## Here's What You Get:

## **Dating Basics**

This report is **10 pages**, **single spaced**. There is no fluff, no filler, no nonsense. Only high quality, helpful information.

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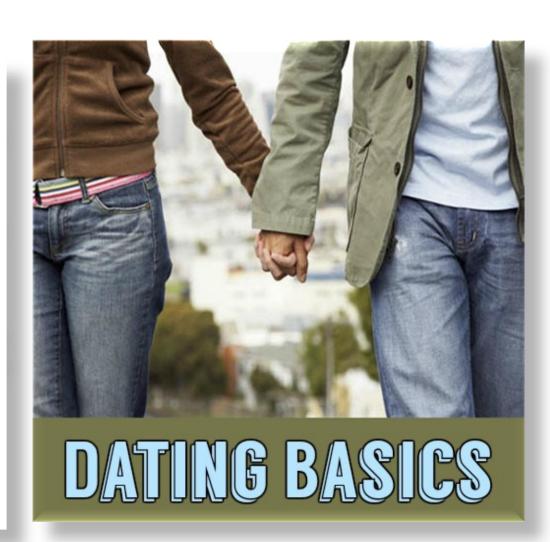
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## DATING BASICS

This report presents an overall look at the basics of relationships and dating, both in the real world and online. Since the latest reports show that nearly everyone can learn the most important social skills needed for relationship building, this site focuses on the essentials of building healthy relationships.

Since **dating** and **relationships** are such a large, important part of everyday life, this report will strive to help clear up myths from facts and present an overview of surrounding issues. It includes information along with a variety of helpful tips and resources available based upon the most recent studies, research, reports, articles, findings, products and services available, so that you can learn more about dating and relationships.

So let's get started, shall we? We will begin by clearing up a few myths...

## **Love Truths: Myth or Reality?**

Let's begin by taking a look at some of the more common concepts above "love" relationships and see if they are myths or based upon reality.

"All we need is love." Myth or not? Since love does seem to be able to overcome anything and everything, at least on television and at the movies, this seems like a reality. However, the truth is, making relationships work takes skill and hard work, regardless of the "love" factor. So there is perhaps a partial myth here.

Just like in fairy tales, once true love is found, people live happily ever after. Truth or myth? Granted couples can look into each other's eyes and have those warm fuzzy feelings. However, the truth is, all couples will have their ups and downs. "Happily ever after" seems to imply a perfect, problem-free relationship when in reality, those don't exist.

It has to be "love at first sight" in order to work long-term. Myth or truth? While this can be true for some, it certainly doesn't have to be for all couples in long-term relationships. Many people grow together over time.

Since practically anyone can learn the nuts and bolts of relationship building, focusing on some basic techniques that can be learned is a must. The main ones, in no particular order, are:

## Here's What You Get:

# **Demystifying Sexual Attraction**

This report is **6 pages**, **single spaced**. There is no fluff, no filler, no nonsense. Only high quality, helpful information.

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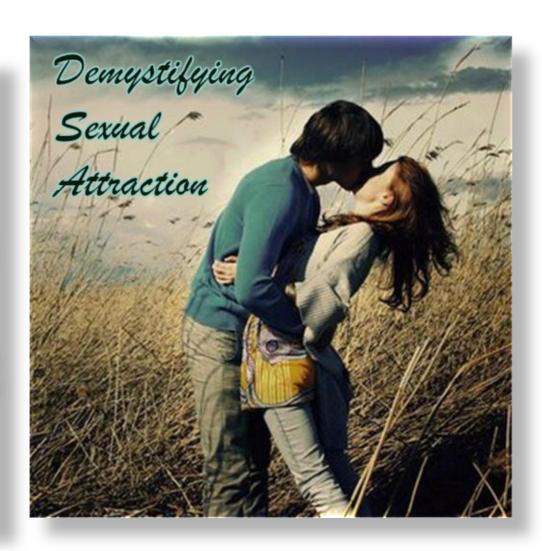
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## **DEMYSTIFYING SEXUAL ATTRACTION**

A key ingredient of all successful relationships, whether we are talking about dating or marriage is sexual attraction.

Typically, sexual attraction refers to a person being drawn to another in order to have a sexual relationship.

#### Common Elements of Sexual Attraction in Humans

Sexual attractiveness of a person to another person depends on both persons; to some extent there is universal agreement as to what is sexually attractive among a species, but individuals have subjective opinions as well.

Much of human sexual attractiveness is governed by physical attractiveness. This involves the senses, in the beginning especially:

- · visual perception (how the other looks)
- audition (how the other sounds, mainly the voice; what may also vary widely is how noisily somebody walks (also depending on the footwear), but this is not necessarily a big factor for sexual attraction, either way)
- olfaction (how the other smells, naturally or artificially; the wrong smell may be repulsive).

As with animals, *pheromones* (chemical signals) may also enter into the picture, though less significantly than in the case of animals. Theoretically, the "wrong" pheromone smell may cause someone to be disliked, even when they would otherwise appear attractive. Frequently a pleasant smelling perfume is used to encourage the member of the opposite sex to more deeply inhale the air surrounding its wearer, increasing the probability that the pheromones from the individual will also be inhaled. (The importance of pheromones in human relationships is probably limited and widely disputed, although it appears to have some scientific basis.

A sexually attractive visual appearance in humans generally involves:

- a general body shape and appearance sanctioned by the local culture.
- a lack of visible disease or deformity.
- a high degree of mirror symmetry between the left and right sides of the body, particularly of the face.

## Here's What You Get:

## How To Ask A Girl Out Successful First Date Advice

This report is **26 pages**, **single spaced**. There is no fluff, no filler, no nonsense. Only high quality, helpful information. You can view the TOC and read <u>an excerpt</u> on the next slides.

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# HOW TO ASK A GIRL OUT SUCCESSFUL FIRST DATE ADVICE

#### INTRODUCTION

Not one of us has gone unscathed from and by the custom of dating. It does not matter what culture, gender or age, dating has had an impact upon us in some form of other. We see examples of it on the television, read about it in magazines and learn about it the classroom, locker room and on the street. Sociologists study it as do psychologists, behaviorists, educators and biologists.

The subject is pervasive. Dating with all its foibles is regular fodder for movies and television series. Books extol the art of dating and/or finding your "soul mate". The ideology of romantic love, "true love" and the "ideal mate" are expounded page after page or in scene after scene. According to this approach, the first date is the start of this journey. In many movies and pulp fiction, the first date is where the hero and heroine start-off on their journey into the ultimate adventure of eternal happiness.

This quest for eternal happiness is not a modern dilemma. It dates back centuries. It is part of many different philosophical approaches to life. Dating, however, is a new phenomenon. It is only around a century old. It is an evolutionary process affected by technological and sociological changes. Dating has to do with relationships and experimentation. It concerns the search for economic, societal and emotional security. It is about compromise and expansion. It is also, believe it or not, fun.

