

# MY DATE



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**2016**

Non commercial usage

Agreement Number: 2013 – 3444/001 – 001  
Project Numb Agreement Number: 2013 – 3444/001 – 001

	YES	I DO NOT KNOW	NO
Hello, do you like someone?			
Are you in love with someone?			
Do you want to ask someone for a date?			
Have you been asked for a date?			
Do you know how to act on the date?			
How to get home safely?			
How to act in a danger?			
How to avoid a danger?			

**I am your DATE guide and I will help you.**

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## HOW TO USE THE GUIDE?

**1<sup>st</sup> part – the learning part – when you discuss the pictures, all the possible situations with assistance of staff**

**2<sup>nd</sup> part – the practical part – when you will make the funny exercises**



**In this guide, you will find the information about:**



WHAT A DATE IS?  
WHERE YOU CAN FIND A FRIEND FOR A DATE?  
WHAT KIND OF FRIEND WOULD YOU LIKE FOR A DATE?  
HOW TO CHOOSE A FRIEND FOR A DATE?  
HOW TO ASK A FRIEND FOR A DATE?  
HOW TO PREPARE FOR A DATE?



ALWAYS REMEMBER!  
YOU SHOULD NOT DO THIS!  
GOOD ADVICES FOR YOU!  
PLAY THIS DATING GAMES



## WHAT A DATE IS?



When two people go for a meeting and do something together.



After a date you can decide whether you like the person or not and whether you want him/her to be your boyfriend/girlfriend

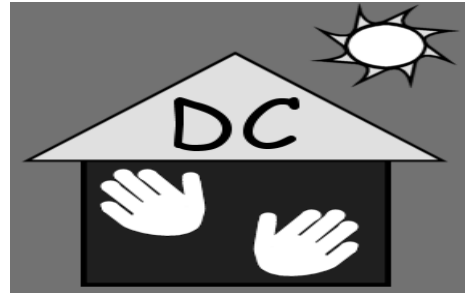




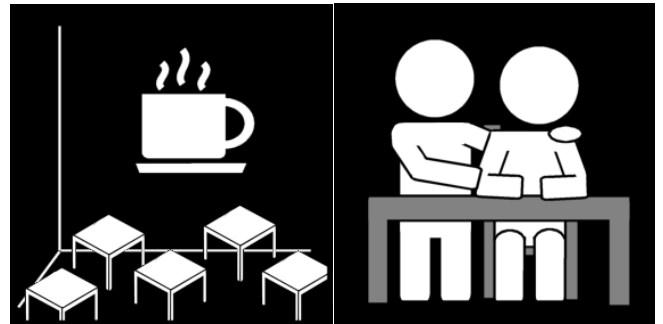
## WHERE YOU CAN FIND A FRIEND FOR A DATE?



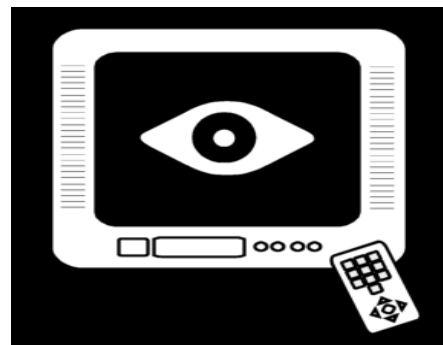
At your Day Care Centre



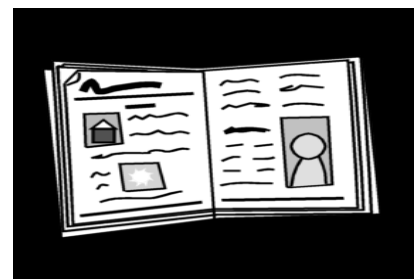
In a Cafeteria



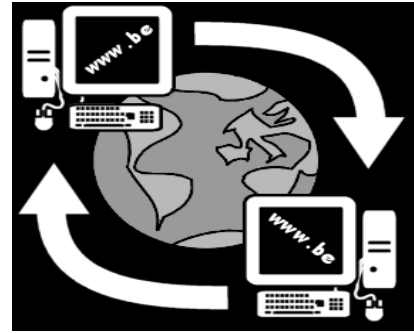
On TV advertisements



When you call someone who has published his/her phone number in a newspaper.



