

## Middle School FLASH Lesson 3

### Rules Of Dating

#### 30 Minute, Zoom-Friendly P.E. Lesson

#### Learning Objectives

1. Explain the qualities of a healthy dating relationship.
2. Collaborate with others to advocate for safe, respectful, and equitable relationships.

PowerPoint (Includes Video):

<https://docs.google.com/presentation/d/126lryCsQrSrW3A2XyuCB5xgPsj4u5uZn0nSxUvrSbR0/edit?usp=sharing>

<b>2 minutes</b>	<p><b>Introduction</b></p> <p>Review Group Agreements and provide Anonymous Questions link.</p> <p>Today we are going to look more closely at dating. I know that some of you are already dating, or are interested in dating, and some of you are not. Of course, even people who are not dating can still have ideas and opinions about it. Sometimes families have rules about dating, such as how old you have to be before you can date, if you have to date in groups or always have an adult with you. In this lesson, you are going to have a chance to make some rules of your own about how you think people should act with each other when they are dating.</p>
<b>10 minutes</b>	<p><b>Steps Of Dating</b></p> <p><b>(SLIDE)</b> Let's start by talking about what dating really looks like. Dating usually has 3 main events: (1) asking someone out or getting together, (2) dating or going out, and (3) breaking up. At some point when they are older, probably after high school, a person may meet someone who they want to spend the rest of their life with, and they may never break up. However, for most relationships, these are the three main steps.</p> <p>Screenshare your IdeaBoardz, Insert Link Into Chatbox. Sample IdeaBoardz: <a href="https://ideaboardz.com/for/Rules%20Of%20Dating/3724877">https://ideaboardz.com/for/Rules%20Of%20Dating/3724877</a></p> <p>We are going to create a list of common behaviors for each step of dating. This is not a list of what people "should" do, but rather what you have seen or heard of people actually doing, both good and problematic.</p> <p>Encourage class to add common behaviors to the list, and to share aloud. Use prompting questions if they need help. Give 2-3 minutes for each step.</p> <p><b>Step 1: Asking someone out or getting together</b></p> <ul style="list-style-type: none"><li>• How do people ask each other out? How do they get together?</li><li>• What sorts of things do they do or say to each other?</li><li>• Read responses</li></ul> <p><b>Step 2: Dating or going out</b></p> <ul style="list-style-type: none"><li>• What sorts of things do two people do together when they're dating?</li><li>• How do they treat each other?</li><li>• How do they talk to other people about their boyfriend or girlfriend?</li><li>• Read responses</li></ul> <p><b>Step 3: Breaking up</b></p> <ul style="list-style-type: none"><li>• How do people break up with each other?</li><li>• How do they talk about their ex to other people?</li><li>• What sorts of specific behaviors would you see?</li><li>• Read responses</li></ul>

<p><b>3 minutes</b></p>	<p><b>State Laws</b>  <b>(SLIDE)</b> Now we are going to talk about some of the rules that people need to follow about relationships and sex. First we are going to hear about our state laws.  Play The Video (1:58) <a href="https://youtu.be/6QI97BPV7Gw">https://youtu.be/6QI97BPV7Gw</a></p>
<p><b>15 minutes</b></p>	<p><b>Teen Dating Commission</b>  <b>(SLIDE)</b> I want you all to imagine that you have been appointed by the President of the United States to the Presidential Teen Dating Commission. Your job on the commission is to create a set of dating rules for teens so that they can have happier, healthier dating relationships. There are a few things you should keep in mind as you are creating your rules.</p> <ul style="list-style-type: none"> <li>• The rules must be completely fair. <ul style="list-style-type: none"> <li>◦ This means the rules apply the same to everyone. They are not biased in favor of one person or group of people.</li> </ul> </li> <li>• Every rule must work for everyone, including people of all sexual orientations, gender identities, cultures, races, religions, economic levels, etc.</li> <li>• The rules should promote respect and fairness between the people who are dating.</li> <li>• The rules can't cause harm to anyone.</li> <li>• You must add at least one rule for each step of dating.</li> </ul> <p>Screenshare second Ideaboardz (or clear the original), Insert Link Into Chat.  Sample Ideaboardz:  <a href="https://ideaboardz.com/for/Teen%20Dating%20Commission/3724883">https://ideaboardz.com/for/Teen%20Dating%20Commission/3724883</a>  Prompt students to add dating rules to each step, and to share out loud. Give 6-9 minutes. Highlight supportive, positive responses.</p> <p>Now it is time for the Presidential Teen Dating Commission to vote! Vote for your two favorite rules in each category. It is OK if you want to vote for your own rule. To vote, click on a rule, then click the 'thumbs-up' button. Ready, set go!  Give students 2-3 minutes to vote.</p> <p>Read the top scoring rule from each category, or have students read the top scoring rules. If two rules are tied or close in votes, read both. Praise students for their smart rules.</p> <p>Discussion:</p> <ul style="list-style-type: none"> <li>• If these rules were followed by everyone, how would relationships be different than the ones you see now?</li> <li>• How would people feel in their relationships?</li> <li>• There is research that shows that abuse can happen even in middle school relationships, while dating and while breaking up. Would following these rules help that problem? Why?</li> </ul> <p>It is very helpful for you to be thinking at this age about what a good relationship would look like, because we all have choices about how we treat others. Planning ahead, like you all have done here, increases the likelihood that you will make good choices about the way you treat others. It will also help you recognize if you have a friend who is not treating others well, or who is being abused. I appreciate all of your hard work today, and I appreciate the great rules that the Teen Dating Commission has voted on!</p>
	<p><b>Daily Log</b></p> <ol style="list-style-type: none"> <li>1. If you could choose one rule that all teens had to follow to have happier and healthier relationships, what would you choose and why?</li> <li>2. What is one rule that teens should follow to treat ex-boyfriends, ex-girlfriends, or ex-partners with respect?</li> </ol>