Dating is amusing and daunting. It is scary and exciting. It can be an adventure or a calamity. In fact, sometimes, it can be a bit of both. In the search for the ideal date, you are bound to make a few mistakes. Relax. Everybody does. It is rare to find exactly who you want to be with on your first outing. Think of it as a learning experience, a great adventure, time well spent. Certainly, it is more interesting than watching the news, although it can sometimes feel you may soon be on it as you are quickly becoming part of a train wreck.

Depending upon your point of view, dating is either easier or harder as you get older. This is an e-book geared towards the mature male. It is a guide to dating. Are you curious about arranging that first date on an online dating service? Perhaps, you are looking to date a single mom. Maybe you, yourself, are a single father or are you a senior? This e-book hopes to help you be successful in obtaining that first date. It looks at means to make your first date, great. First,

## Here's What You Get:

# Healthy Dating and Relationship Tips

This report is **25 pages**, **single spaced**. There is no fluff, no filler, no nonsense. Only high quality, helpful information. You can view the TOC and read <u>an excerpt</u> on the next slides.

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## HEALTHY DATING & RELATIONSHIP TIPS

## Introduction to Dating & Relationships

In this guide, the dating and relationships content discussed focuses on traditional male/female relationships. For supplemental material and resources with regards to significant others in same- gender relationships, simply key in words or phrases pertaining to the information you seek into your favorite search engine directory.

This guide presents an overall look at the basics of relationships and dating, both in the real world and online. Since the latest reports show that nearly everyone can learn the most important social skills needed for relationship building, this guide focuses on the ABC's of Healthy Relationships. And so that you can be alerted to possible problem areas, the ABC's of unhealthy relationships are also covered.

For help, support, a shoulder to cry on, for fun and to meet new people and interact with others, sections follow that offer support groups, organizations, programs, tips, self-help and other resources.

Since Dating and Relationships are such a large, important part of everyday life, this ebook strives to help clear up myths from facts and present an overview of surrounding issues. It includes information along with a variety of helpful tips and resources available based upon the most recent studies, research, reports, articles, findings, products and services available, so that you can learn more about Dating and Relationships.

Note that the contents here are not presented from a medical practitioner, and that any and all health care planning should be made under the guidance of your own medical and health practitioners. The content within only presents an overview of Dating and Relationships research for educational purposes and does not replace medical advice from a professional physician.

#### **Back to Basics**

Let's take a peak at some of the more common concepts above "love" relationships and see if they are myths or based upon reality.

## Here's What You Get:

# How and Where to Meet Eligible Men

This report is **4 pages**, **single spaced**. There is no fluff, no filler, no nonsense. Only high quality, helpful information.

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## HOW AND WHERE TO MEET ELIGIBLE MEN

So you're a woman looking for a man... First off, you have to "know" what kind of man you're looking for, and then go wherever it is you'll most likely find that kind of man...

What kind of man are you looking for? It's a new world we live in, and believe it or not, you can find whatever kind of man it is you want! If you're looking for a husband, a meal ticket, a sugar-daddy, a lover, a father, or a companion - there's a man out there for you. The problem is, of course, to find the man that has enough of "all the things you want in a man" to satisfy you.

There are lots of eligible men available, and with just a little bit of intelligence, there's no honest reason why any woman wanting a man cannot find the man of her choice. The thing is, as mentioned already - you've got to know what kind of man you want, and where you'll most likely find him - and then, reach for him.

Men are just like women - they want a woman they can belong to, and call their own. People have to interact with other people in order to maintain a healthy equilibrium; and men have to interact with women on a personal basis in order to go on living. These are undeniable facts relative to the nature of human beings.

Most men have the same kind of shyness, inhibitions, and fears of rejection that women have - the only difference being that the male of our species has been trying to cope with these feelings in regards to meeting women, a lot longer than women have in regard to meeting men.

But it's a new world - there's a lot more women out looking for men - and a lot of men seem to be caught up in their own problems, and unaware of the eligible women around that might like to become acquainted with them. Thus, it's now necessary for a woman to make the first move when she spots a man that interests her and he doesn't make that first move.

What we're saying is simply this: Nowadays, whenever and wherever you spot a man that you'd like to get to know, and for whatever reasons, he doesn't seem to notice you, for sure, you should make that first move towards becoming acquainted. Say you're at a dance and you spot a man that interests you, by all means don't be hesitant to walk over and ask him if he'd like to dance with you. Or should you be having coffee somewhere and you spot a special man, simply tell him that you don't like being alone and would he like to join you.

## Here's What You Get:

# Dating Mistakes and How to Fix Them

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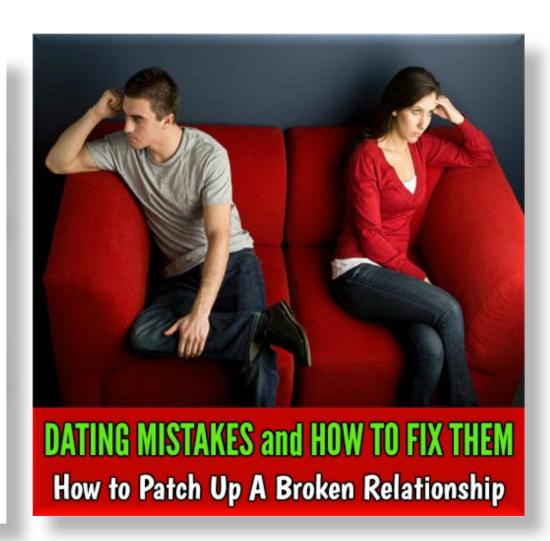
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#### DO YOU REALLY WANT HIM BACK?

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- · Where do we go from here?

#### ONE MORE "WHAT IF": WHEN YOU DON'T MAKE IT WORK

# DATING MISTAKES AND HOW TO FIX THEM HOW TO PATCH UP A BROKEN RELATIONSHIP

#### INTRODUCTION

#### Warning: The contents of this book are powerful

We're going to march through a lot of information and perspective about rebuilding relationships here. Specifically, we're going to create a blueprint for getting your ex-boyfriend back in your life. The advice and insight you'll get will position you to bring your man back into your life.

That's powerful stuff. We're not talking about how to bake a great cake or how to successfully power wash your deck here. This material is about dealing with other human beings and, more specifically, with their hearts and minds.

That should do two things to you. First, it should get you at least a little excited. You'll be able to get him back and to take a second stab at building an awesome relationship. That's great news.

Second, it should imbue you with some sense of responsibility. You're going to be the recipient of some very powerful information and you're going to gain knowledge of some very strong techniques. As with any power, you'll need to make a decision-are you going to use it wisely?

I certainly hope so. I wrote this book because I want everyone to have the very best shot at fulfillment possible. I know that countless relationships that could have developed into something absolutely beautiful have been short-circuited simply due to a lack of information and understanding. That's a sad thing, when you think about it and it's why I feel so strongly about explaining how and why break ups are optional.