- ☐ In the internet on dating websites.



- ☐ In Facebook



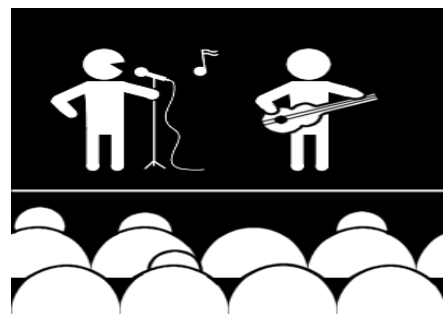
- ☐ At a party



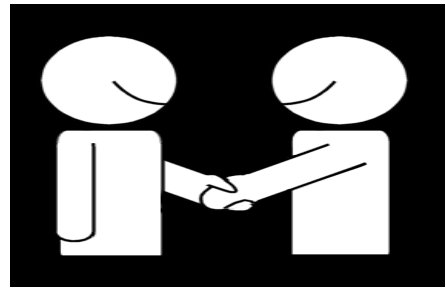
- ☐ In a disco



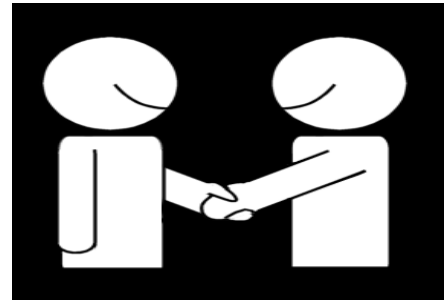
- ☐ In a concert



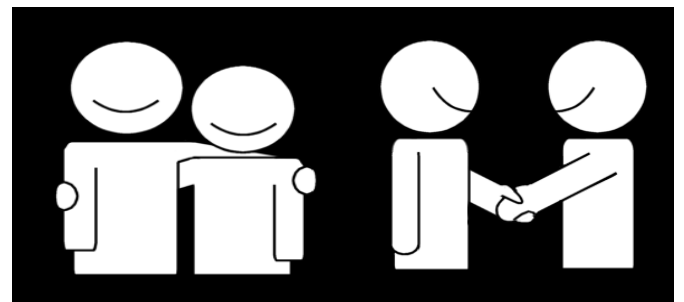
- When you start conversation with someone in street, cafe, party, etc.



- When someone starts conversation with you in street, cafe, party, etc.



- Your friends can introduce you with a nice person.



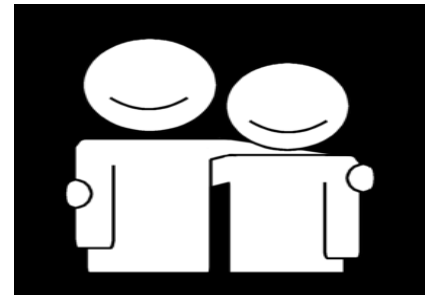


## WHAT KIND OF FRIEND WOULD YOU LIKE FOR A DATE?

- ☐ Very pretty/  
handsome?



- ☐ Very friendly?



- ☐ Very rich?





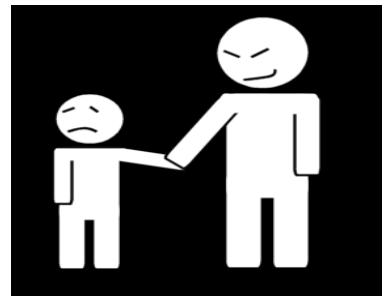
- ☐ Famous sports man/woman?



