

A GUIDE TO DATING

L'ANONYME

BEFORE THE DATE



1

- ▶ **Shower.**
- ▶ Brush your teeth.



2

- ▶ Get ready, look nice.
- ▶ Wear clothes you are **comfortable** in and in which you **feel good**.
- ▶ Put on deodorant.



3

- ▶ **Arrive early or on time** at the date.
- ▶ Plan a precise meeting spot and time.



4

- ▶ Go to your date.

DURING THE DATE

- 1 Greet each other** and, depending on comfort, shake hands or give each other a hug. Ask how they are doing.
- 2** Talk about things you have in **common** (ex. people you know or places you both visit).
- 3** Ask **questions** about each other (see reverse for ideas).
- 4** Show signs of interest if you like the other person and you are liking the date.

**It's normal to feel stressed and for the other person to feel stressed too!*



AT THE END OF THE DATE

- 1 Thank the person** for nice moment together.
- 2 Be clear about how you feel about the other person.** If you already know if you do or don't want to see them again, you can tell them right away. You can also take time to think about it and come back to them later.
- 3** You can arrange **another date** right away if both of you want to. You have to respect the other person if they don't want another date, even if you're disappointed.
- 4** Make sure everyone gives their **consent** for any **physical touch** (ex. a hug or a kiss on the mouth at the end of the date).



TIPS FOR A GOOD CONVERSATION

1

React to what the other person is saying

"Oh, interesting!"
"I feel that way too"
"Not me, I prefer..."

2

Ask questions to get more details about their answers and to continue the conversation

"What's your pet's name?"
"How old is your pet?"

3

Ask: "and you?"

QUESTIONS TO GET TO KNOW THE PERSON



What do you like to do on your free time? What are your hobbies?



What kind of music do you listen to?



Where would you like to travel?



Would you like to have a pet?



Do you do any sports? Which ones?



Do you have siblings?



What is your favourite meal/food?



What kind of shows or videos do you watch?



What's your favourite season? Why?

What did you do today?

Do you work?

When's your birthday?

WAYS TO SHOW YOU'RE INTERESTED

- ▶ Look at them, look into their eyes
- ▶ Smile
- ▶ Ask questions about them (do not only talk about yourself)
- ▶ Listen and look at the person while they are talking, do not cut them off while they are talking
- ▶ Compliment them (ex. : I like your outfit, I like your smile, it's interesting when you talk, etc.)
- ▶ Get closer to each other, if both want to (ex. : take their hand)

***If the other person acts this way, it could mean that they are interested in you! But it's always best to check by asking.*