

Dating 101



- **Family Driven**
- **Non-Profit 501(c)3**

We do NOT:

Act As Attorneys

We DO:

- ♥ **Provide Support**
- ♥ **Provide Information**
- ♥ **Help Identify Options**

Thinking about Dating

Deal Breaker
Value System



What is a “Deal Breaker” ?





What is a Value System

- Knowing your values
- If something doesn't feel right

Example:

What if:

- Your partner cheated on you?
- You are allergic to cigarette smoke?



Values in Relationship Exercise



Values in Sexuality Exercise

Questions:

- What is love?
- Can love be expressed with out sex?
- What does sex mean?
- When should a person have sex for the first time?
- Who should have sex?
- What is safe sex?



Dating



For young adults, going on dates can be stressful



Group Dating

Pros:

- Parents are Open
- A Better View
- No pressure
- Safer



One to One Dating

Tips:

- Plan
- Communicate:
- Be yourself
- Follow up
- Dating Safety Rules.



Pick a Date

1



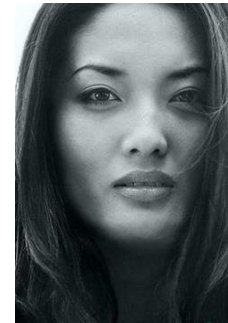
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3



4





Dating Safety

- Never give out your number.
- Charge your cell phone
- “Safety Money”



Dating Safety

- Public Meetings
- Personal Transportation
- Plan Ahead



Dating Safety

Pop Quiz: At what age is it ok not to tell some one where you are going?

- Check in
 - During, Changes, After
- Say "no"
- Trust your instincts

NEVER!

Dating Safety

- Stay alert
- Know your limits
- One for all
- Know your surrounding
- Date Rape Drug



http://www.youtube.com/watch?v=tDq_4X4HiAI

What are Date Rape Drugs?

Date Rape Activities.....



Date Rape Drug Facts

- Variety
- Invisible and Odorless
- Fast Acting Effects
- Can Kill You

What do they look like?



What are the effects?

- drowsiness
- dizziness
- loss of consciousness
- inability to remember what happened while drugged
- seizures
- hallucinations
- lost sense of time and identity
- convulsions
- loss of coordination
- problems talking
- nausea
- feverish
- coma, **Death**

<http://www.youtube.com/watch?v=KqF9ciGaEpl>

Ways to Protect Yourself

- No to Strangers
- Keep your Drink Close
- Open containers yourself
- Don't share drinks

NO!



NO!



NO!



Ways to Protect Yourself cont...

- No Common Area Drinking
- Watch the server
- If it not right..toss it.
- Safety Friend
- Pour it out



WARNING

**If you feel flushed
If you feel drunk
If it stronger than usual**

CALL 911 AND GET HELP RIGHT AWAY!!!!



Internet Dating

- Guard your Personal Information
 - Dishonesty



Internet Dating

**Offline meet-ups with online friends
are very dangerous.**

- If you still really want to meet up
- Never go alone

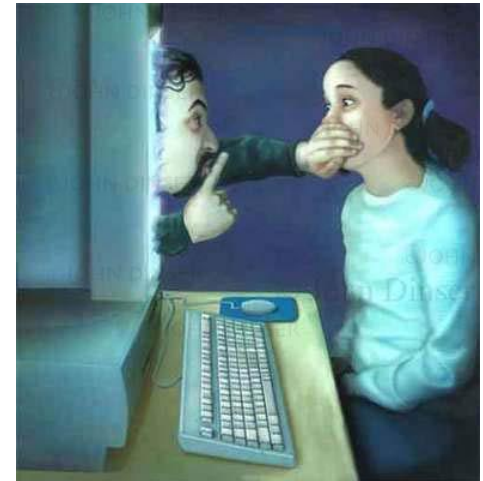
Be aware:

**The biggest danger is
Online Predators**



Internet Predators

- What are Internet predators?
- Who and what do they do?



Internet Predators

- How do they find teens?
- What happens if you agree to meet?



http://www.youtube.com/watch?v=k9a_pmNwpAo&feature=related
http://www.youtube.com/watch?v=C2_GE3SDtj4&feature=related



Respect,
Independence,
Knowledge.

By being real, knowing your deal breakers, values, and following all the dating tips in this presentation, You can have safe and fun dating experience.





Respect,
Independence,
Knowledge.

Thank you!

Please complete our evaluation

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