**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