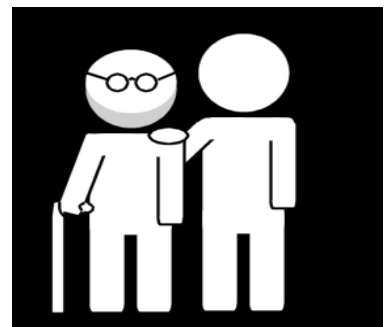
- ☐ Someone in the same age as you?



- ☐ Much younger than you are?



- ☐ Much older than you are?



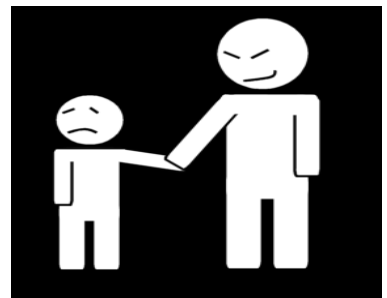


## HOW TO CHOOSE A FRIEND FOR A DATE?

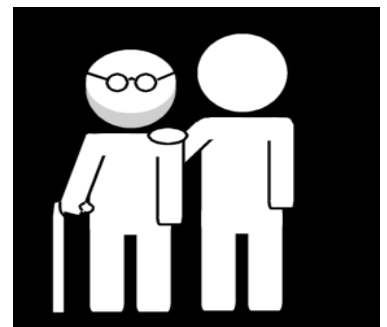
- ☐ Choose someone who is in the similar or in the same age as you.



- ☐ Do not choose anyone much younger than you.



- ☐ Do not choose anyone much older than you.



- ☐ Choose someone who has the same social status as you.





## HOW TO ASK A FRIEND FOR A DATE?

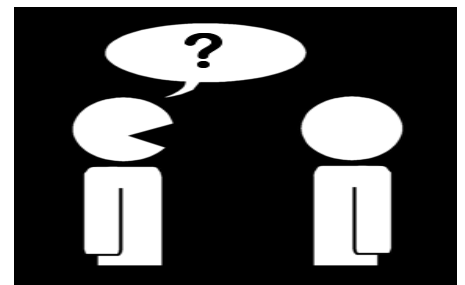
- Send a text message or make a phone call.



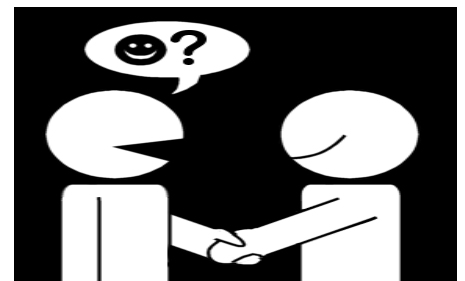
- Send a message to him/her on the internet.



- When you meet someone, ask him/her if he/she wants to go for a date with you.



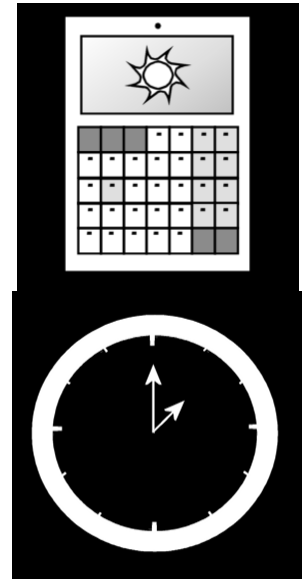
- You must always be polite:  
Say hello  
Say goodbye  
Give a hug/  
kiss



Talk about a new date



Find an appropriate date and time for a date. Plan how long does a date takes



**MAKE YOUR OWN PLAN HOW TO ASK A FRIEND FOR A DATE**

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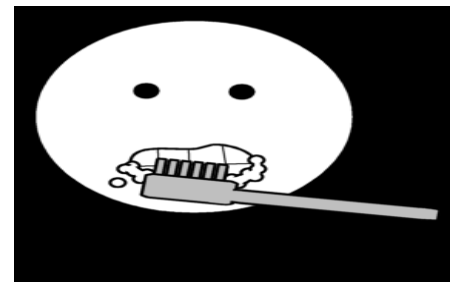


