.
	+ Just ask her or him. Don’t be a chicken.
	+ Acceptance and rejection. If you are rejected, nobody died. Just move on.
	+ Date more than one or two people.[[8]](#endnote-8)
	+ Be very respectful to your date’s parents. Follow their rules!
* How can you tell if you are in a positive dating relationship?
	+ Characteristics: three similar views.[[9]](#endnote-9),[[10]](#endnote-10),[[11]](#endnote-11)
	+ Green flags and red flags.[[12]](#endnote-12),[[13]](#endnote-13) Be aware.
	+ Check your knowledge. Take these two quizzes.[[14]](#endnote-14),[[15]](#endnote-15)
1. . “First date (meeting),” Wikipedia*,* accessed December 12, 2012, <http://en.wikipedia.org/wiki/First_dates>. [↑](#endnote-ref-1)
2. . “Dating Motives,” Utah Education Network, search “Dating Motives” for PDF, accessed December 12, 2012, <http://www.uen.org>.

 [↑](#endnote-ref-2)
3. . “Dating,” Girlshealth.gov, see “Tips for having healthy and safe relationships” near the bottom of the page, accessed December 12 2012, <http://www.girlshealth.gov/relationships/dating/index.cfm>. [↑](#endnote-ref-3)
4. . “Teen Dating Tips,” Life Tips, see “Dating 101: The Basics of Dating,” accessed December 12, 2012, <http://date.lifetips.com/cat/989/teen-dating/index.html>. [↑](#endnote-ref-4)
5. . “Teen Dating Tips,” Life Tips, see “Girl Talk Don’ts” and “Girl Talk (from a Guy Who Likes Her),” accessed December 12, 2012, <http://date.lifetips.com/cat/989/teen-dating/index.html>. [↑](#endnote-ref-5)
6. . “Teen Dating Tips,” Life Tips, see “A First Kiss,” “Kissing On the First Date,” and “What Does a Kiss Mean?” accessed December 12, 2012, <http://date.lifetips.com/cat/989/teendating/index.html>. [↑](#endnote-ref-6)
7. . “Dating,” Girlshealth.gov, accessed December 12, 2012, <http://www.girlshealth.gov/relationships/dating/index.cfm>. [↑](#endnote-ref-7)
8. . “Teen Dating Tips,” Life Tips, see “Date Lots of People*”* accessed December 12, 2012,<http://date.lifetips.com/cat/989/teen-dating/index.html>. [↑](#endnote-ref-8)
9. . “Teen Girls: Know the Characteristics of A Healthy, Dating Relationship,” Afro Puffs and Ponytails, accessed December 12, 2012, <http://afropuffsandponytails.com/empowerment-of-african-american-young-girls-and-teen-girls/teen-girls-know-the-characteristics-of-a-healthy-dating-relationship/>. [↑](#endnote-ref-9)
10. . “Healthy vs. Unhealthy Relationships,” Go Ask ALICE!, accessed December 12, 2012,

<http://goaskalice.columbia.edu/healthy-vs-unhealthy-relationships>. [↑](#endnote-ref-10)
11. . “What makes a relationship healthy?” Texas Teen Page, see highlighted box at the top left of the page and click on “Characteristics of healthy relationships,” accessed December 12, 2012,

 <https://www.oag.state.tx.us/teens/relationships/healthy.shtml>.

 [↑](#endnote-ref-11)
12. . “Teen Dating Violence Program,” Northwest Coalition Against Domestic Violence, Arlington Heights, IL, no date, hard copy only. [↑](#endnote-ref-12)
13. . “Expect Respect: Healthy Relationships,” Healthy Children, accessed December 12, 2012, <http://www.healthychildren.org/English/ages-stages/teen/dating-sex/Pages/Expect-Respect-Healthy-Relationships.aspx>.

 [↑](#endnote-ref-13)
14. . “How much do you know about healthy relationships?” Girlshealth.gov, accessed December 12, 2012, <http://www.girlshealth.gov/relationships/quizzes/quiz.relknow.cfm>. [↑](#endnote-ref-14)
15. . “Is your relationship healthy?” Cora (Community Overcoming Relationship Abuse), accessed December 12, 2012, <http://www.teenrelationships.org/quiz/>. [↑](#endnote-ref-15)