Dating

* Parents don’t want dating to interfere with their teens’ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, social, and psychological development.
* Early dating may interfere with the development of an independent sense of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
* Teens who begin dating at a young age and form steady relationships are more at risk for becoming \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ active.
* You should set some standards for yourself.

Dating skills checklist

* Know where you’re going and with who before you accept
* Decline the date if you feel \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ - feel like you might be pressured to do things you are uncomfortable with
* Don’t change plans if something else/better comes along
* Recognize the benefits of dating different people rather than going steady
* Have a plan to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ if things get out of hand
* Be honest and kind when you turn down someone for a date

Use resistance skills

* Be \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and say “No, you don’t want to be sexually active.”
* Avoid being around those who pressure you to be sexually active
* Use \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_behavior to support message
* Avoid situations that put you in an uncomfortable situation
* Know the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Love doesn’t pressure
* You don’t owe anybody your body
* Don’t be pushed by \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Recognize harmful relationships

* Your health is connected to the quality of relationships you have.
* Relationships are usually healthy or harmful
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**Relationships:** promotes self-respect, encourages health, and is free of violence and abuse.
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **Relationships:** harms self-respect, interferes with your health, and includes violence and abuse.
* Some people lack self-respect. They don’t care about the emotional health of others. They don’t encourage others to be their best, they bring them or keep them from be successful in their life.

Ten profiles of people who relate in harmful ways

* The \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_: constantly seeks approval of others, will do anything to be liked, tends to be a doormat
* The \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_: supports harmful behaviors of others, makes excuses for the behavior, denies his/her feelings
* The \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_: Person is needy and dependent, suffocates others
* The \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_: Attempt so fix others problems, quick to give advice, take over other people’s responsibility
* The \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_: Emotionally unavailable to others, avoids sharing feelings, keeps others at arm’s length
* The \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_: Possessive, jealous, and domineering, does not respect others, demands their way
* The \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_: Self-centered “Me, Me, Me”. talks, but doesn’t’ listen, ignores others
* The \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_: Puts down others, threatens, harms them, abusive language
* The \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_: Builds relationship on lies, manipulates others into the responses s(he) wants
* The \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_: Not reliable, makes plans and breaks them claims will change, but doesn’t

Harmful relationships combined

* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_+ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
  + People pleaser accommodates the promise breaker, puts feelings aside
  + Need to set limits, and keep commitments
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ + \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
  + Angry outbursts, jealous of friends, places rules, enabler provides excuses, convinced there is a reason for the behavior.
  + Should trust and buildup loved ones, the enabler should not deny feelings
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ + \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
  + Clinger typically comes from a divorced family, afraid to be vulnerable and close. The distancer is emotionally unavailable. They play each other’s game.
  + Clinger needs to address emptiness and develop self-confidence, and the distancer needs to share feelings of why they feel they can’t get close

What to do…

* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ your relationship on a regular basis
* Recognize when you must end a harmful relationship rather than work to change it
* Focus on what is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and make a choice to change it
* Talk to someone about it
* Be upfront with your partner
* Set a \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ on your progress