## HOW TO PREPARE FOR A DATE?

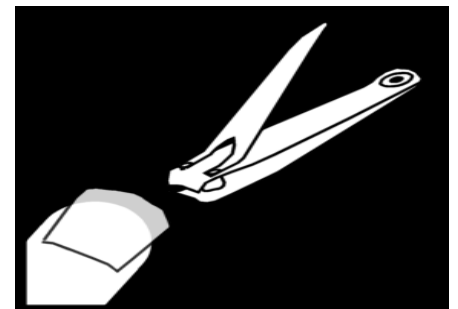
☐ Take a shower



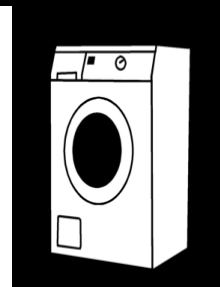
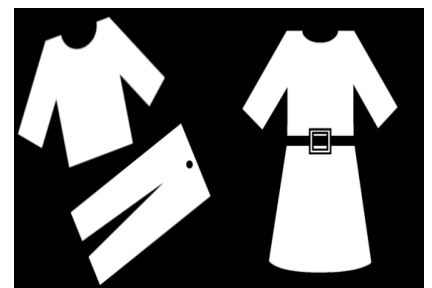
☐ Brush your teeth



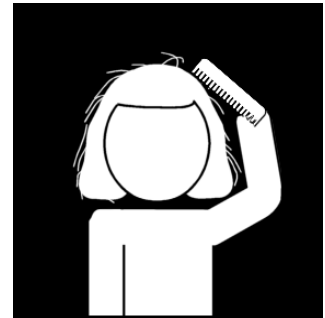
☐ Cut and shape your nails



☐ Put on tidy and clean clothes



- Brush your hair



- Put on some perfume (not too much)



- Charge the cell-phone



- Put on some jewellery



- ☐ Buy some flowers



- ☐ Do not be late



**MAKE YOUR OWN PLAN HOW TO PREPARE FOR A DATE**

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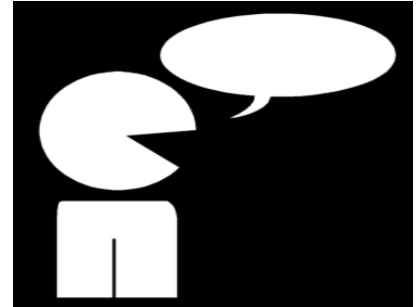
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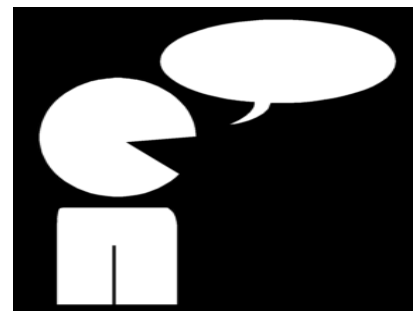


## ALWAYS REMEMBER!

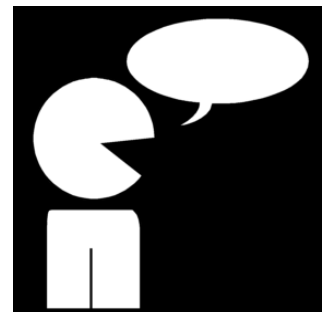
○ Always tell somebody before you go to meet someone



