

GO FOR THE GOLD

RETHINK

BOUNDARIES • DATING • SUCCESS

DAY 1 – What is Dating?

What is Dating? Presenter-Led Discussion with Student Input
 Life Hike Goal Setting Activity
 Jenga Activity
 Dating Step 1: Be a Friend

DAY 2 – Healthy Relationships

Dating Step 2: Broaden Your Circle of Friends
 Dating Step 3: Friendly Dating
 Golden Rule Activity: How Do You Want to Be Treated?

DAY 3 – Healthy Dating

Dating Step 4: Steady Friendly Dating
 Slinky Activity-Dating Takes Communication & Coordination
 Boundary Rings: Developing Good Emotional Boundaries
 Boundary Violations/Scenarios Activity

DAY 4 – Unhealthy Relationships

Emotional Grooming
 11 Grooming Tactics DVD
 What to Do If You Have Been Groomed?

Day 5 – Unhealthy Dating

Teen Date Violence: Identifying The 4 Main Types of Abuse
 DVD - *Causing Pain: Real Stories of Dating Abuse and Violence*, Abuse Story's Activity
 Risky Dating
 Alcohol: The #1 Teen Date Rape Drug

DAY 6 – Serious Dating

Dating Step 5: Serious Steady Dating
 The Bonding Process
 Intimate/Sexual Bonding: Oxytocin & Vasopressin
 Bonding Illustration
 Healthy Bonding: The Five Areas of My Life That Sexual Bonding Impacts Activity

DAY 7 – Relationships and Finances

Dating Step 6: Engagement
 What Should You Discuss Before You Marry?
 Merging Finances
 Finance Game
 Pricing Game

Day 8- Relationships and Conflict

The 4 Ways People Approach Conflict
 6 Steps to Resolving Conflict

Day 9- Marriage

Dating Step 7: Marriage
 Marriage vs. Cohabitation
 Building Blocks Activity
 Jeopardy Game
 Key Tags
 Stories of Impact