

# Dating Discussion Topics

☐ **Body Changes** - Depending on your age, your body might have already undergone some changes or might just be starting. As your body matures, your sexual thoughts and feelings increase. This is very normal.

- Is there anything you would like to discuss about body changes?

☐ **Personal Hygiene** – Have you ever gotten close to someone who didn't smell nice? If you did, I bet all you wanted to do was move further away. If you want a boyfriend or girlfriend, you should always be well groomed and clean. You never know where you might meet someone, so always look and smell nice.

- Is there anything you would like to discuss about personal hygiene?

☐ **Dating** – What type of qualities would you like in a boyfriend or girlfriend? They should be kind to you, respect you and make you feel good about yourself. If you feel like they are taking advantage of you, you probably don't want to be with them. If they are mean or say things to you that aren't nice, you should probably find someone else. You should also talk about what you think would be a good or bad date. Just because someone asks you out on a date doesn't mean you need to go.

- What type of qualities would you like in a boyfriend or girlfriend?

☐ **Feeling Desperate** – Some people want a boyfriend or girlfriend so bad they get frantic. They may decide to pick someone who doesn't have the qualities they said were important. As you date and get more mature, over time some of your ideas about relationships may change. But they should change because you have changed, and not because you are desperate.

- Do you ever feel desperate for a boyfriend or girlfriend? If so, why?

☐ **Public Displays of Affection (PDA)** – We've all seen it. It's the couple that thinks the world should know they are a couple. Too much PDA is very uncomfortable for others. Talk about what is and isn't appropriate PDA.

- Discuss what is and isn't appropriate PDA.

☐ **Consent** – Before having sex together, both people must give their consent. No one can force this on you and you can't force it on anyone else. If you feel pressured into doing something you don't want to do, then you need to let someone know and stop this relationship. Having sex without consent is rape.

- Discuss what consent means.
- Understand that you can say no.