○ Always tell somebody whom you are going to meet

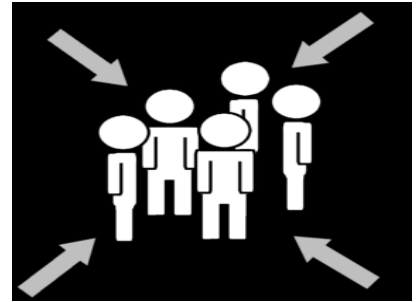


○ Always tell when you will be back

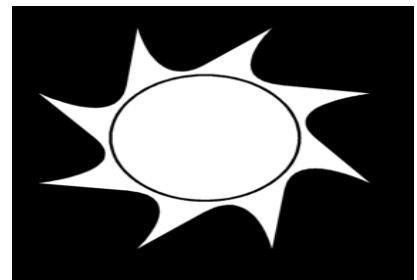




- You must meet in a public crowded place: cafe, town square, bowling, cinema



- You must arrange your date on a day time



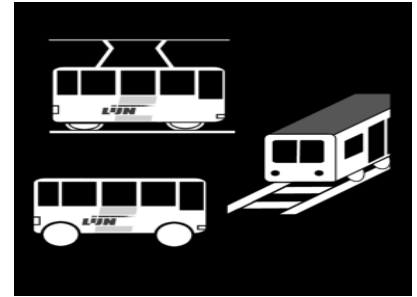
- Always keep your cell phone with you, the battery must be fully charged that you can call in case of danger



- Always have some money with you



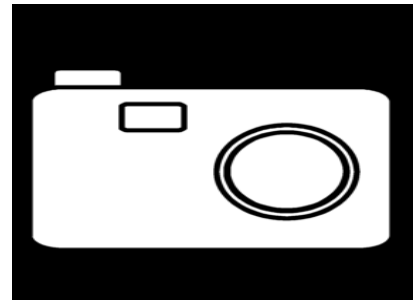
- Make sure you know how to get home by public transport



- Always be cautious when you meet someone you don't know.



- Make a photo with your new friend to see whether he/she agrees to do that



## MAKE YOUR OWN NOTES WHAT TO REMEMBER

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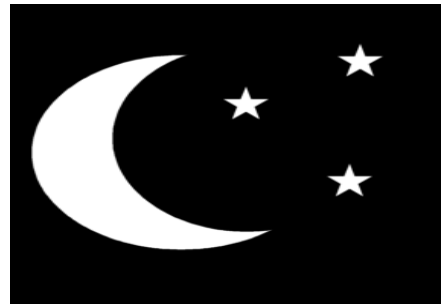
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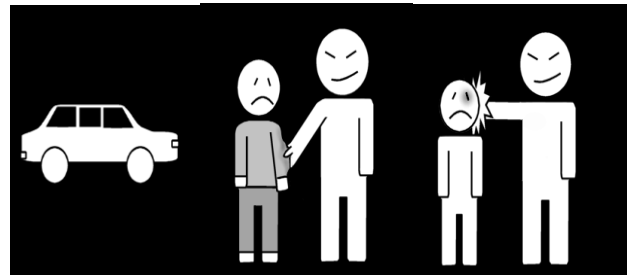


**YOU SHOULD NOT DO THIS!**

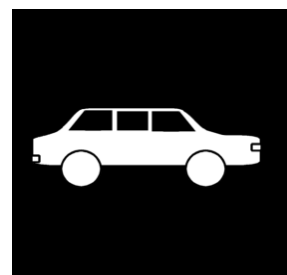
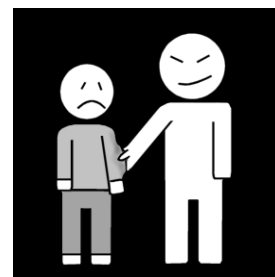
- Do not go on a date when it is dark outside



- Do not go by car with someone you don't know



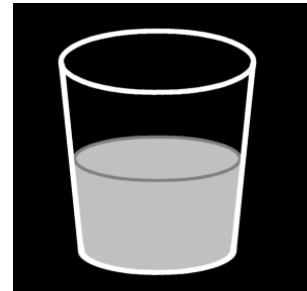
- Never go by car if there is anybody in it you don't know.



