

Steps to "Deciding"

1. **Personal Ad Activity** - Learn about each other's interests, values, goals—and know your own.
2. **Role-plays "Jealousy & Understanding"** - How well do you two communicate and handle conflicts?
3. **Sorting Baggage/Suitcase Activity** - Get to know each other's family and past experiences.
4. **"Windows of Conscience" Activity** - Consider his/her conscience & character.

**LESS WRINKLES
IN ONLY MINUTES**



simulated imagery

TRY IT TODAY!



www.dermitage.com



Ordered to pay out over \$23M for false advertising!

Personal Advertising

My Catfish Story

Personal Advertising, Your Thoughts... (Write in Notebooks)

- List all the ways in which you advertise yourself. (In person and online)
- If I were to look at all these different methods of advertisement, what message would it send about who you are?
- What can I learn about you from these different ways of personal advertising?

Personal Advertising

- We live in a digital age- at the click of a button you can meet and connect with people all across the world.
- Many people meet their significant other online, and start relationships with another before ever meeting them face-to-face.
- How you advertise yourself and what you want in person and online can have a huge impact on all your relationships.

Personal Advertising

- We also advertise ourselves in our day to day life.
- How we act and the activities we participate in show others what we value.
- Do your actions truly represent who you are and what you value?

Personal Ad Activity

1. Complete ***About Me and Who I Find Attractive Worksheet.***

Example Personal Ads

COULD IT BE ME?

Goal-oriented woman, 23, blond hair/blue eyes, with a huge passion for life, seeks a man who isn't threatened by a strong woman.

THE GOOD STUFF

Single Black female, 22, fun loving girl, very open-minded, likes underground hip- hop, working out, seeking same in a fun loving male, 21-32.

TALK TO ME

Single white male, 20, 170lbs, enjoys laughter and the outdoors. Seeking outgoing, humorous, attractive female 18-25, for friendship maybe more.

A LOT TO OFFER

Single black male, 21, 240lbs and very fit, new to the area, seeks athletic female, 20+, for friendship or more.

LIVE IT UP

High adventure awaits you with this single black male, 24, very attractive, loves to travel, see movies, try new things. Seeking nice, attractive female who loves to live life.

LET'S TAKE A CHANCE

Fit single female, 5', 125lbs, brown hair green eyes, enjoys working out, movies, dining. Seeking single male, 20-25, non- smoker for quality time together.

Personal Ad Activity

Complete your *Personal Ad*.

1. About Me- briefly describe who you are without using any physical qualities.
2. Who I'd Like to Date- list the things you would look for in a girlfriend/boyfriend as well as the things that would be unacceptable to you. Focus on personal qualities not physical.

Example Personal Ad

About Me

I am a young woman who is 18 years old. I have just graduated from high school, am a good student, and will be attending college in the fall. I'm not sure yet, but I think I plan to major in psychology. I like to play basketball, sing, and travel to new places. I also like to speak my mind and enjoy people who like to get out and do things. I am close to my mother and brother and have several close girlfriends. Most people say I am outgoing, strong, and like to argue and debate things.

Example Personal Ad

Who I'd Like to Date

I would like to date someone who is going to college. He also needs to like playing sports, and he needs to give me a lot of space to spend time with my girlfriends. Any person I date needs to listen to what I have to say and not be afraid of arguing. I would like the person I date to be close to at least some of his family members. He must be someone who likes to try new things on the spur of the moment, and needs to accept that I change my mind a lot.

Don't change
so people will like you.
Be yourself and the
right people
will love the real you.

Communication & Conflict

Handling Conflicts

- Skills for handling disagreements and general conflict are important for healthy relationships.
- Conflict can be positive- it can help us learn how to handle and grow from our differences.
- Conflict becomes a problem when it is not dealt with in a positive way.

Communication

- Two poor ways to communicate:
 - Aggressiveness
 - Avoidance
- ? *Why are these two extremes not helpful in resolving conflict?*
- ? *What are some reasons that being aggressive in relationships can cause problems?*
- ? *What are some reasons that avoiding disagreements in a relationship can cause problems?*

Communication

A better way of handling conflict is to express your thoughts directly and calmly:

"When you don't listen to what I have to say, it upsets me because I wonder if you really care about me. Sometimes I feel like you think what I say is stupid."

Communication

A better way of handling conflict is to reply directly and calmly:

"So when you are talking to me about something that matters to you, you worry that your feelings don't matter to me or that I think they're dumb. Is that what you feel?"

Communication Summary

- We tend to put our best foot forward in a relationship- but how he/she behaves in the long run is much more important.
- Spending time together allows you to learn how that person communicates and handles conflict.
- If your communication/conflict skills are lacking you need to work on them.

Family & Relationship Background--Sorting Baggage

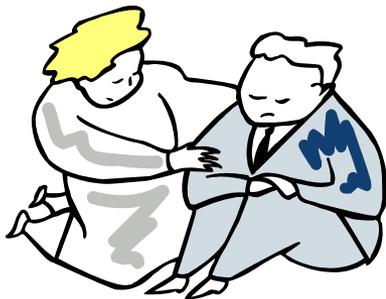


Conscience & Character

- Conscience is that little voice inside telling you if something is right or wrong.
- People show character and a developed conscience when they do the right thing even if no one is watching; when they make wise and kind choices.
- We can't really look inside to see someone's conscience....but their behaviors and actions offer us a "window" into their conscience and character.
- Draw in the windows two important indications of conscience and character important to you in a friend or partner—i.e. the behaviors/actions that would show it. And then two examples of behavior that would reveal a low level of conscience or character that would bother you.

Example Windows

**Shows care
and concern
for others**



**Steals from
others**



**Money Stolen from
a Friend**

Characteristics of a High Level of Conscience & Character

- Chooses to do the right thing even if no one is looking
- Honest even when lying seems like the easy way out
- Responsible even when it means putting off immediate pleasure
- Considerate of others' feelings
- Fair—follows the rules even when cheating is an option
- Kind and giving towards others

Decide, Don't Slide!

- Taking the time to really get to know someone can help you make the right choice should you decide to get more serious with another person. The activities you have just completed focused on some important ways to “know” someone:
 - Learning about a person's personality, values and interests;
 - Getting to know how he or she handles conflict when there is disagreement;
 - Finding out how a person has handled past dating relationships and getting to know his or her current friends and family;
 - Experiencing how a person treats you and other people in terms of kindness and honesty.

*Really getting to know
someone is how you can
"Decide" rather than "Slide"
into relationships.*