**Going on Dates**

**Steps for Beginning the Date**

1. Greet your date (Say hello, ask how they’re doing)
2. Invite them in if meeting at your home
3. Introduce them to anyone they don’t know
4. Show them around if meeting at your home
5. Offer them refreshments if staying at your home
6. Ask about your plans

- Ex: “So do we still have dinner reservations?” “Are we all set for the concert?”

**During the Date**

* Show interest in your date
  + Smile and make good eye contact
* Trade information at least 50% of the time
* Laugh at their jokes (sometimes a courtesy laugh is necessary)
* Be polite and respectful
  + Open/hold doors when appropriate
  + Don’t begin eating/drinking until their food/drink has arrived
  + Use good table manners
  + Don’t swear or curse
  + Don’t be argumentative
  + Don’t police
  + Don’t tease or make fur of them or others
* Ask your date what they want to do
  + Don’t make all the decisions
* Go with the flow
  + Plans may change
  + Your date may change their mind about where they want to go
  + You do not have to do things that feel unsafe or make you uncomfortable
* Give your date compliments
  + Give SPECIFIC compliments when you DON’T know them well
  + Give SPECIFIC or GENERAL when you DO know them well
  + Avoid too many physical compliments
  + Physical compliments should be from the neck up
* Don’t flirt with other people
* Don’t invite people unexpectedly into your date
* Don’t ignore your date
  + Don’t ignore your date to talk to other people
  + Don’t text or make phone calls during your date
  + If you’re expecting an important call or text, let your date know in advance and apologize
* Suggest a change if you or your date gets bored
  + Ex: “How about when we’re done with this, we do something else?”
* Avoid risky topics (politics, sex, religion)
* Avoid risky places
* Be prepared to pay
  + The person who asked for the date should pay for the date
  + Always offer to pay, and be prepared to pay
  + Be prepared to “split the bill”
  + Use the two-offer rule
    - Start by offering to pay once (“Can I get this?”)
    - If they say no, offer a second time by saying “Are you sure?”
    - If they say no again, thank them

**Steps for Ending the Date**

1. Wait for a pause in the date
2. Have a cover story for ending the date unless the date ends naturally

- Ex: “Well, it’s getting late” “I guess I better get you home”

3. Thank them for going out or taking you out

1. Tell them you had a good time if you did
2. Start walking them out
3. If you like them, suggest going out again

- Ex: “We should go out again” “Maybe we could hang out again this weekend”

1. Tell them when you’ll follow up

- Ex: “I’ll call you this weekend” “I’ll text you tomorrow”

8. Say goodbye

9. Ask permission for any physical contact

- Ex: “Can I give you a hug?” “Can I give you a kiss goodnight?”

**After the Date**

* Make a follow-up call or text the next day if you like them and want to go out again
* Thank them for going out or taking you out
* Tell them you had a good time if you did
* Ask them out again if you like them