- Never drink alcohol with strangers, because it might reduce your consciousness and alertness



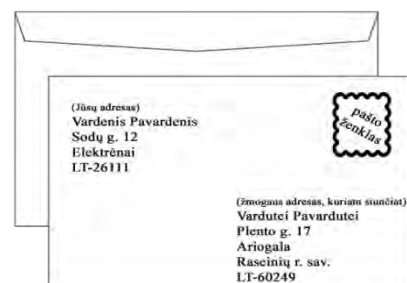
- Don't leave your drink without attention, because someone may put drugs in your drink. You can become unconscious and lose your self-control.



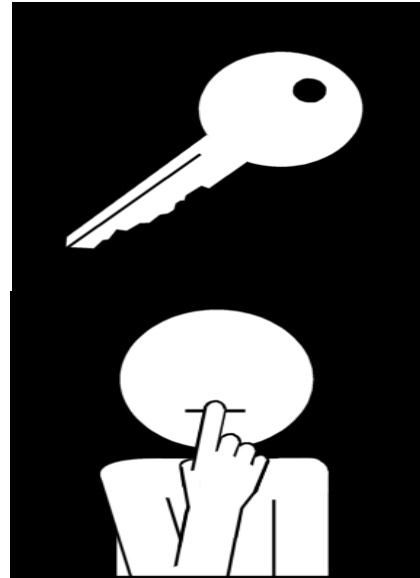
- Never take anyone you don't know home with you



- Don't tell your home address to strangers

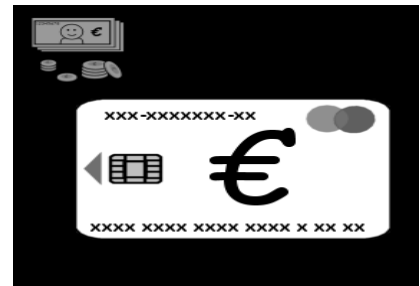


- Don't give your home keys to strangers



- Don't tell any personal information about your family to strangers

- Don't give your bank codes and credit/debit cards to strangers



## MAKE **YOUR OWN NOTES** WHAT YOU SHOULD NOT DO

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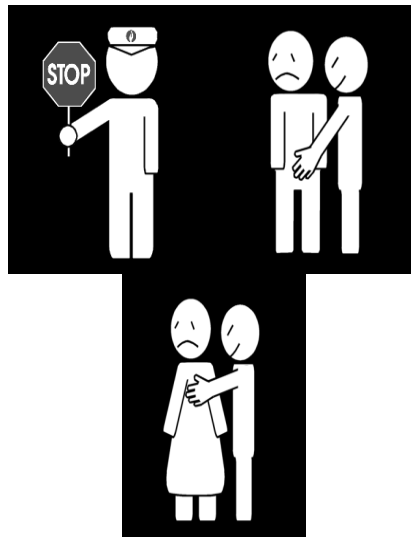


## GOOD ADVICES FOR YOU!

○ Create a secret code which you could use if you feel in danger.  
For example, you could call your relative and say: „ Take my dog for a walk, I will be late “. It means you are in danger.



○ If you don't like how your friend touches and treats you must say NO and go home.



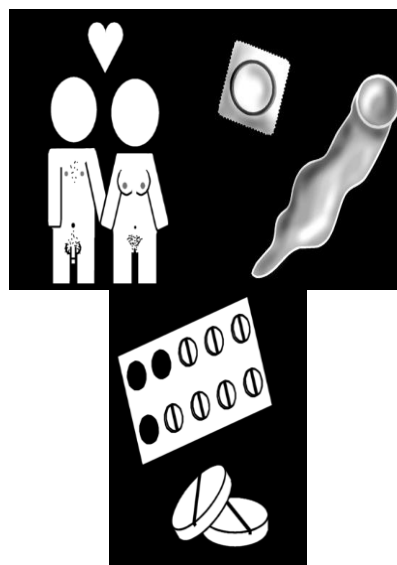
○ If you want to talk about your date, make a call to your day care centre social worker any time.  
He/she is always ready to help you.



