Lesson 2: Communication & Dating

OBJECTIVES

1. Students will gain skills and confidence in healthy communication techniques.
2. Students will learn to apply healthy communication skills to talking to potential partners.
3. Students will think critically about the ways dating and sexuality are portrayed in the media verses real life.

AGENDA

10 minutes Do Now
10 minutes Strategies for Asking Someone Out
30 minutes Planning a First Date
Homework Healthy First Date Review

MATERIALS

- Vocabulary Reference List
- Worksheet: Strategies
- Worksheet: Planning a First Date
- Teacher Key: Planning a First Date
- Homework: Healthy First Date Review

CALIFORNIA HEALTH EDUCATION STANDARDS

4.1.G Analyze how interpersonal communication affects relationships.
4.2.G Use effective verbal and nonverbal communication skills to prevent sexual involvement, HIV, other STDs, and pregnancy.
4.3.G Demonstrate effective communication skills within healthy dating relationships.

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DO NOW

Materials

- Every student needs a notebook, journal, or paper and a pen
- Flipchart or whiteboard and markers

Activity

Write on board and have students complete the following open-ended statements.

Dating means...
Dating does not mean...

Ask a few students to share their responses. Write the responses on the board. Students may include value statements in this activity. Include these statements, but make sure to note that these values may be different from person to person depending on age, experience, culture, beliefs, gender, sexual orientation, or other factors. Here are some examples:

Dating means:
- You have agreed to spend time with the person
- You 'like' the person
- You want to get to know the person more
- You are in a relationship

Dating does not mean:
- You have to stay with the person forever
- You cannot date/talk to/see other people
- You do what the other person wants you to
- You love the person
- You are a different person because of the person you are dating (e.g.: dating someone 'cool' doesn't change who you are)
- You are in a relationship

Once the class has compiled a list of what dating means and does not mean, debrief the discussion. Some possible debrief questions are:

- Is dating the same for everyone?
- What could happen if people have different definitions of dating? (e.g.: If someone thinks dating means getting to know another person and the person they are dating thinks it means being in a committed relationship)
- How does someone know if they are “dating” another person?

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STRATEGIES FOR ASKING SOMEONE OUT 10 minutes

Materials
- Worksheet: Strategies

Activity
Ask for two volunteers (of any combination of genders) to participate in a role-play. Ask class to come up with a typical situation where a teenager would see another teen and want to get the person’s number. Once the class has come up with the setting, ask the two volunteers to improvise a role-play showing how this could play out (it should be an in-person situation, not online or texting). You can let them choose who is approaching whom.

Guide the students in the role play through the process of finding healthy ways to approach the other person, start a conversation, ask someone out, receive a response (yes, no, maybe) and give a response (yes, no, maybe). Push “play” and “pause” on the conversation if unhealthy behaviors arise or if something needs to be commented on before moving forward. If the students in the role play are stuck or not sure of what to say, press “pause” and solicit ideas and input from the class.

Have the rest of the class participate by writing down ideas on the strategies sheet.

Debrief with the class after the role-play:
- What did you notice?
- Did any unhealthy behaviors or communication happen in the role-play? Why do you think that is?
- What are some of the strategies you came up with for approaching someone? Asking someone out? Rejecting a request for a date? Accepting a request for a date? Receiving an answer (yes/no/maybe) after asking someone out?
- How do you think this conversation would be different when it is over text/email?

PLANNING A FIRST DATE 30 minutes

Materials
- Worksheet: Planning a First Date
- Teacher Key: Planning a First Date

Teacher Tip:
The Strategies worksheet can be completed during the role play, or given out before the role play for students to brainstorm ideas.

Teacher Tip:
If there is time, have the students act out role-playing all of the possible responses to asking/being asked out: Yes, No, and Maybe.
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**Activity**
Split the class into small groups with no more than 7 groups total. You can do this by having students count off by numbers. Each group should have the “Planning a First Date” Handout, and one person in each group will take notes.

Have each group share their responses with the class, then go over the whole thing with the class at the end. Add any missing information for each question (see teacher key).

Process the activity with the group. Some possible questions to ask are:

- How was this activity for you?
- Have you thought about this before?
- Would you do anything differently in the future as a result of this activity?
- What did you learn about yourself and your classmates in doing this activity?

**Teacher Tip:**
Have each group share their answers for one question. Then allow other groups to add any additional points that were not already stated.

**HOMEWORK**

*Healthy First Date Review*
Lesson 2: Vocabulary

1. **Communication**: Sharing thoughts, messages, or information, with others, by speech, pictures, writing or behavior.

