



Workshop: Dating

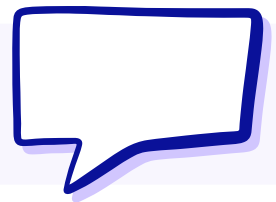
I SAMPLE LEARNING OBJECTIVES



LEARNERS WILL BE ABLE TO:

- ▶ Recognize when dating behaviors or habits are harmful.
- ▶ Explain the importance and value of discussing dating practices and experiences with peers.
- ▶ Apply dating practices that communicate respect, care, and integrity.

II SAMPLE INTRODUCTION



“Beyond the stress that being in college brings with exams, new friendships, and adulthood, the subject of today is another big topic that most of us struggle with at some point: Dating. Between hookup culture, first dates, dating apps, and “ghosting,” figuring out the unspoken rules of college dating can seem like an impossible puzzle. That’s what we’re going to talk all about today! The purpose of today is to navigate that puzzle by discussing communication skills, boundaries, understanding desirable traits to partners, and more.”



III SAMPLE DISCUSSION QUESTIONS



- With a show of hands, how many of you feel comfortable asking someone out? For those who hesitated to raise your hands, what about asking someone out makes you uncomfortable? And for those who did raise their hands, what’s an example of how you would ask someone out?
- What do movies, TV, or social media tell men about how they can date successfully?
- Do you think men experience any particular challenges with dating? Why or why not?
- What terms are used to describe men when dating? For example, men who hook up with many people. Do you think these terms are fair?
- Who can tell me what ghosting is? Have any of you ever been ghosted? Ghosted someone? Why do you think that happened? Would you do anything differently?
- How do you usually handle breakups? When you’re the one breaking up with someone? Other way around?
- How do you feel about dating apps? Thumbs up, middle, or down? Can a few people share why they voted the way they did and why? How do dating apps make you feel?
- What do you think is most attractive in dating profiles? What do you try to communicate through your dating profile?



IV SAMPLE TALKING POINTS



- It can definitely be nerve wracking asking someone out on a first date, but it can be really simple. Try offering them a compliment about their outfit or making a note about a common interest.
- Not every ‘ask out’ will be successful. Rejection is a part of dating. While sometimes rejection might sting, be confident and remember that each rejection brings you one step closer to meeting someone who is right for you.
- Movies make it seem like women play “hard to get” and that men have to be persistent even if they are told no. However, respecting someone’s decision is what it means to have integrity.
- It’s okay and perfectly normal to be single! It’s important to stay true to yourself and wait until you meet someone you really click with. In the meantime, put your energy into growing as a person, developing strong friends, and things you enjoy doing. These will help you be ready for the ‘right’ relationship.
- One of the reasons dating can be so confusing is that we’re often not honest and direct about what we want and don’t always know how to communicate those needs and desires. Get to know yourself—through things like talking to friends and therapy—so that you can be upfront with whomever you date.



IV SAMPLE TALKING POINTS (CONT.)

- ▶ While common statements made about dating men like “men are trash” are too general, it’s worth understanding where this feeling might come from. Terms like “f-boy” and “soft-boy” express the real experience of men lying for sex or acting nice in many ways, but still belittling, demeaning, or being controlling.
- ▶ To counter these male stereotypes and treat people we date with respect... :
 - Communicate clearly if you want a committed relationship or not. Nobody is a mind reader!
 - Communicate when you’re no longer interested in pursuing a relationship with someone. It’s better to tell someone sooner rather than disappearing and leaving them feeling confused. “Ghosting” might seem like the easier way out and like you might be “protecting” the other person's feelings, but it can do the opposite.
- ▶ It can be tempting to rush into relationships. Setting boundaries from the beginning is important to keep the rest of our lives healthy. Talk through things like how often you’d like to see each other, what daily communication looks like, and how much time is split between each other and friends.
- ▶ When developing a dating profile, consider what the people you are interested in are looking for, not just what men see as the “ideal” man. For example, many women want men to know how to take care of themselves and be approachable, not just have big muscles.
- ▶ Breakups are painful, whether we as men express outwardly or not. Reach out to friends for support and do the same for them.



V SAMPLE ACTIVITIES

**ANALYZING MEDIA:
DATING APP SURVEY
DISCUSSION**

Provide 10 minutes for participants to read, “[Study Reveals Biggest Dating App Mistakes and Tips for Guys.](#)” Ask participants to annotate the tips with questions and what that agreed or disagreed with. Host a discussion, emphasizing where people’s perceptions of desirable dating app habits come from as well as practical strategies for being successful with dating apps.

Sample Discussion Questions:

- What strategies can we take to develop our dating profile and photos?
- What strategies can we take about how to message people we like?
- Are there any mistakes you’ve made listed in the article?



**FOUR CORNERS:
DATING**

Label four corners of a room: Strongly Agree; Agree; Disagree; and Strongly Disagree. Read prompts one at a time. Ask people to move to the corner they align with. Discuss why participants chose their corner, then continue to the next prompts. At the end, discuss takeaways from the activity.

Sample Prompts:

- The guy should always pay on the first date.
- You have a responsibility to tell someone you’re no longer interested in them.
- It’s implied that there will be physical intimacy after a first date.
- I enjoy using dating apps.
- The best way to get over a breakup is to get with someone else right away.

Sample Discussion Questions:

- How do you think it makes the person you’re dating feel when ___?
- What experiences led you to believe ___?
- Do you feel like your opinion on ___ might change?



VI WORKSHOP RESOURCE LIBRARY



- **Video:** Trevor Noah on “Men, Intimacy & The ‘Right to Sex’” - The Daily Show
- **Report:** Young women often face sexual harassment online – including on dating sites and apps - Pew Research Center
- **Report:** Online Harassment 2017 - Pew Research Center
- **Article:** How to Navigate the Complicated World of College Dating - Very Well Mind
- **Article:** How to Know if Hooking Up Is Right for You and Your Mental Health - AskMen
- **Article:** How to Be an Ethical Hookup Partner | Teen Vogue
- **Article:** The Healthy Alternative to Ghosting - One Love Foundation
- **Article:** Tinder and the Dawn of the “Dating Apocalypse” - Vanity Fair
- **Article:** The darkest side of online dating - BBC