

## Speaker Notes

### Relationship Tips for Teens

#### **Page 1 – Title Slide**

None

#### **Page 2 – Objectives**

None

#### **Page 3 – Agenda**

None

#### **Page 4 – Introduction**

- NOTE: Ask participants what their primary concerns are when it comes to dating. For those who have already started dating, what advice would they give?

#### **Page 5 – General Dating Tips for Teens**

- Be yourself: Sometimes people try to be someone they're not in order to impress a date. It's easy to get caught up in that kind of behavior, but in the end what is respected is a person who is true to themselves.
- It's ok to feel nervous: It's completely normal to feel nervous, so don't worry about it – it's to be expected. Almost everyone is nervous on a first date. Take a few deep breaths to help you relax. If you see the person again you will feel less and less nervous.
- Make sure you really like the person: Don't go out with someone just because you want to go out. You will have much more fun if you are with someone you really like. It really is better to stay home than to be with someone you don't really like.
- Don't move too fast: Don't make a commitment after a few dates and don't jump into a physical intimacy. Becoming physically intimate leads to many complications that you probably aren't ready for. If you break up, the hurt feelings will be much deeper and you may regret what you've done.
- Keep your curfew: This demonstrates to your parents that you are trustworthy. Also, there can be consequences for not keeping curfew. Your parents may ground you from seeing your date for a while.
- Dress appropriately: For girls, wearing clothes that are too revealing can send the wrong message to your date. For boys, appearing unkempt or sloppy presents the wrong image to your date and her parents.
- Be aware of possible dating abuse: This will be addressed in future slides.

#### **Page 6 – General Dating Tips for Teens (Continue)**

- Accept your differences: You are bound to have different ideas, opinions and interests. It is ok to disagree, and it doesn't have to be the end of the dating relationship. It's important to respect the other person's opinion even if you disagree. If there are subjects that are too emotional, you may want to agree to disagree and avoid discussing those topics.
- Communicate: Ask your date questions about themselves. This shows you are truly interested in getting to know them. Decide on topics you want to discuss with them, so you can keep the conversation going.

- Give compliments: This does not mean just complimenting your date on their appearance, but also complimenting them on their accomplishments and aspects of their personality you might admire. Everyone likes to feel appreciated for who they are.
- Don't be clingy: Clinging to someone does not make the relationship better. Your date doesn't want you to be emotionally dependent on them. Everyone wants and needs their space.
- Double date or group date if you don't know your date well: This can take some pressure off of a first date.
- Have fun and enjoy yourself!

#### Page 7 – Dating Tips for Guys

- Earn the trust of your date's parents: If your date's parents do not approve of you, then they may restrict their daughter from going out with you. It's important to make a good impression. Greet her parents with a smile and a handshake, and let them know you will get her home on time.
- Always go to the door to pick up your date: This sends a message to her and her parents that you are respectful of her.
- "No" means no: If your date rejects your advances, back off! She really does mean "no." Trying to force yourself on her can be considered abuse.

#### Page 8 – Dating Tips for Girls

- Introduce your date to your parents: Parents like to know who you are going out with. It shows you respect their opinion.
- Do not go out with a guy your parents disapprove of: If your parents disapprove of your date, they probably have a good reason. They will trust you more if you are going out with someone they approve of and are comfortable with.
- Call someone to come and get you if your date is drinking, using drugs or becomes aggressive or violent: Keep your cell phone handy.
- Don't be afraid to say "no": If your date wants to pressure you into being physically intimate, it is your right to say "no." You do not have to agree to anything you do not want to do. Your date will probably respect your assertiveness and your values. If he doesn't, then he is not the right person for you to be dating.
- Trust your instincts, and never agree to something that makes you uncomfortable: If it doesn't feel like the right thing to do, it probably isn't. Don't do something that isn't in keeping with your values and your sense of who you are.
  - Examples: alcohol, drugs, vandalizing, going to a party without parental supervision, sneaking out of your house after curfew, etc.

#### Page 9 – Warning Signs of Possible Abuse

- The warning signs are red flags that this person could become physically abusive. These types of behaviors generally precede physical abuse. Both boys and girls can display these types of behaviors.
- Jealously: In some cases, the other person becomes extremely angry with you if you even look at another boy or girl. They may accuse you of behaviors that you did not do. This can be the first warning sign of an abusive person.
- Controlling behaviors: For instance, the other person wants to know exactly where you are and who you're with every minute of the day.

- Verbal put downs: The other person talks to you in a degrading way which causes you to feel bad about yourself. This can involve cussing and name calling and can be considered verbal abuse.
- Wanting to isolate you from friends: The other person doesn't want you socializing with others—even same-sex friends. This is part of jealousy and controlling behaviors.
- Extreme expressions of anger: Hitting walls, throwing things, yelling, etc.
- Keep in mind that these behaviors are not typical, and most people never display them. However, if the person you are dating engages in these types of behaviors, talk with a parent, school counselor or other trusted adult.

#### **Page 10 – How to Handle a Breakup**

- It's almost inevitable that during the teen years, you will experience breakups. Remember that your life is far from over and you will survive. Realize that although it may be the end to a chapter in your life, it is also the beginning of a new chapter.
- Talk to a friend or trusted adult: You don't have to go through this alone. Lots of people love and care about you, and their support can provide comfort and reassurance in a difficult time.
- Don't bottle up feelings: You need to grieve the loss and let your emotions out. Bottling the hurt will only make it last longer.
- Stay busy: Staying busy helps keep your mind occupied and off of the breakup. Stay busy with your interests and hobbies or find a new interest.
- Pay attention to your self-talk: Self-talk is what we are constantly telling ourselves about situations, and our self-talk directly affects our emotions. If you are saying to yourself, "This is the worst thing that could happen, and I'll never get over it," then your emotions will be very negative. On the other hand, if you tell yourself, "This is very sad and hurtful, but I will get through it," then you will feel stronger and believe in your abilities to get through it.
- Don't dwell on what went wrong: Most often when there's a breakup, it's because the two people grew apart or just realized they weren't compatible. It really isn't anyone's fault.
- Be your own best friend: Treat yourself to something fun and/or relaxing. Get together with friends for an evening out. Play tennis or some other sport with friends. Take a bubble bath.

#### **Page 11 – Lust, Infatuation and Love**

- Emotions can get carried away when you're dating, and you can mistake lust and infatuation for love.
- Remember that with love, you still have deep feelings for the other person even after the infatuation has worn off and you begin to see them more realistically.

#### **Page 12 – Summary**

None

#### **Page 13 – Questions**

None

#### **Page 14 – Resources**

None

#### **Page 15 – References**

None

**Page 16 – References (Continued)**  
None

**Page 17 – Thank You**  
None

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