That information, though, has a potentially dark side. You can use it in order to make something special or you can use it to play unethical mind games with the men in your life. You can use it to develop a meaningful and happy romance or you can use it to toy with another human being.

Choose wisely and choose ethically, please. I don't want to turn this guide into a lecture on your responsibilities, but we will occasionally return to that theme. I want you to find love and happiness; I'm hoping you won't use these tools to torture another human heart!

## Here's What You Get:

# Dating in Your 40s, 50s, 60s and Beyond...

This report is **7 pages**, **single spaced**. There is no fluff, no filler, no nonsense. Only high quality, helpful information. You can view the TOC and read <u>an excerpt</u> on the next slides.

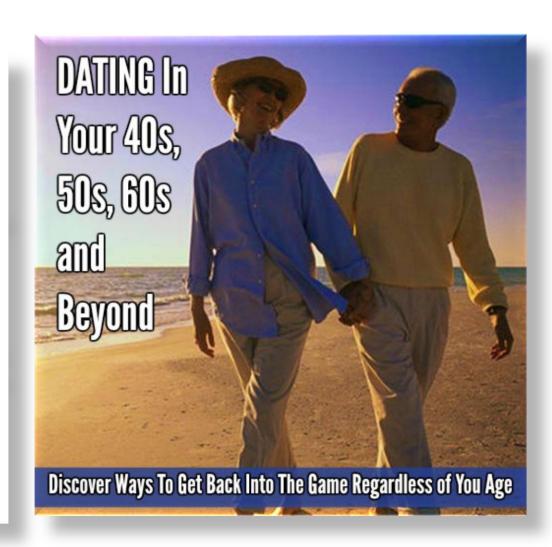
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## DATING IN YOUR 40S, 50S, 60S AND BEYOND DISCOVER WAYS TO GET BACK INTO THE GAME REGARDLESS OF YOUR AGE

### **Dating In The New Millennium**

Finding love is challenging no matter your age. Many people find as they age they are single for various reasons. They may never have met Mr. or Mrs. Right, or they may find themselves divorced or widowed.

Most people still have an interest in dating however, even those in their 80s. So how do you go about dating as you age? Dating in the 40s and beyond is much different from dating in your 20s. For one, you are smarter and wiser. You know more about yourself, your likes and your dislikes.

The good news is no matter your age, you can find love and you can find a date. You can have fun with someone without agonizing over every detail of your date. The key is not to over-think things.

Don't waste a minute thinking about getting old. Don't think for a moment getting old means you can't date. Look at modern celebrities -- people like Demi Moore who in their 40s attract mates more than 2 decades their junior.

Nothing is stopping you from doing the same, though you may prefer someone your own age.

It's your choice. Here's how you do it.

#### Step 1 - Think Young

You really are only as old as you feel. If you take good care of your body and keep fit, you will feel young and vibrant. This vibrancy will emanate through your pores and attract women or men to you.

Think about how you want to be and then work toward getting there. If you need to lose 20 pounds then work on losing 20 pounds so you feel young and fit. Many people age well and feel more fit late in life then they were early in life. This is hardly a new phenomenon.

#### Step 2 - Look For People That Make You Happy

## Here's What You Get:

# Too Shy to Date How to Overcome Social Anxiety

This report is **30 pages**, **single spaced**. There is no fluff, no filler, no nonsense. Only high quality, helpful information. You can view the TOC and read <u>an excerpt</u> on the next slides.

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# TOO SHY TO DATE? HOW TO OVERCOME THE SHYNESS THAT IS CRIPPLING YOUR SOCIAL LIFE

#### INTRODUCTION

"Everyone is shy-it is the inborn modesty that makes us able to live in harmony with other creatures and our fellows. Achievement comes not by denying shyness, but, occasionally, by setting it aside and letting pride and perspiration come first." - Kirkpatrick Sale

You step into the room full of strangers and look around. There's not a single person that you know there. Your heart starts pounding, your hands begin to sweat, and your mouth goes dry. Just as someone comes up to speak to you, your mind goes completely blank. You barely remember your own name and you'd tell them what it is if only you could speak. You're blushing so hard, you're positive you're as red as a lobster and those butterflies in your stomach are flying in formation.

Sound familiar? Almost everyone, at some point in their lives or another, has experienced these feelings of panic and disorientation. Even folks that seem like the life of the party have had moments like these. It's a common problem, more common than you might realize.

Fifty percent of the population in the USA say they're shy and eighty-nine percent of these shy people say they've been shy all their lives. Only eleven percent, of the population says they've never been shy. The good news is that seventy-eight percent of these shy people believe they can overcome their shyness.

Doctors feel that this shyness is wired right into your nervous system. Your brain is constantly taking in information and processing it; and whenever you think again of an experience you've had, your brain will respond in exactly the same way as when it first happened, reinforcement as it were. Your conscious mind knows the difference, but your subconscious mind just processes the information and stores it with everything else. Social phobia has become the third most prevalent psychiatric disorder.

In this report, we'll discuss the whys and wherefores of shyness. There are ways to overcome this social phobia and we'll discuss how to apply them in your own life. It is possible to feel calm and comfortable in social situations.

# safe teen dating Plr Report series

## Here's What You Get:

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10 Private Label Safe Teen Dating Reports

## Here's What You Get:

## **Are You Ready To Date?**

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### ARE YOU READY TO DATE?

Dating is one of the most exciting periods of your life. Suddenly, there are new horizons before you, friendships flower, your personality blooms, and your sense of being a desirable person worthy of affection becomes real. This is a time of great exhilaration, splendor, and discovery. To live it fully is to enjoy one of life's most delightful experiences.

To miss out on dating is a shame and a waste, especially when there is still time to do something about it. Dating is an art, and like all arts it must be cultivated to give results. Approach it with honesty, enthusiasm, energy, and it begins to take form. And soon you have answers to the questions that were worrying you.

Long before you actually start dating, you dream about it. Wistfully, you see other fellows and girls out together on dates, laughing, talking, going places, having a seemingly effortless, wonderful time. Before you ever get a date, you see yourself as the gallant hero or the glamorous heroine of a romantic situation. You imagine all the right words and actions so easily, so vividly, that you can hardly wait to start dating. Yet, somewhere inside you anticipate the awkward moments when you will stand tongue-tied and clumsy before some very special person, finding that dating is anything but wonderful. And so you swing between eagerness and anxiety, impatient to try your wings at one moment, and afraid of a take-off in the next.

When you consider the nature of dating, this emotional see-sawing is quite understandable. For dating fun is different from the fun a boy has playing ball with the fellows or the joy a girl knows confiding in her closest chum. In dating you are involved with persons of the other sex. You are learning about these other special people. And in the process you are also discovering a great deal about yourself. You are on the threshold of a new kind of experience that is grown-up, romantic, and full of promise for your life ahead as a full-fledged adult.