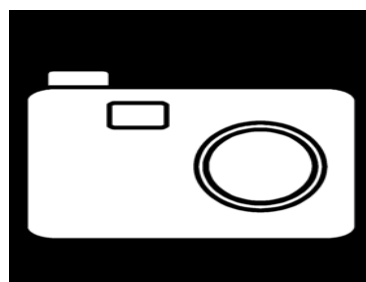
☐ It is helpline in whole Europe. Ring anytime if you are in danger and need help.



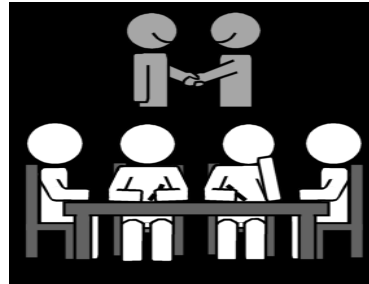
☐ If you need an advice about sex and contraception, call your social worker, he/she is always ready to help you.



☐ Make a photo with your new friend to see if he/she agrees to do that



○ Double date is safer; that means two ladies meet two men. Ask your friend to go to a double date with you.



CAN YOU **MAKE SOME ADVICE** TO YOUR BEST FRIEND?

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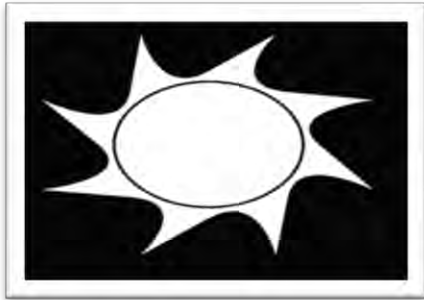
**LET'S PLAY THE DATING GAME!**

**WHAT A DATE IS? CHOOSE THE CORRECT PICTURE:**



**WHAT TIME OF THE DAY YOU SHOULD GO FOR A DATE? CHOOSE THE CORRECT PICTURE**

Day time?



Night time?



