

“Smart Dating” Rules



Teens in this region have reported that dating violence is very common. They also said that they would turn to other teens for help before an adult. This “smart dating” event gives teens the opportunity to talk about the signs of a healthy relationship, an unhealthy relationship, and when to use caution. This is important because if we can see the signs, we can stop the abuse.

Similar to “speed dating,” this “smart dating” event pairs teens in a four minute “date” or discussion. During this time, the teens will talk about the signs of healthy and unhealthy relationships. Each person will record what the other person says on the red, yellow and green cards. Red or “stop” cards will be used to record signs that indicate the relationship may be abusive. Yellow or “caution” cards will reflect signs that mean slow down, this relationship may be unhealthy. Green or “go” cards will capture signs that indicate the relationship is healthy and there are no signs of abuse.

This is how the smart dating activity will work:

- Male and female students will alternate in the rows (boy-girl, boy-girl, etc.) so no two boys and no two girls are sitting next to each other,* unless there is an uneven number of students.
- The facilitator will review the rules and ask for any questions. The beginning and end of each round will be indicated when the whistle sounds. Each round will last four minutes.
- When the whistle sounds, the first round will begin and the female student will turn to the male student on her right and begin discussion based on the question on the cards. During the round, the students should take notes to record key themes or answers.
- The whistle will sound for each of the remaining rounds. Each time, the male students will move to the next available seat to the right and the process will begin again. If two girls or two boys are seated next to each other, then the one sitting in the odd numbered seat will move to the next seat available.
- When the whistle sounds for the last time, everyone will stop talking. The facilitator will ask for what impacted them the most. Students will share what they thought were the best answers for each category of “stop”, “caution” and “go”. These answers will be used in the Public Service Announcement Competition to promote awareness about teen dating violence and healthy relationships.

*While the students will be in female/male pairs, it is important to remember that dating violence also occurs in same sex relationships. We need to see the signs and stop the abuse for all teens.

See the Signs.  the Abuse.

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