



Dating

The Difference between a Date and Dating

- **A date** is an activity or outing that you do together with a person.
- **Dating** is when people are romantically involved with one another.
 - Sometimes the people dating are sexually involved
 - with each other, sometimes they are not sexually involved.
 - People make choices about whether to become sexually involved with another person based on their values, comfort level and whether they feel ready for a sexual relationship with one another. These choices may be different for everyone.



Is it a Date?

- Before going on a date, it is important that the people talk to each other to make sure they are in agreement that the activity is a date.
- A date is only a date if both people agree that it is a date.



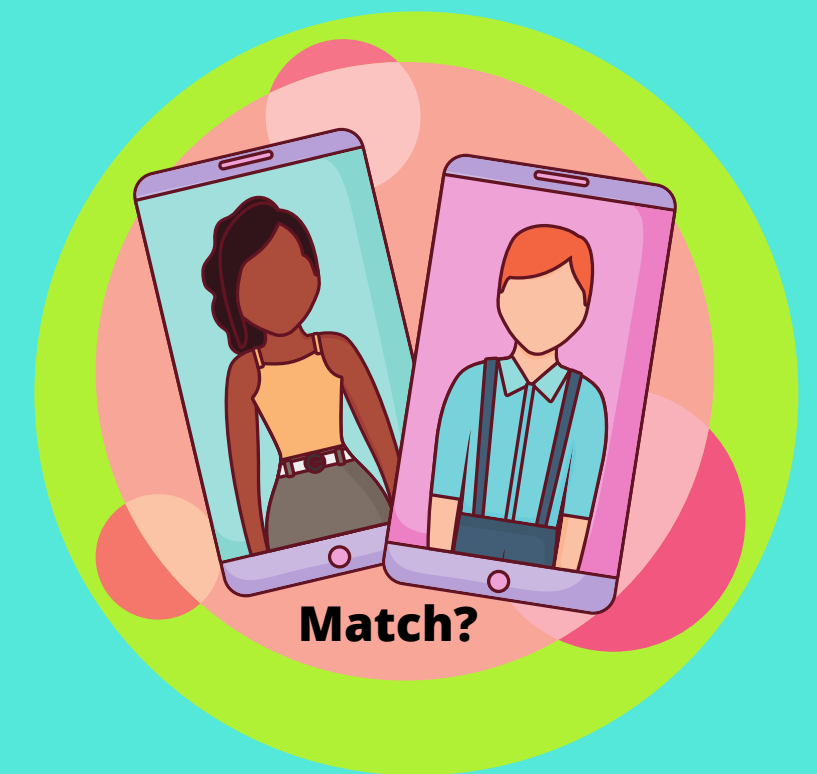
Date Activity Ideas:

- Hanging out in a group of friends
- Going for walks or hikes together
- Going to an event in the community together
- Hanging out together and watching movies or gaming
- Going out to eat together
- Going to a coffee shop together
- There are lots of things the people could decide to do to spend time together and get to know one another and have fun together!



Dating

- People date because they are romantically and/or sexually interested in the other person(s).
- People date to get to know one another and to see if they are a good fit for each other.
- Dating does not mean the people are in a committed relationship. Dating means they want to get to know each other more and enjoy spending time together.
- Dating helps people decide if they want to commit to the other person(s) who they are romantically and/or sexually involved with.
- Sometimes dating develops into a relationship, and sometimes dating does not develop into a relationship.



How to Meet People

- There are many ways to meet new people. It may be helpful to consider the pros and cons of different ways to meet people. This will help you learn which situations may be best for you to meet new people.
- Finding common interests with a person can be a helpful area to focus on when first meeting someone.





Asking Someone Out

There are many ways to ask someone out on a date!

Here is a helpful checklist of things to think about before asking someone out on a date.



- Do I like the person?
- Do they seem interested in me?
- Am I interested in getting to know them better?
- Are they over 18 years old? (if I am an adult, they must also be an adult)
- Are they not a member of my family?
- Are they not my teacher or boss/supervisor?
- Have I spoken to them before?
- Do I both share some common interests?
- Is this an appropriate situation/place to ask someone out? (e.g. not at work)
- Am I able to accept and respect their choice if they say “no”?

If you answered “yes” to all those questions, it **may** be appropriate to ask the person on a date. This does not mean the person will say “yes”.

If you answered “no” to any of those questions it is probably not appropriate to ask the person on a date.



What is Rejection?

Rejection is when you or another person tells someone they do not want to date or be in a relationship.

Rejection is a normal part of dating and relationships.

- Rejection is a normal process when trying to date and it is okay for people to say “no”.
- Do not take the rejection personally.
- It is important to accept the other person’s choice to say “no”, just as it is important for others to respect when we say “no”.
- It is important that if you are rejecting someone, that they respect your decision.
- It is common for rejection to make people feel disappointed and it can be painful, that is okay.



References

Autism Nova Scotia. (2019). *Healthy Relationships, Sexuality and Autism Program Curriculum*. Halifax, Canada: Autism Nova Scotia.
Corinna, H. (2016). *S.E.X., The All-You-Need-To-Know Sexuality Guide to Get You Through Your Teens and Twenties* (2nd ed.). Boston, MA: Da Capo Press.