

Go for the Gold Program Outline

DAY 1 – What is Dating?

- Evaluations: Pre-Survey
- Wedding Ring Analogy: Diamond is a result of time, heat, pressure
- What is Dating? Presenter-led discussion with student input

DAY 2 – Healthy Relationships

(Classes are split by gender)

- Dating Step 1: Same Gender Friendships
- Dating Step 2: Opposite Gender Friendships
- Dating Step 3: Friendly Dating
- Guy Talk/Girl Talk: How do you treat people from the opposite gender?
- Begin Golden Rule Activity: How do you want to be treated?

DAY 3 – Healthy Dating

- Golden Rule Activity: How do you want to be treated?
- Dating Step 4: Steady Friendly Dating
- Slinky Activity: Dating takes communication and coordination
- Boundary Ring Activity: Developing good emotional boundaries
- Boundary Violations

DAY 4 – Unhealthy Relationships

- Captain Groomer in "You Got Groomed!" (DVD)
- Emotional Grooming
- 11 Grooming Tactics
- What to do if you have been groomed
- Good boundaries will help prevent being groomed

Day 5 – Unhealthy Dating

- Teen Date Violence
- DVD - *Causing Pain: Real Stories of Dating Abuse and Violence*
- Risky Dating
 - » Alone, Late night, boredom
 - » Alcohol
 - » Internet/Electronics

DAY 6 – Bonding

- Dating Step 5: Serious Steady Dating
- The Bonding Process
- Intimate/Sexual Bonding: Oxytocin & Vasopressin
- Velcro Illustration
- Healthy Bonding: 12 Steps of Physical Closeness/Bonding Activity
- Painful Break-ups
- Starting Over

DAY 7 – Preparing for Marriage

- Dating Step 6: Engagement
- What should you discuss before you marry?
- Merging Finances
- Budgeting Activity: Be Smart with your Finances
- Pricing Game Activity: Small Things Add Up

DAY 8 – Preparing for Marriage

- Conflict Resolution
- Ways to Approach Conflict
- Handling Emotions
- Identifying the Problem
- Attacking the Problem/Not the Person
- Resolving the Problem
- Repairing the Relationship
- Letting it Go

DAY 9 – Marriage

- Dating Step 7: Marriage
- Bachelorette Activity
- How much do you know about marriage? Quiz
- Marriage vs. Cohabitation
- Golden Ruler Activity
- Personal Story

DAY 10 – Go for the Gold

- Evaluations: Post-Survey
- Commitment to Healthy Relationships: Rethink key tags
- Date Ideas Activity
- Presenter Stories
- Program Wrap-up



FOR MORE INFORMATION, CALL 937-262-7010 OR 1-866-LIVE-AS-1
GO FOR THE GOLD PROGRAM AND BOOK BY TERRI I. HARSH AND RACHEL C. SACKSTEDER