Probably you are wondering when you can start participating in this new exciting experience. For some of you the answer will be easy. If you belong to a closely knit group that does everything together, having dates within that circle of familiar friends will come naturally and simply. But for the majority of young people the answer is not so easy.

#### OVERCOMING BASHFULNESS

Shyness with members of the other sex is common among young people. You are not alone in this problem. Getting over self-consciousness to the point where you can relax and be friendly with those you most admire is a challenge. The more

## Here's What You Get:

## What About Your Date's Age?

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## WHAT ABOUT YOUR DATE'S AGE?

Parents and other adults tend to prefer that young people date within their own age group. It's usual for high school students to be encouraged to date within their own class, where there is little age difference between boy and girl. Even in college many social events are held on the assumption that coeds will attend with boys from their own class.

#### OLDER THAN HIS GIRL

When you get down to cases, you find that more often than not the boy is a little older than the girl he takes out. There are several very good reasons for this trend. First is the fact that girls tend to mature before boys of their own age and are ready for dates a couple of years earlier. Secondly, because of the difference in the rate of their development, a girl often has more in common with a slightly older boy than with a lad of her own age. Thirdly, a boy often feels more secure with a younger girl than with one who is superior in status and experience. Then again, some parents prefer their daughters to date somewhat older boys who are supposed to be more mature and responsible.

This early difference in dating age between boys and girls continues throughout life generally. The tendency is for girls to date boys a couple of years older than they, and for women to marry men who are their elders by a year or two or more. This doesn't mean that a man ought to be older; it just means that he usually is.

#### Differences-Within Reason

The usual difference in age between a girl and the fellow she dates is one to two years. Dating someone fairly close to your own age has several advantages. You're both at about the same stage of life and generally interested in the same things. You both know the same people and move in a social group with other people of your own age. Also important, although not as generally recognized, is that public opinion tends to favor your dating someone of approximately your own age. Let a girl date a much older fellow and her parents protest, her friends wonder, her neighbors gossip. If she dates a fellow of about her own age, friends and family usually approve.

Just how much difference in age is acceptable is hard to determine definitely, because individual cases differ so much. A girl of fourteen or sixteen may be quite mature for her age and have more in common with a senior boy than with someone in her own grade. A boy may be relatively inexperienced socially and therefore feel more comfortable with a girl two or three years younger than

## Here's What You Get:

## **The Right Date For You**

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## THE RIGHT DATE FOR YOU

Young people are rightly concerned about whom to date and whom not to date. Get a good date, and you have fun, your parents approve, and your friends welcome you to social affairs. Get someone your parents and friends dislike, or someone you don't find companionable, and you can have a miserable time. Sometimes it also happens that the person your parents consider a fine date leaves you cold, and the one you would like to date just doesn't rate with your friends and family. Then what?

#### WHEN PARENTS DISAPPROVE

Whether they know your date or not, your parents may disapprove of him or her. They may not like your date's family and background. They may believe that there is too great an age difference between the two of you. They may be concerned about differences in religion, nationality, or social and economic background. They may have heard something unfavorable about your date or his family. Or they may disapprove of anyone in whom you're interested, simply because they don't want to see you involved with anyone yet. Whatever the reasons for parents' disapproval, the problem is a real one.

Young people themselves generally agree that dating on the sly is not a good solution to the problem of parents' disapproval. Someone is sure to discover the situation, and parents become doubly aroused over the deception. Defying your parents and dating the person of whom they disapprove is apt to be unpleasant for everyone concerned. Yielding to parents' wishes and refraining from dating anyone of whom they disapprove can be limiting; sometimes, unfortunately, even prejudiced and restricting. Young people argue that they should have the right to choose their own friends without constant interference from their parents. At the same time youth generally acknowledges parents' right to be interested and concerned about their children's dating partners and patterns.

The best solution seems to be that of trying to get your parents to see what you like in the other person and finding a mutually comfortable adjustment to the problem. It sometimes helps to reassure parents that you're not planning to get serious about everyone you date, and that you know as well as they that an individual may make a good date but a poor marriage partner. Parents often look too far ahead too soon and worry that your date will lead straight to an unfortunate marriage. If you can assume the kind of responsibility for your dating that assures your parents that you're not going off the deep end into some impossible match, you may find them relaxing about your casual friendships and dating partners.

## Here's What You Get:

## **Asking For A Date**

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## ASKING FOR A DATE

Some people find it easy to ask for a date. But for many young people this is a very complicated process. How far in advance should you ask? What shall you say? What if she says "No"? These and many other questions are asked by young men all over the country. Even some fellows who have been dating for quite a while are still unsure of the proper approach in asking for dates. Girls as well as boys are faced with this problem as they take the initiative. There are no clear-cut answers to these questions, but here are some factors to consider when planning to ask for a date.

#### ADVANCE NOTICE

The amount of advance notice recognized as appropriate in asking for a date depends upon the specific event planned. If you're asking a girl to a party at school or church, or club, you'll want to give her more notice than if you're just taking her to a movie or a ball game. Try to plan your invitation far enough in advance to give the girl Opportunity to prepare for the event. If you're inviting her to a formal dance, she will need time to plan and buy her outfit. Boys, too, need time to prepare themselves for a special event. In general, it is wise to give notice of two weeks or more for a big affair. For a main prom, you might ask two or three months in advance.

Especially if you'd like to date a certain girl, it's to your advantage to ask her some time in advance. If she's a girl who has many dates, the earlier you ask, the more chance you have of finding her free that evening. It sometimes takes a while to get up the courage to ask a girl to a special function. But proper planning will make it a lot easier for both of you. And it will be a wonderful feeling to have your date all lined up when other boys are still wondering whom to ask, and "Will she go with me?" Your date appreciates too the security of an early invitation.

Movie dates, or dates to functions where extensive preparation is not necessary, don't require as much advance notice. At the same time, it's good to extend your invitation a week or so ahead of time if you want to be sure of getting your date. A girl appreciates this kindness, for it enables her to schedule her week end to include your date, without having to exclude other activities which may also be important to her.

