**Before asking someone on a date**

* Let them know you like them!
	+ Talk to mutual friends
	+ Flirt with your eyes
	+ Give specific or general compliments, depending on how well you know them
	+ Ask them if they’re dating anyone
	+ Show interest in them by trading information and finding common interests
	+ Laugh at their jokes when appropriate
* Assess their romantic interest in you
	+ You can tell if someone is interested in you by
		- Mutual friends telling you that they like you
		- Them flirting back
		- They appear to enjoy your compliments
		- They show interest in you by trading information
		- They ask you about your dating status
* Find out if they have a girlfriend or boyfriend
	+ We can find this out by:
		- Asking a mutual friend
		- Check their relationship status on their social networking profiles
		- Ask them directly
* Consider your dating activity options using the five W’s
	+ WHO will be there
	+ WHAT you will plan to do
	+ WHEN it will happen
	+ WHERE you will meet
	+ HOW you will make it happen

**When asking someone on a date**

* Wait for an appropriate time to ask
	+ Ex: When no one else is around, they’re not busy, you’re both free to talk, you’re in person, they’re in a good mood
* Trade information
	+ You do not want to randomly ask someone on a date out of the blue
	+ It is less risky to ask someone out that you know and have talked to several times
* Mention your common interest
	+ Mention the common interest that you are going to suggest for your date
* Ask what they’re doing at a certain time
	+ Ex: What are you doing this weekend? What are you doing Friday night?
	+ By asking what they’re doing at a certain time, you protect yourself from possible rejection because you haven’t actually asked them out yet
* Assess their interest
	+ GOOD signs: They say they’re available and are smiling; they seem friendly and enthusiastic; they say they’re busy but seem disappointed.
	+ BAD signs: They say they’re busy and seem uncomfortable; they mention a boyfriend or a girlfriend; they say they’re available but seem uncomfortable; they change the subject.
* Use your common interest as a cover story for going out if they’re interested
	+ Ex: If your common interest is sci-fi movies, you could go watch the movie
	+ “Do you want to go watch that new sci-fi movie this weekend?”
* Exchange contact information if you do not already have it
	+ Ex: I should get your number; We should exchange numbers
* Tell them when you’ll follow up
	+ It is appropriate to call or text after getting someone’s number or asking them on a date within 1 or 2 days
	+ Follow up using the two-day rule
		- If you call the same day, they might get scared
		- If you call after three days, they might lose interest or think you’re playing game
	+ Use the five W’s to plan the date
	+ Confirm the plans the night before the date

**Accepting Rejection**

* Even when we follow all the steps for asking someone on a date, we sometimes get rejected. When this happens, it is important to remember that dating is a choice. We don’t get to date everyone, and everyone doesn’t get to date us.
1. Keep your cool
	* If you don’t keep your cool, you will make them uncomfortable; you will look desperate; you could get a bad reputation; other people may not want to date you
2. Make a casual statement of acceptance
	* Ex: Okay, no big deal; That’s okay. Just thought I’d ask; That’s fine, no worries
3. Shift the subject back to the common interest
4. Use a cover story before exiting

**Turning Someone Down**

1. Keep your cool
2. Politely turn them down
	* Ex: “No thank you,” “I don’t think I can”
3. Give a cover story for turning them down
	* Ex: “I just think of you as a friend,” “I’m interested in someone else”
4. Thank them for asking you out
	* Ex: “Thanks for asking though,” “That’s nice of you to ask”
5. Shift the subject back to the common interest
6. Use a cover story before exiting
* Keep it friendly
* Don’t say yes just because you don’t know how to say no
* Don’t say yes because you feel sorry for them
* Don’t laugh at them or make fun of them
* Don’t tell others they asked you out