

Contemporary Living

Ch 22 Dating and Marriage p. 318-331



Why do people date?



Why do people get married?



What is the difference between dating and marriage?



Going Out as a Group

- Less pressure than going out as a couple
- Have many people to talk to
- Might be more comfortable with other friends around

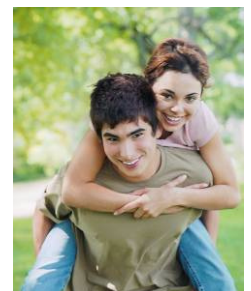


Going Out as a Couple

- A way to get to know someone better
- Some people go out with many people to meet different types of people
- You can figure out what qualities you like in a person
- Have “security” that you always have a date to events

Negative:

- May become too attached and feel you have to do everything with that person
- May start to ignore other friends
- Miss out on getting to know different people





Family Rules

- Some families make dating rules such as
 - What type of person
 - Their religion
 - Their ethnicity
 - Where you can go
 - How late you can stay out
 - Have to wait till certain age

What rules does your family have about dating?



Responsible Relationships *Personal Responsibility*



- Respect yourself
- Know what your values are and don't change them for someone else
 - Ex. underage drinking, staying out past curfew, sexual activity, lying to your parents
- Communicate before going out on a date
 - Where are you going, when will you be home, what are your plans



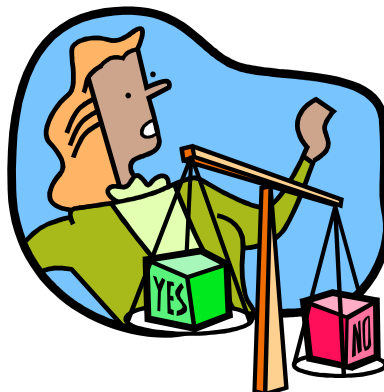
Sexual Responsibility

- Decide ahead of time what your and your families values are
- What are you and your partner willing to take responsibility for?

What might a guy say to a girl or vice versa, to convince them to have sex with them?



- Many times a person just wants to have sex the first time with someone and then will quickly drop them to find someone else
- You should be going out with a person a long time before making any serious decisions
- Sexually active teens often feel regretful and guilty
- May feel bad about going against their values
- Constant worry about getting pregnant
- Feeling that they have to keep having sex or they will lose their partner
- Can never start fresh with someone new as a first time experience



Consequences

- **Unintended Pregnancy:**

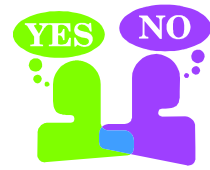
- often one or both parents drop out of school meaning poor job opportunities
- A lot more stress
- Financial problems
- Partner (usually father) often abandons mother
- Cannot hang out with teen friends anymore at teen activities
- May not be able to reach your long term goals anymore



- **Sexually Transmitted Diseases or Infections (STDs, STIs)**

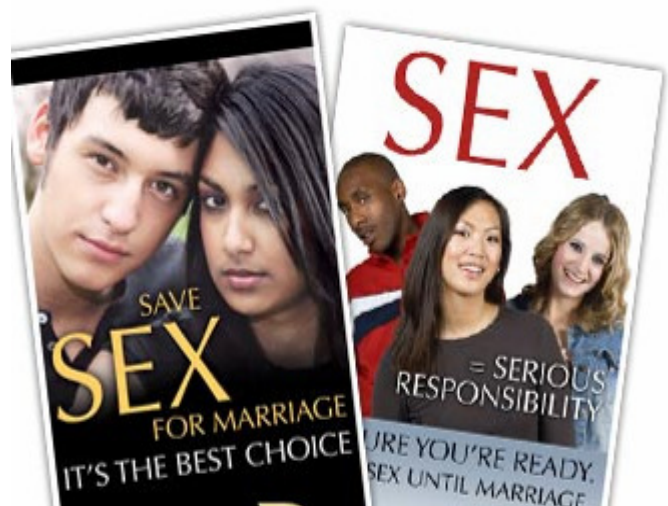
- Diseases spread through sexual contact
- Many people don't know they have an STD and are spreading it to others
- Your partner could have gotten an STD from a previous person and spreads it to you
- Can be lifelong- you can't get rid of some STDs!
- Can be deadly
- Can make you infertile- you cannot have babies
- Future partners will not want to go near you for fear of getting it





Handling Sexual Feelings

- Practice **abstinence**: refusal to engage in sexual activity or other high-risk behavior
- Dating does NOT have to include sex, you can just have fun getting to know other people
- You must talk to your friends, boyfriends, girlfriends about not being sexually active so they know your values up front
- Your partner should respect your choice to not be sexually active
- Going out in groups can help avoid pressure of sexual activity
- Plan ahead: Don't let yourself be alone with the person in an empty house
- Don't fall for peer pressure or lies such as "If you love me you'd do it"
- Make sure your body language and the way you dress match your values
- If you don't feel comfortable in a situation, leave or call someone to come get you



Handling Emotions

Crushes and Infatuation



- A crush is usually for someone you could/will not realistically ever have a romantic relationship with Ex. A movie or sports star
- **Infatuation:** an intense romantic attraction,
 - Usually unrealistic and based on physical characteristics only
 - Is not a two-sided relationship
 - Makes people think they love someone when they may not even know them very well

Jealousy



- Feeling that the person you care about is more interested in someone or something else than in you
- Can be from spending extra time with friends, or longer work hours away from partner
- Can make people feel insecure and become controlling, possessive, and violent
- Having separate friends and interests is normal and healthy
- Do NOT let a partner demand all your time or tell you that you can't see other friends or family
 - That would be a warning sign to get help and get away from them

Breaking Up



If you've ever broken up with someone, how did you do it?
What did you do or say?



- End a relationship *firmly* so that both people know it is over
 - o Don't just stop talking to someone
- Consider the other person's emotions
- Avoid saying or doing negative things to or about each other
- After you break up reflect on what you liked or didn't like about the person so you'll choose someone different the next time

Love and Commitment

What does this phrase mean? "I take you in sickness and in health." What does it have to do with marriage?



How do you know if you really love someone?



Love and Commitment (continued)

"Marriage is better than divorce or bachelorhood for the health, wealth and happiness of adults of all ages and genders."

- Statistics say you have a better chance of staying together if you date for 2 years before marrying someone
- Find out about the person's family, beliefs, friends, personal habits, work ethic, etc.
- Sometimes people break off their engagement: This is much better than starting a poor unhappy marriage
- Current divorce rate is about 50%!
- 75% of teen marriages end in divorce!

Why do you think so many people get a divorce?



Strong Marriages

- Communicate often
- Share responsibilities like laundry, cooking, child care, finances
- Being able to agree to disagree

Remaining Single

- Many people choose to stay single to:
 - Finish their education
 - Fulfill a career goal
 - Travel
 - Care for family
 - Wait till they find the right person
 - They cannot handle the commitment and responsibility