#### Spur-of-the-Moment Dates

This doesn't mean that spur-of-the-moment dates are not acceptable. If you and your friends get together and suddenly decide to go skating or to a show, it's

## Here's What You Get:

## **Accepting or Refusing A Date**

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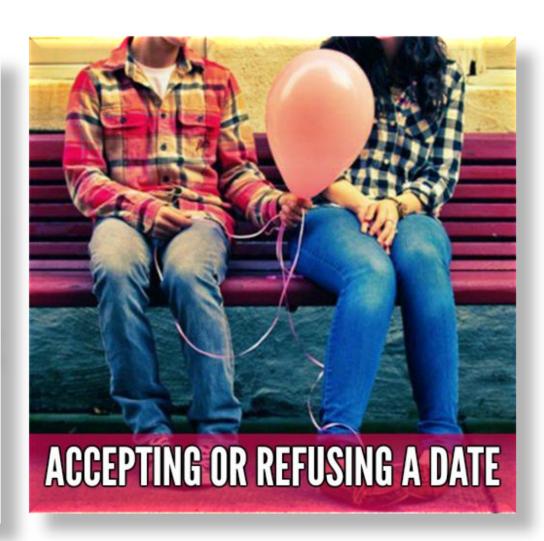
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## ACCEPTING OR REFUSING A DATE

Whether to accept or refuse a date is not as clear-cut as it might seem at first glance. Many young women have questions regarding whether they should accept a specific invitation and how they should refuse if it is necessary. Girls are especially eager to find some way of refusing a date without hurting the feelings of the boy involved. Even if she doesn't care to date him at all, it's still a good idea for her to decline the invitation in such a way that the boy will not feel hurt. If you're rude or inconsiderate of a young man's feelings, the word gets about. Other young men whom you might like to date may hesitate to call you because of a fear that you'll be rude to them too.

If you would like to accept a date but have a previous commitment, you will want to find some way of letting the boy know that you would really like to go out with him. If you just say you're sorry that you can't make it, the boy may decide you don't want to date him at all. So you refuse this invitation and yet let the boy know that you would be interested some other time.

Even accepting a date can be complicated. How can you let Steve know that you're very happy to go out with him without seeming overeager? How can you show him that you're sincerely interested in going with him, and not just using him as a free ticket to an event? Your attitude when accepting or refusing a date can greatly influence boys in giving future invitations.

One of the first problems that girls face when receiving an invitation is whether or not they should (or can) accept. If you have a previous engagement for that night, there's no question-you must refuse. If you have that night free, here are some factors to consider before accepting a date.

#### STOP TO INVESTIGATE

If a boy you have never dated before invites you out, you may have many questions which you'd like answered before giving him your reply. Even if you know the boy well,

it's a good idea to get a thorough understanding of what the date entails before accepting his invitation. Before accepting any date, here are some things you would do well to consider.

First of all, what do you know about the boy? Have you been out with him before? Did he prove to be trustworthy in getting you home when promised? It's not fun to be on a date and spend the evening worrying about your escort. If you're not

## Here's What You Get:

## <u>Dating:</u> <u>How Often? How Late?</u>

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### DATING: HOW OFTEN? HOW LATE?

As soon as you begin to go out, you will face the question of how often and how late you should date. Such questions as the following are asked by high school and college boys and girls in both large and small communities everywhere.

How many nights a week should a teen-ager go out on dates? Should a teen-ager date on school nights?

What should a girl do if a boy wants to go out every night? How can a girl and her family agree on an hour for her to get in at night? How late is too late for a date? What about all- night proms?

The answers to these questions depend upon the circumstances, and the people involved. Here is what teen-agers and adults usually have to say about them.

#### SCHOOL-NIGHT DATING

Parents and teachers point out that when young people date on school nights, they find it hard to get up in the morning and get off to school. Also they do not get enough sleep to maintain good health, and they neglect their homework. Adults generally feel that young people should restrict their dating to week ends when they can catch up on sleep Saturday and Sunday mornings.

When young people themselves discuss the question of how often they may date, they tend to agree that dating is best on week ends. Responsible fellows and girls feel that their homework comes first, and that everything works out better if they limit their evening dating to Fridays and Saturdays. They point out one important exception though. If there is a special event on during the week that both the boy and the girl would attend anyway, they might just as well enjoy it together. A special school night, a regular band practice, or a play rehearsal which John and Joan must both attend becomes something of a date when it's done together. Even so, there's a general feeling that such weekday affairs should not be late, and that some provision should be made by young people to get their homework done before they start out.

Sometimes you see a couple who are constantly together. They seem to date every night in the week and spend as much of their time together as they can. Such practices are a concern to many parents and teachers, who point out the dangers of so much close association and the likelihood that one or both members of the couple are neglecting studies or other interests.

## Here's What You Get:

## What To Do On A Date

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## WHAT TO DO ON A DATE

"What shall we do tonight?" is a frequent question asked by dating couples. Teenagers are always looking for something to do that's different, that's fun, and that won't cost too much money. Social opportunities for young people are limited in many communities, and those that are available are often not as wholesome or varied as they might be.

Even young people who live in large metropolitan areas are often concerned about what to do on a date. They may be surrounded by hundreds of possibilities and yet be unaware that they exist.

One of the responsibilities that goes with dating is knowing how to use available resources for wholesome dating. Until your interests develop and your horizons widen, you may not be fully aware of the possibilities open to you in your own neighborhood. As you become accustomed to thinking in terms of dating resources, you will become increasingly able to find ways to have a variety of satisfying dates. The next time you are faced with the question of what to do on a date, you might consider one or more of the following possibilities.

#### GOING TO THE MOVIES

Regardless of where you live, there probably is a movie somewhere in your vicinity. If you live in a small town or in a rural community, the selection of movies may be rather

limited. If you have already seen the show, or if your partner has, or if it's not particularly worth seeing, it would be better to look for some other activity. As you become aware of other dating resources, you will find yourself going to the movies only when something especially interesting is playing. And as you become more selective, you will find yourself enjoying these choice movies much more.

#### **Movie Manners**

There is an etiquette for movie dates that both young men and women should know. Briefly it is this. While the fellow buys the tickets, the girl steps aside and looks at the stills outside to avoid the boy any embarrassment he may feel at the ticket window. Once inside, the girl follows the usher to their seats, and the fellow follows the girl. If there is no usher, the boy precedes the girl down the aisle, finds two seats, and steps aside so that the girl may be seated first; he then follows and seats himself beside her.

### Here's What You Get:

### **How Much Do Dates Cost?**

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**HOW MUCH DO DATES COST?** 

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#### HOW MUCH DO DATES COST?

As soon as you enter your teens you start to be concerned about money. For the first few years of life, your needs are pretty well taken care of by your parents. If you want something you ask them to buy it for you or to give you the money for it. You're more concerned about whether or not you can have something than where the money will come from for it. To some youngsters, parents seem to have an endless supply of money. Other children are given a part from a very young age in making family decisions about the spending of money. Regardless of what type of upbringing you have, in high school and college you probably have money problems. No matter how much money you get, it never seems to be enough.

Dr. Martin Bloom recently conducted a study of the money problems of 1,973 students from the 7th through the 12th grades. He found that "adolescents are very much concerned with the problem of obtaining money." He reports that many of the adolescents he interviewed "had difficulty in keeping up with school expenses and personal grooming, and feel embarrassed because of lack of funds." Dr. Bloom found that loth-graders have the most money worries of all, but that older youth have money problems too. Many teen-agers wish that their school would give them more help with their personal financial problems. Some schools have banks that train students to develop a regular saving program for things that are important to them.

