How To Date
Like A Pro

This workshop is to be presented by self-advocates. Allies can co-present but self-advocates must be leading the workshop.

Green Mountain Self-Advocates
Topics

1. Icebreaker
2. Who is it okay to date?
3. Letting someone know you are interested, getting to know someone
4. Asking someone out
   - What to do when they say yes
   - What to do when they say no
5. Preparing for your date
6. Dealing with rejection
7. Consent
Ice-Breaker

What are the good parts of dating?

What are the hard parts of dating?
Group Agreements
☑️ Respect

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1. All feelings are okay. It is okay to feel whatever you feel - embarrassed, fear, shy...

2. Show respect for everyone’s opinion. We don’t all have to agree with each other – but we do need to respect each other. Express your feelings in a kind way. For example:
   Do not say… “That’s gross!”
   Instead say… “I don’t like that.”

3. No questions is a silly question. It is okay and important to ask questions; just not personal and private questions. For example, you can say, “How do I ask someone out?” But it is **not** okay to ask someone if they had sex last night.

4. Talking about relationships can be fun - but it can also be tough work! We all agree to do the best we can - to listen, to share, and to be respectful.
Who is it okay to date?

- Where can you find these people that are okay to date?
Who is it NOT okay to date?

- Your teacher? Staff person?
- Your best friends brother?
- A movie star?
- If you are a gal is it okay to date another gal
- More than one person at the same time
- Your best friend’s ex-girlfriend?
- Someone who is in a relationships?
- Person who is not interested in you?
- Under 18?
Moving from Friend to Dating

Step 1: Feeling interested.
Can a potential girlfriend/boyfriend be…. 

• Someone of the same gender? 
• Someone already in a relationship? 
• Someone who has said they are not interested? 
• A paid support person? 
• Someone under 18?
Letting them know we are interested...

1. Flirting: what is it and when is it harassing?
2. Staring: what are the rules for staring at people?
3. What about touching their bodies?
4. Kissing them?
5. Talking on the phone or texting?
6. Sending a naked picture of yourself to their phone. Is that okay?
Role play: Two people volunteer, one will ask the other out and then the other person will decide yes or no?

- Does the person asking ALWAYS have to be a man?
- If they say “yes”- you need a plan!
  - What?
  - Where?
  - When?
  - How are you and the person going to get there?
● If they say “no”- how can we deal with a no?
● Is it okay to ask again?
● If they say no again, stop asking and accept gracefully….
● What does gracefully mean?
● How can we feel better after we get a NO?
● What are things we can do?
● What are things we can think?
Preparing For Your Date

- What are important things to do to get ready for your date?
  1. How do you decide what to wear?
- Do you need to bring anything?
- Who pays for the date?
Becoming a couple
What you may need to talk about.

- Are you only dating each other?
- How will you spend time together and apart?
- Consent?
- You need to talk about sex? What is okay and not okay?

What else do you have to talk about?
Consenting Adult?

What does that mean?
What is consent?

Getting a “yes” that is “freely chosen”

Freely chosen means without lies, threats, pressure, coercion/blackmail, intimidating or force.
Is This Consent?

One person asks the other if they want to have sexual intercourse.

The other person says “yes”. They have sex and enjoy it.
One person says to another person “I love you and I want to have sex with you”

(But really they do not love the person.)

The other person says “okay”.

Is This Consent?
Is This Consent?

One person says “Let’s have sex”

The other says “no, I want to talk first”.

The other one says “if you don’t, I’ll tell everyone you did it anyway”.

The other person agrees, but feels yucky about it.
Is This Consent?

Somebody is drunk and out of it and can’t say yes or no
Is This Consent?

One partner says “lets have sex”
The other says “I don’t really feel like it”.
The other one says “come on please, please, please, I really want to.”
The other person says “I’m really not in the mood.”
Then says, “Okay, I’ll wait until later but it really could be a lot of fun.”
They both then say “yes” and feel good about it.”
Wrap-up: What is one thing you want to remember about today’s workshop?

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