



# **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*

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?



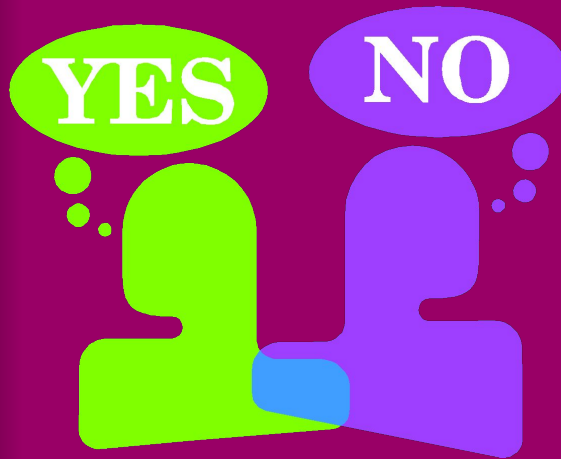
**What else do you have to talk about?**



# 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.





# Is This Consent?

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?

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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