Students need money for many things. They often must provide for their own books and school expenses. They need money for school lunches and for after-school refreshments. Many teen-agers buy their own clothes and pay for practically all their own personal expenses. Most of all, dating takes up a major portion of the allowances of many young adults.

#### THE BOY PAYS ...

Sometimes boys seem to spend a large proportion of their money on dating expenses. Many young men continually worry about where the money will come from for their next date. What if the girl wants to spend more than he can afford? Actually, dates do not have to be more expensive than the boy can afford. What are some of the expenses the average young man has when he dates?

#### For Transportation

When a young man dates, the cost of transportation looms large. If he uses the family car, he is responsible for putting in gas and oil. If it's his own car, he also may have to cover such expenses as repairs, maintenance, and insurance. He

### Here's What You Get:

### Cars, Dates and Families

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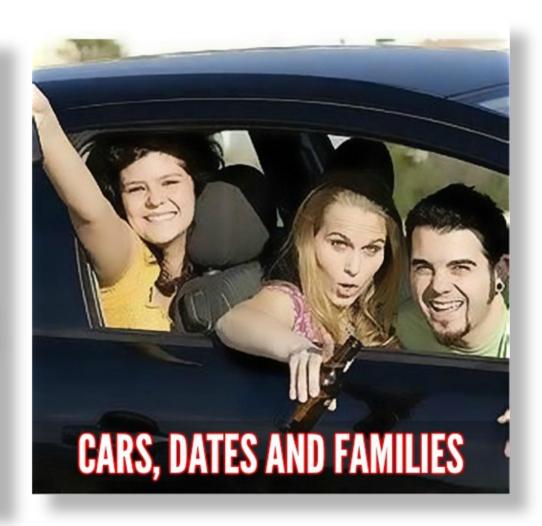
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### CARS, DATES AND FAMILIES

Cars are often a cause of friction between young people and their families. Sometimes parents just don't seem to realize how important a car can be to a teen-ager. And conversely, teen-agers don't understand why parents feel such anxiety and concern over their use of the family car. If most of the young men you know have access to a car, it seems even more unreasonable if you are not permitted to drive. Cars often cause problems among teen-agers themselves. If you are responsible for the family car, haven't you had the difficult experience of explaining to a friend why you can't permit him to borrow it?

#### A BOY AND HIS CAR

Many teen-age boys today feel keenly the need to own, or have access to, a car. Driving a car gives a boy a sense of power. It helps him feel important. He has something to show off. Many girls make a fuss over a boy who drives. A boy may feel that a girl will not date him unless he has a car. Young men who are mechanically inclined want something they can work on, take apart, and put back together. Some fellows spend hour after hour in the garage tinkering with their cars.

#### The Family Car

Unfortunately there is often disagreement over the use of the family car. Father may feel that you are too young to drive by yourself. Even if you are of legal age, your parents may think that you're not responsible enough to be trusted with the family car. Dad knows that the insurance rates are higher because there are more accidents among teen- age drivers. For this reason he may feel that it's too soon for you to drive. Even if you understand and agree with your parents' feelings, you may still have a longing to drive. There are so many more places you could go. Your girl seems to want to go by car, so what can you do?

Using the family car often proves more difficult than having a car of your own. Maybe your parents want to use the car the same night you do. Perhaps you have brothers and sisters who also use the car. When you feel you really need the car, it's hard to realize that other members of the family may also feel they need it. Since it's not usually possible for everyone to have his own car, some sort of compromise needs to be worked out.

To avoid the constant disagreements about who will use the family car, it's a good idea to work out arrangements ahead of time. Possibly you will each choose a definite night when you will have use of the car. As special events come up, you can request permission in advance to use the car.

### Here's What You Get:

### Say "No" To Drinking & Drugs

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### SAY "NO" TO DRINKING AND DRUGS

Everyone has to say "No" at times. Sometimes it's easy, but most of the time it's hard. Adults have to say "No" when asked to do something that's against their principles. Very important is learning how to say "No" when you're invited to do something you'd rather not do. You will want to learn how to refuse an invitation without hurting the feelings of the person who asks you.

#### THE QUESTION OF LIQUOR

More and more the problem of drinking among young people comes up. Teenagers and young adults throughout the country are faced with the question: "Should I take a drink?" Here are some things to consider as you make your decision.

#### Why People Drink

Many people, when asked why they drink, simply say, "Because I enjoy it." But drinking is usually more deeply motivated than that. There are many different reasons why people drink. The most common reason is to relieve feelings of insecurity. If everyone else is drinking, a person feels left out of things if he doesn't take a drink. People who call themselves "social drinkers" depend upon alcohol to keep them in good spirits and to keep the conversation rolling. They lean upon drink as a sort of social crutch. If they don't feel at home in a situation, alcohol loosens them up and makes them feel more congenial and sociable.

The danger is that as social drinkers depend more and more upon alcohol to provide their entertainment, the drinking can get out of hand. They begin to realize that they must have a cocktail before they can relax. Sometimes it even gets to the point where they feel physically ill unless they are continually stimulated by alcohol. They have let drinking become a necessity.

Alcoholics are usually people who feel neurotically insecure and unsure of themselves. They feel that they are inferior to others and unable to face the world. They use alcohol as an artificial stimulant to give them a temporary sense of security. They lose themselves more and more in the habit, forsaking everything else. If they are lucky, these people end up in the hands of competent workers who help them realize that they can exist without alcohol. Less fortunate alcoholics may literally drink themselves to death.

Teen-agers often start to drink because of social pressure. When others in a group are drinking, they feel that they also are expected to. They're afraid to refuse for

### Here's What You Get:

### Falling In and Out of Love

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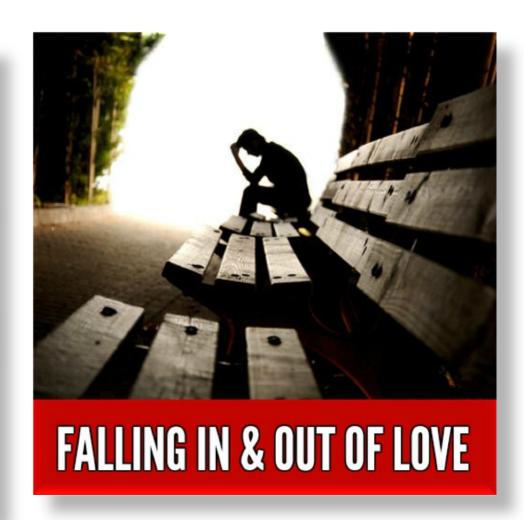
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#### FALLING IN AND OUT OF LOVE

Of course, you will fall in love. Falling in love is a part of dating. In fact, most young people fall in and out of love several times during their teen years. It's normal to grow fond of members of the other sex with whom you associate and share interests and have good times.

