



# RELATIONSHIP TIPS FOR TEENS

Presented by Military & Family Life Counselors

# OBJECTIVES



## **In this presentation, participants will learn:**

- Ways to make dating a positive experience
- Signs of possible dating abuse
- The difference between lust, infatuation and love



# AGENDA

- Introduction
- General dating tips for teens
- Dating tips for boys
- Dating tips for girls
- Warning signs of possible abuse
- Lust, infatuation and love
- Summary



# INTRODUCTION

- Dating in your teens can create some of the happiest and most memorable experiences
- There can also be some anxiety when first beginning to date
- Peer pressure on dates can sometimes lead to acting in ways that aren't in keeping with your values
- In this presentation you will learn some ways to navigate through these exciting and sometimes challenging times



# GENERAL DATING TIPS FOR TEENS

- Be yourself
- It's ok to feel nervous
- Make sure you really like the person
- Don't move too fast
- Keep your curfew
- Dress appropriately
- Be aware of possible dating abuse



# GENERAL DATING TIPS FOR TEENS

CONTINUED

- Accept your differences
- Communicate
- Give compliments
- Don't be clingy
- Double date or group date if you don't know your date well
- Have fun and enjoy yourself!



# DATING TIPS FOR GUYS

- Earn the trust of your date's parents
- Always go to the door to pick up your date
- “No” means “No”



# DATING TIPS FOR GIRLS

- Introduce your date to your parents
- Do not go out with a guy your parents disapprove of
- Call someone to come and get you if your date is drinking, using drugs or becomes aggressive or violent
- Don't be afraid to say "No"
- Trust your instincts, and never agree to something that makes you uncomfortable





# WARNING SIGNS OF POSSIBLE ABUSE

- Jealously
- Controlling behaviors
- Verbal put downs
- Wanting to isolate you from friends
- Extreme expressions of anger



# HOW TO HANDLE A BREAKUP

**Breaking up hurts, but you will get through it. Here are a few tips that can help:**

- Talk to a friend or trusted adult
- Don't bottle up feelings
- Stay busy
- Pay attention to your self-talk
- Don't dwell on what went wrong
- Be your own best friend



# LUST, INFATUATION AND LOVE

**Lust:** A purely sexual attraction

**Infatuation:** The other person is idealized and typically thought about all the time

**Love:** Can include lust and infatuation, but most of all it includes deep caring and respect. The other person is also seen more realistically



# SUMMARY

- Dating is both an exciting time and a challenging time
- It's best to be yourself and resist pressure to engage in activities that don't match your values
- Be aware of signs of possible abuse, and talk with a parent, school counselor or other trusted adult if these behaviors occur
- It's normal to feel a little nervous on a first date
- Relax, have fun and enjoy yourself!





**QUESTIONS?**

# RESOURCES

- Parents
- Teachers
- School Counselors
- Clergy
- Other trusted adults



# REFERENCES

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**THANK YOU**

