



Group members:

1. What is "going out"/dating?
2. How about... hooking up, fooling around and friends with benefits?
3. What is considered a date? List different possible situations that would be considered a date. (such as parties, dances, clubs, etc.)
4. Why do people date? Minimum of 5 reasons.
5. When should people start to date? Explain.

6. What are some restrictions that should go into dating at your age? Explain.

7. What dating guidelines are appropriate? Put a star by the ones your group feels are the most important. When should dating guidelines be discussed?

Assertiveness is knowing what your goals are and acting to attain them. It is hard to do this if you don't know what you want. Usually, people have different goals for different situations, depending on who they're with, how they feel or what else is going on at the time. No matter what goals you choose, you are responsible for those choices. If you are clear about what you want, you can make that clear to others by communicating your goals.

8. Pick up a copy of the Teenagers' Dating Bill of Rights and answer the following questions:

- a. Individually, read through the Dating Bill of Rights and explain why you think they are important.
- b. As a group, collaboratively agree on the top 2 and explain why you think they are important.

Teenagers' Dating Rights

1. I have the right to refuse a date without feeling guilty.
2. I have the right to ask for a date without being crushed if the answer is no.
3. I have the right to choose to go to parties alone without feeling that I've got to pair up with someone.
4. I have the right to do almost anything as long as it does not hurt someone else.
5. I have the right not to act macho or seductive.
6. If I want physical closeness, I have the right to ask.
7. If I do not want physical closeness, I have the right to say no.
8. I have the right to start a relationship slowly and to say, "I want to know you better before I become involved."
9. I have the right to be my own self without changing to suit others.
10. I have the right to change a relationship and say, "We used to be close, and I want someone else now."
11. I have the right to be told a relationship is changing and not to blame myself or change myself to keep it going.
12. I have the right to an equal relationship.
13. I have the right to be quiet or spirited without being misunderstood.
14. I have the right to act one way with one person and a different way with someone else.
15. I have the right to change my goals whenever I want.