Learning to love and to be loved is an important part of growing up. But it can be confusing. When love feelings come so rapidly, so often, and with so many expressions, how is a girl or a boy to know how to behave? How do you handle these strong feelings? What happens when your heart is broken and love is lost? How do you recover from love's hurts? And, most important of all, how can you know when you are really in love-enough to make plans for the future?

#### NOT ONCE BUT MANY TIMES

Each of us loves many, many persons in many different ways during a lifetime. We start by loving our mothers and the other members of our families while we are still infants. We move on to love our playmates. And then we love anyone who is nice to us. As we get into the second decade of life, loves come and go in kaleidoscopic profusion as we find ourselves drawn to many other persons of our own and the opposite sex.

The evidence is that the average teen-age girl falls in love with about a half-dozen boys before she finds the man with whom she wants to spend the rest of her life. This is not to suggest that girls are emotional athletes, nor that either sex is to be considered fickle. It simply means that falling in and out of love is part of growing up.

#### NOT ONE BUT MANY KINDS

Love is "a many-splendored thing" indeed. In fact there are so many different kinds of love that any listing of them is inadequate and incomplete. Love means so many different things to so many people that no one person can know all of its forms. Yet there are enough universal love feelings that are generally experienced to impress one with the variety of forms love has.

#### First Love

The love we feel for our parents is our first love. Throughout our early years we run to Mother for comfort, for loving, for attention; and we look to Father for strength and support and a sense of what it means to be manly. As we grow up,

### Here's What You Get:

### **Expressing Affection**

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### **EXPRESSING AFFECTION**

- "Should I express affection on a date?"
- "Must I kiss a boy good night?"
- "How far should I go in necking?"

These are some of the questions boys and girls everywhere ask. There are many more, for young people want to know what is acceptable in this delicate area of a relationship.

Problems centering around parking and petting are universal now, with so many dates taking place in automobiles. Public opinion is still a matter of concern to young people. Many ask why parents worry about dating behavior, and how other teen-agers feel about a public display of affection.

#### SHOULD HE OR SHOULDN'T HE?

Many a boy is puzzled about just what a girl expects of him when he takes her out. He brings her home from a date, and she either seems scared about what he will do next, or she hesitates and seems to be waiting for him to "try something." If he has not been out with her before, or if he has had little experience with girls, he just doesn't know what is expected of him.

#### That Good-Night Kiss

Teen-agers tend to agree that a first date is too soon for a good-night kiss. Some sophisticated fellows say, "Sure I try, but I don't really expect to get a good-night kiss the first date." If such a fellow does get the kiss, he may wonder about how many other boys have also been so favored. This is exactly the impression a girl wants to avoid. No girl wants to appear "too easy." She feels it's better policy to give a boy something to come back for the next time.

Young people of both sexes tend to feel that a kiss should mean something besides just "good night." College and high school students usually agree that kissing should be postponed by a dating pair until they're fond enough of each other for the kiss to have special meaning.

Even though the first date is usually too soon for a goodnight kiss, there are important exceptions. If a couple have known each other for a long time before they date, they may feel that a kiss is appropriate. If the two persons have had an especially good time together, a good-night kiss may be the only way in which they can express their satisfaction in being together. If the girl seems to want to

### Here's What You Get:

## Sexual Relations Before Marriage

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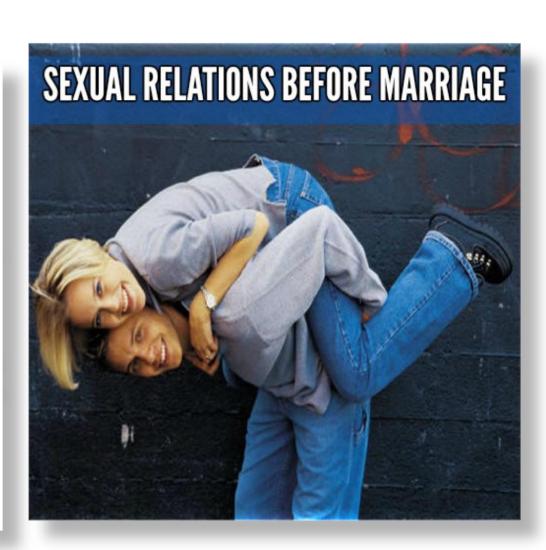
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### SEXUAL RELATIONS BEFORE MARRIAGE

You may not be dating long before you meet up with the question: Why not go all the; way? Premarital chastity used to be taken for granted. Today some people question it as a standard of behavior. Others openly brag of their own premarital experience and urge the uninitiated to do likewise. Now more than ever it is necessary for a young person to decide upon personal standards of sexual conduct.

#### GOING ALL THE WAY

Our society allows a great deal of freedom to young people. It says, in effect, to dating pairs, "Go on out and have yourselves a good time. Enjoy each other in a variety of situations. You have privacy, an automobile, and no chap-eronage. Get acquainted with each other. Become fond of one another, and make plans for the future, if you wish. But one thing is to be left for marriage-going all the way."

Research studies indicate that the majority of young persons feel strongly that premarital chastity is important. Investigations on large coeducational campuses both before and after World War II indicated that two-thirds of both men and women students believed in no sexual relations for either sex before marriage.

The famous Kinsey reports are often misquoted to suggest that immorality is rampant among the younger generation. The fact is that more than half of the college men and women reported that they had no sexual relations before marriage. And, of the women who did, more than half had their experience only with the men they married. Concern for morality was given by nine out of ten of the women as the reason why they restrained from going all the way.

Many people recognize that the standards of society require premarital chastity. As Americans we pride ourselves on sportsmanship and playing according to the rules. Most of us agree that it's not funny to cheat. We don't apologize for straight dealing in sports or in business-why should we in our personal relations?

#### Who Goes All the Way?

The tendency is to divide people into two groups: those who have not, and those who have had premarital experience. Actually there are great differences among those who

have had sexual relations before marriage. There is the boy or girl who once stepped over the line and ever since has refrained. There is the girl who has

### Here's What You Get:

### **Going Steady**

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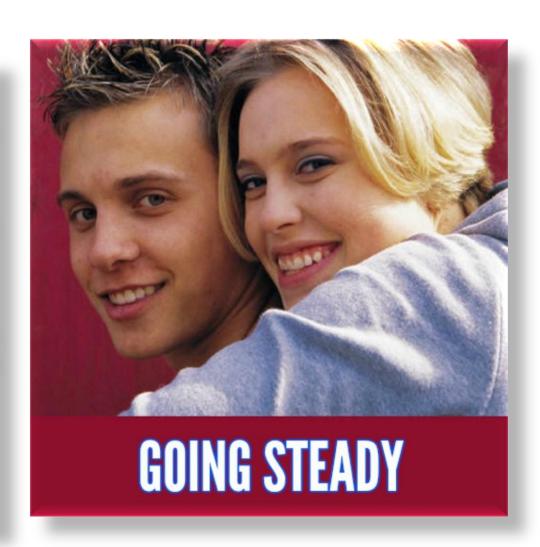
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### GOING STEADY

When a boy and girl date only each other to the exclusion of anyone else, they are said to be "going steady." This is something new in dating practice. In former generations a courting pair might be "keeping steady company," but this usually meant that they were serious enough about each other to be planning marriage. Going steady nowadays frequently implies no such commitment to the future. It may come very early in a relationship. It may involve "an understanding" before getting pinned or engaged, or it may simply be a matter of mutual convenience with no plans or prospects for the future.