**HOW TO PREPARE FOR A DATE? CHOOSE THE CORRECT PICTURES**



**HOW TO ACT ON A DATE? CHOOSE THE CORRECT PICTURES**

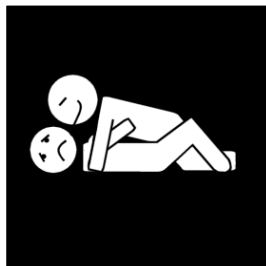
Threaten



Go to concert



Rape



Give flowers



**WHAT CAN YOU DO ON A DATE? CHOOSE THE PICTURES YOU LIKE AND DISCUSS WITH YOUR FRIENDS**

Exercise



Dance



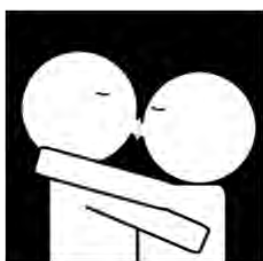
Go to theatre



Go to ballet



Kiss



Ride a motorcycle



Group conversation



Go to cafe



Go to circus



Make love



Sing karaoke



Play table games



**WHAT BEHAVIOUR IS INAPPROPRIATE?**  
**CHOOSE THE CORRECT PICTURES AND DISCUSS WITH YOUR FRIENDS**

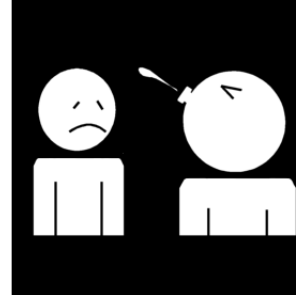
Give flowers



Tickle



Spitting



Fight



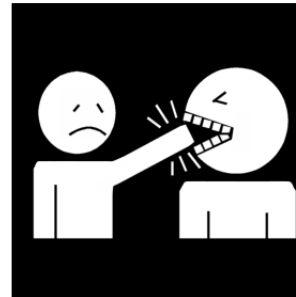
Punching



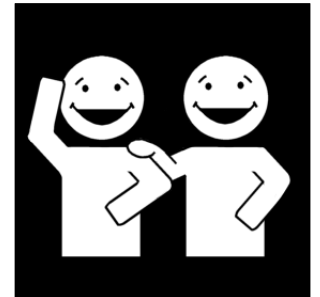
To sit on somebody's knees



Bite



Joke



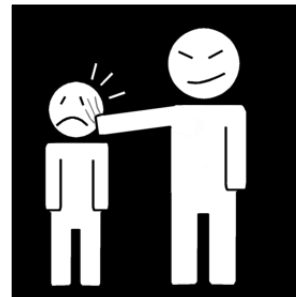
Kick



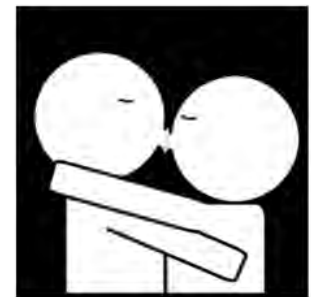
Hug



Harm



Kiss



Criticize



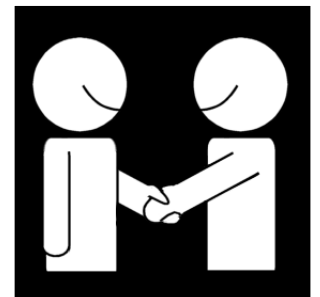
Compliment



Harass



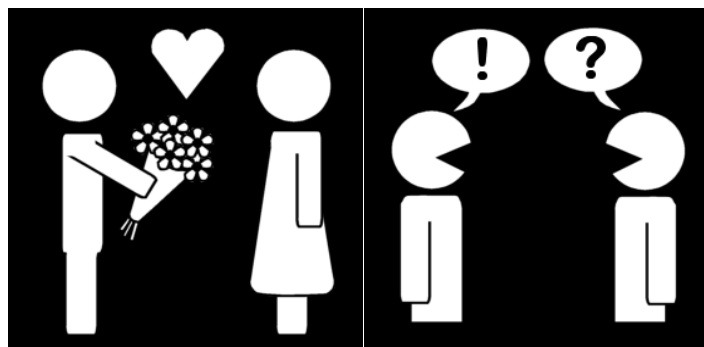
Be polite



WHICH NUMBER IS THE HELP LINE? CHOOSE THE CORRECT PICTURE

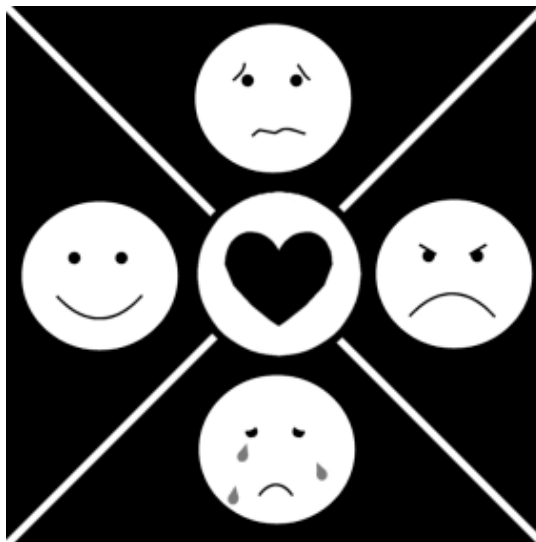


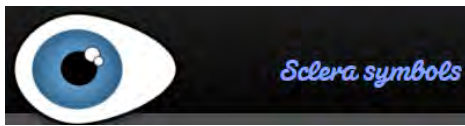
TELL US HOW YOUR PERFECT DATE SHOULD BE?



## ARE YOU IN LOVE?

Tell how you feel when you in love





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