

Dating Relationships Note-Taking Guide

Healthy Dating Relationships

1. A healthy dating relationship has many characteristics. Choose two that are important to you and explain why.

Unhealthy Dating Relationships

2. Complete the boxes below concerning unhealthy dating relationships.

You may _____ your other friendships.
You may also neglect your _____, which can also lead to conflicts.



If you and your partner don't _____ well, you often end up with
_____ emotions.



Age, _____, and power differences can lead to potential
_____ and emotional impacts in unhealthy dating relationships.

Dating Relationships

Dating Emotions

3. Define infatuation and love.

Infatuation:	
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Love:	
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4. Love involves chemistry, closeness, and commitment with your partner. Define each of those words.

Chemistry:	
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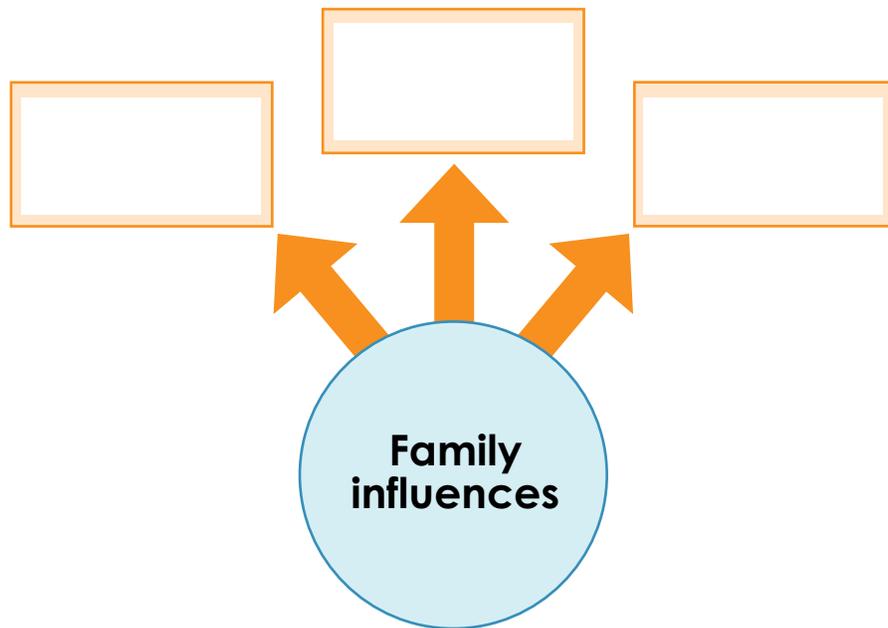
Closeness:	
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Commitment:	
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Dating Relationships

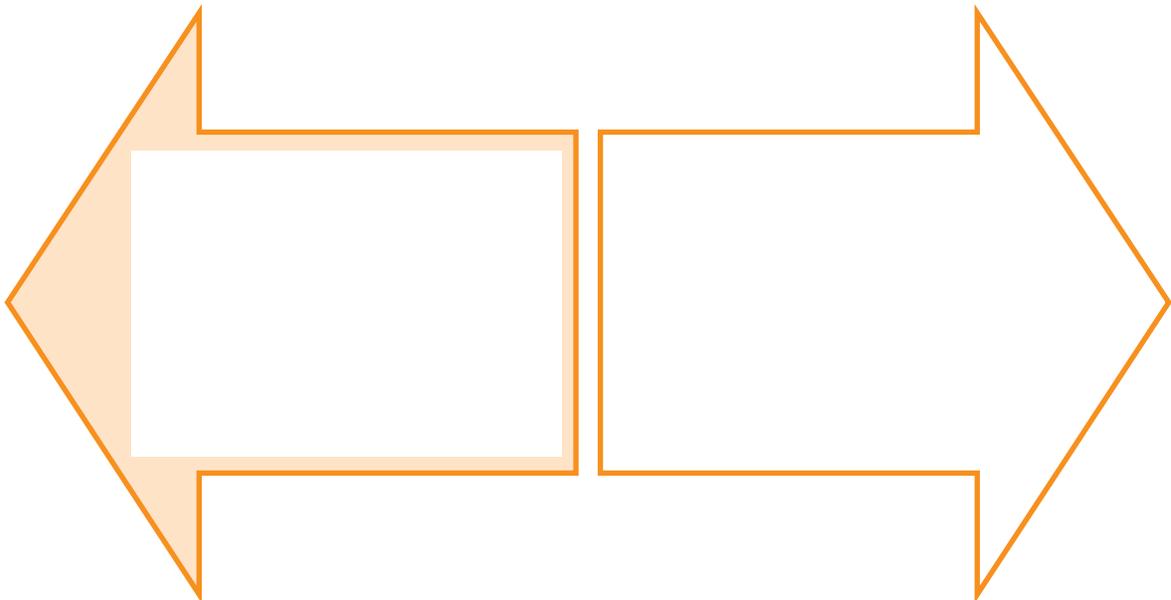
Family Influences on Dating Relationships

5. List three influences family may have on a relationship.



Online Relationship Communication

6. Give two examples of problems technology can cause in a relationship.



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Inherent Risks of Online Dating Websites and Apps for Teens

7. List three Dos and three Don'ts of online dating.

Dos of Online Dating	Don'ts of Online Dating

Sexting

8. Explain what sexting is.

Sexting:	
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9. List the four legal consequences that may come from sexting.

1.
2.
3.
4.

Dating Relationships: Intimacy and Boundaries

10. Define intimacy and boundaries.

Intimacy:

Boundaries:

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Abstinence

11. List three advantages to being abstinent in the box next to the plus sign and two challenges to being abstinent in the box next to the circle with a line through it.

Abstinence is the practice of refraining from any type of sexual activity.

Refusal Skills

12. Explain how you would verbally and nonverbally say no to the following situation: your partner wants to kiss you and you don't want to be kissed.

Dating Relationships

Breaking Up

13. Explain why it is a bad idea to break up through text message, social media, email, or by having someone else do it for you.



Developing and Maintaining Reproductive and Sexual Health

14. List and describe the four risks to being sexually active as a teen.