Going steady is a controversial question about which both young people and adults feel strongly. Some openly and vigorously oppose it. Others champion it quite as strongly. Many young people are genuinely confused about it.

Teen-agers have many questions about why adults tend to oppose going steady, about when to start going steady, about how to keep from going steady, and about how to get back in circulation again after breaking off with a steady. These are all important questions. The answers are not simple but they are discussable.

#### HOW ADULTS SEE IT

Some parents prefer their sons and daughters to go steady rather than to play the field. These parents state that they feel much safer when a son or daughter dates someone they know and like instead of a series of comparative strangers.

Far more numerous and vocal are the parents and adult leaders who oppose going steady. A particularly vigorous attack on the practice was made recently by the Director of the Family Life Bureau of the National Catholic Welfare Conference who was quoted in the press as saying:

Going steady is pagan unless there is a reasonable chance of getting married within two years. The teenage custom will have to be stopped if the concept of Christian marriage is to be saved.

This position reflects the concern of many adults. They feel that when a boy and girl see so much of each other, they are apt to become involved emotionally or sexually to the point where their futures are jeopardized.

#### WHY GO STEADY?

### Here's What You Get:

## **Getting Married**

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### **GETTING MARRIED**

Eventually dating leads to marriage. As two persons date each other more and more, they come to have feelings that they take to be real love. So they have an understanding that in time they'll get married. Engagement and eventually marriage then are theirs to work through together.

Actually the process of becoming more and more involved with each other is not as smooth as it may seem. Many questions and problems can arise to delay or to hasten the eventual marriage. These questions are so universally perplexing that they must be answered one way or another by every dating young person.

#### TOO YOUNG TO MARRY?

Young people today are getting married in larger numbers and at earlier ages than they used to in this country. Half of all girls in America are married by their twentieth birthday. They marry boys who are little more than two years older than they are. At the turn of the century their own grandfathers did not marry until they were well into their twenty-seventh year. Nowadays many young fellows marry while they're still in school, before they have completed their military service, and quite frequently before they're ready to settle down in a full-time job.

With so many young people of both sexes entering marriage so soon, the question of the wisdom of early marriage needs airing. National figures tell us that the teen-age marriage is the least stable of all. Persons who marry before they are into their twenties more often break up than do those in any other age group.

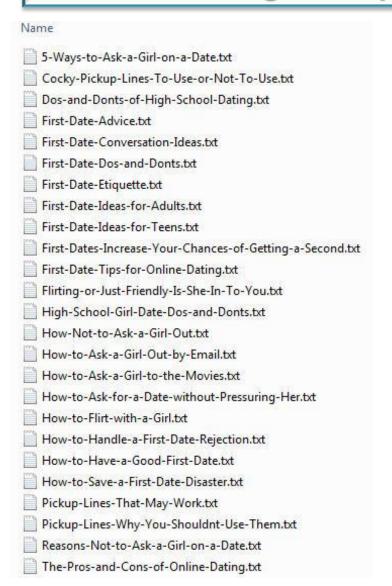
One reason for the failure of so many young marriages is that it is usually the most impulsive, least responsible fringe of youth that rushes into early marriage-exactly those who have little chance of success in it. Another reason for the failure of young marriages

is that quite a lot of them are "shot-gun weddings" which took place because a girl became pregnant. Such a marriage is notoriously poor, for obvious reasons. The over-all reason for the failure of the too early marriage is that marriage is not child's play. Two persons have to be mature enough to be ready to settle down.

They must be grown-up enough to be able to assume the responsibilities and to enjoy the privileges of being married.

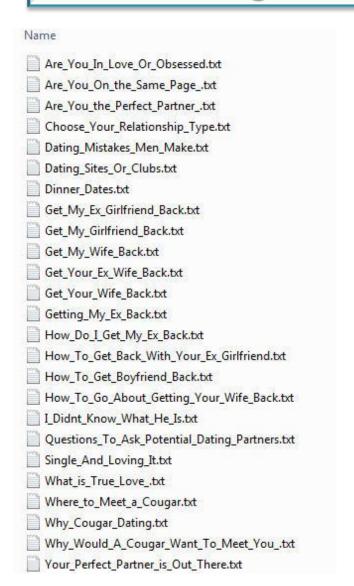
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How to Explain to your Kids if Your Ex is Dating Again.txt	Why Delaying Dating until after the Divorce Settles.txt
How to Know when your Kids are Ready to Meet the New Person in your Life.txt	Why Listening Skills Rank Number One on the Dating Scene.txt
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Are_You_Sabotaging_Your_Own_Love_Life.txt
Avoiding_Abusive_Relationships.txt
Be_Yourself_And_Only_Yourself.txt
Coping_With_The_Depression_Of_Your_Boyfriend.txt
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To_Rekindle_An_Old_Flame_Or_Not.txt
Were_You_Cheated_On_By_Your_Dating_Partnertxt
What_Are_You_Looking_For_In_A_Relationship.txt



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Dating_Hot_Women.txt
Decide_Which_Dating_Venue_is_Right_for_You.txt
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Have_the_Right_Conversations.txt
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Pick-Up_and_Date_Hot_Women_(1_Week).txt
Pursue_Each_Others_Interests.txt
Relationship_Burn_Out_and_Mending_The_Rift.txt
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Married Relationship - Keeping It Strong And Healthy.txt
Mature Women Dating.txt
Men And Dating Games - Learn The Tricks Of The Trade.txt
Men Dating Taller Women - Success Tips.txt
Men Internet Dating Advice - Communicating By Email.txt
Mistakes Men Make In Relationships - Women Make Them Too.txt
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Older Women Dating Younger Men More Than Just A Fad.txt
Older Women Dating Younger Men.txt
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Online Dating.txt
Overcoming Rejection A Guide For Guys.txt
Perfect Relationships - Is There Any Such Animal.txt
Perfect Relationships Do They Exist.txt
Please Help Me Save My Marriage Before Its Too Late.txt
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Dos-and-Donts-of-High-School-Dating.txt	
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How-to-Ask-a-Girl-to-the-Movies.txt	
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H	ow Can You Tell If Your Ex Boyfriend Wants You Back.txt
H	ow Do You Know If Your Ex Boyfriend Wants You Back.txt



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Positions Within The Dating Scene.txt
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Relationship - A Woman And Advice - Don't Ask Me Brother.txt
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