2. **Date**: To meet socially with another person (or with a group), often out of romantic interest.

3. **Dating**: Spending time with someone you like, often out of romantic interest. Some people use this word to say they are in a relationship.

4. **Healthy**: Something that positively impacts your life and increases your well-being.

5. **Planning**: To set goals and/or prepare for an event.

6. **Strategy**: The plan and/or the action of how a person will meet their goal.

7. **Unhealthy**: Something that negatively impacts your life and decreases your well-being.

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Worksheet: Strategies

Name: _____________________________________________________________
Period: ___________________ Date: _____________________

Directions: As your classmates perform the role play, note the different strategies that they use. Add in your own ideas for strategies for each category.

1. Strategies for approaching someone:
   Healthy                      Unhealthy

2. Strategies for asking someone out:
   Healthy                      Unhealthy

3. Strategies for saying YES:
   Healthy                      Unhealthy

4. Strategies for saying NO:
   Healthy                      Unhealthy

5. Strategies for receiving a response after asking someone out?
   Healthy                      Unhealthy

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Worksheet: Planning a First Date

Group members: ____________________________________________________________
Period: ___________________ Date: ____________________

Directions: Work together in a group to answer all of the questions below.

1. Name three ways you would get ready or prepare for a first date.

2. What clothes would you wear to a first date? What are some things you would bring with you?

3. Where might you go? How could you decide on where you and your date will go on your first date?

4. Transportation: How could you get there?

5. What do you want to talk about on the date? What do you not want to talk about?

6. How might a healthy first date end? What happens after a first date?

7. What are some strategies for staying safe on a first date?

Be Real. Be Ready.
Teacher Key: Planning a First Date

1. Name three ways you would get ready or prepare for a first date.
   - Make sure you understand the expectations of the date.
     - Such as: *How is the date going to be paid for if it costs money? What are both people’s intentions for where they want the date to go? Who else will be present at the date?*
   - Know where you are going and how you would get there.
   - Communicate with a parent/caregiver, trusted adult and a friend about your whereabouts.
   - Establish a time frame on what time your date will begin and end.

2. What clothes would you wear to a first date? What are some things you would bring?
   - Wear clean clothes and wear layered clothing in case it gets cold or hot.
   - Wear a clothing style that represents you in a way that is safe and comfortable for you.
   - Bring your school or CA Identification, health Insurance card, transportation money, and BART/MUNI card.
   - Bring your cell phone (sync your phone to Lookout or Find my iPhone in case you misplace it).
   - Have a small written list of important phone numbers in case you misplace your phone.

3. Where might you go? How could you decide on where you and your date will go?
   - Consider having your date in a public space such as the movies, recreation center, or mall.
   - Talk with your date ahead of time on where the date will take place.
   - Make sure you are comfortable with where your date takes place.

4. Transportation: How could you get there?
   - Meet up at the location of where your date will be.
   - Consider using public transportation i.e. BART, MUNI, in case someone needs to leave early.
   - Use Google Maps app or another app for how to get there and to know what time buses will arrive.

5. What do you want to talk about on the date? What do you not want to talk about?
   - You may want to discuss your interests and hobbies.
   - Be sure to keep personal address, family personal information and other very personal areas of your life out of your first date discussion.
   - Ask questions and listen to what your date has to say.

6. How might a healthy first date end? What happens after a first date?
   - End your date on time. It is okay to go home after the date.
   - You may want to schedule another time to meet in the future if you enjoyed the date.
   - End the date with what is comfortable for each person. It is ok to set and communicate emotional and physical boundaries

7. What are some strategies for staying safe on a first date?
   - Know where you are going and make sure a trusted adult knows where you are going.
   - Have contact information with you for friends/family in case of an emergency.
   - Have money with you for transportation home (enough for a cab) or make sure to set up a Lyft/Uber account in case cabs or public transportation is not available.
   - Know your boundaries before the date. Clearly communicate your boundaries to your date.
   - Avoid drugs and alcohol before and during the date.
Homework: Healthy First Date Review

Name:________________________________________________________________
Period:______________________   Date:_____________________

Directions: Please answer the follow questions in complete sentences.

1. List 3 things that are part of a healthy way of asking someone out:
   •
   •
   •

2. Which part of planning a first date was easiest for you?

3. Which part of planning a first date did you find to be the most difficult?

4. What new ideas did you learn from the classroom discussion?

5. If you needed help figuring out how to ask someone out, or how to plan a date, who could you talk to?