

First aid in dating



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Colofon

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Authors: Dilana Schaafsma en Amy de Waal

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A digital version of this booklet can be downloaded at: www.eerstehulpbijdating.nl and www.lofjoe.nl



► FOR SOCIETY



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Content

What is this booklet about?	4
What is dating?	5
Who am I?	6
Who do I like?	8
Where can I meet someone?	12
How do I get to know someone better?	15
How do I make an appointment?	17
My first date	21
What do I do after my first date?	23
Tips from other people	25
Am I ready for the date?	26

What is this booklet about?

This booklet is about dating.

In this booklet, we'll tell you more about:

- What does dating mean?
- Why do people date?
- How can you find someone to date?
- What can you do on a date?
- How to have enjoyable dates.

We will also ask you some questions.

This way, you get to know yourself better.

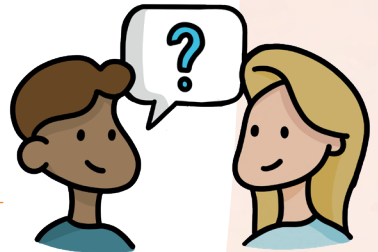
This helps you understand what is most important to you.

At the end, you will also receive tips about dating.

You can always ask someone for help.

Everyone has questions about this from time to time.

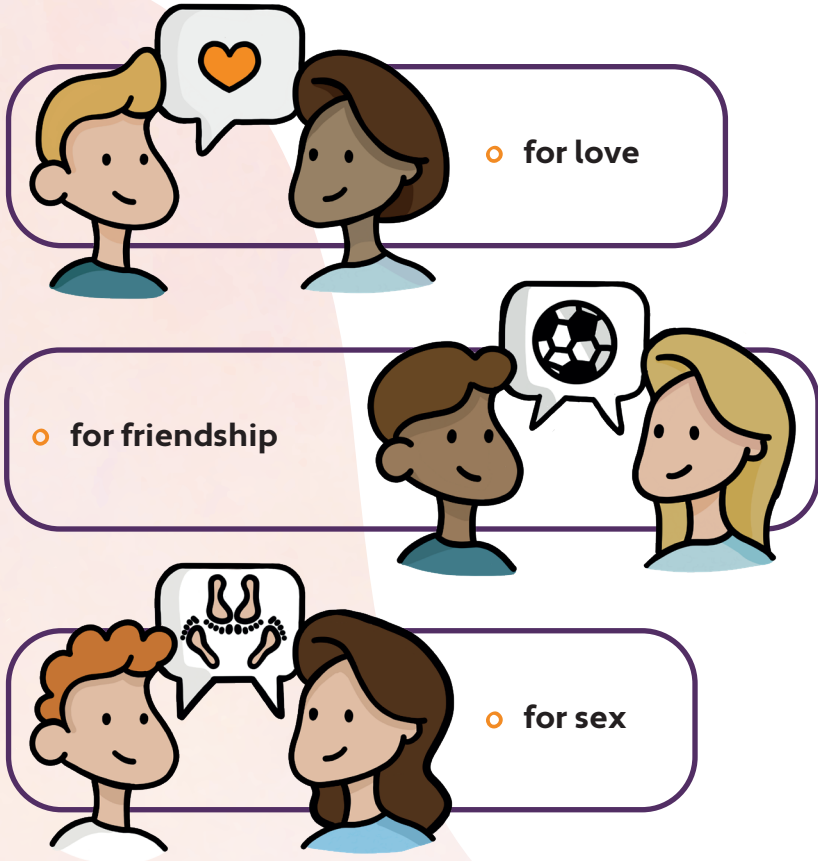
If I have questions about dating
or relationships, I can turn to:



What is dating?

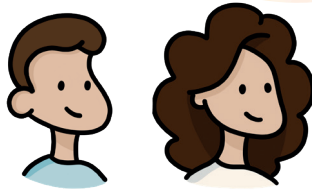
Dating is making an appointment with someone. During this appointment, you get to know each other better.

There are various reasons to make an appointment with someone:



Or a combination of these reasons.

Who am I?



Below, a number of questions are posed.
This way, you get to know yourself better.
This information also assists you in creating
an online dating profile.

Fill in the question or check what suits you best.
If multiple things apply to you,
you may also check multiple things!

My name is: _____

My age is: _____ years

I am:

a man

woman

My height is: _____ cm

The color of my hair is: _____

I live:

- alone
- with someone
- with several people

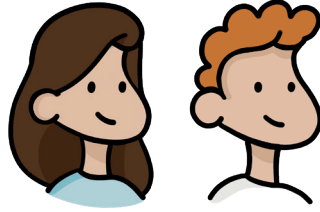
Mijn hobbies are:

The music I love is:

I work at:

My daily activities are:

Who do I like?



I'm attracted to:

men

women

I'm looking for someone between the ages of

_____ and _____ years old.

I'm looking for someone who lives in the vicinity of:

What do I like about someone?

Someone with the following qualities:

kind

cheerful

trustworthy

outgoing

funny

- calm
- helpful
- confident
- sportif
- someone who loves animals

What else do I find important?

Just write it down.

What do I find attractive about someone?

Skin color:

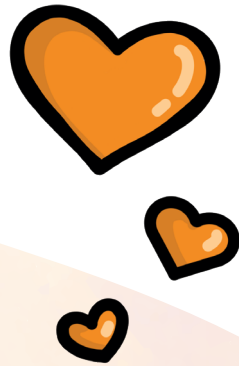
- dark brown
- light brown
- white
- doesn't matter

Eyes:

- brown
- blue
- green
- gray
- doesn't matter

Hair color:

- black
- brown
- (light) blonde
- red
- doesn't matter



Height:

- taller than me
- shorter than me
- same height
- doesn't matter

Style of dress:

- dressed neatly
- dressed sporty
- dressed cool
- other, namely: _____

I'm looking for...?

- a friendship
- someone to do fun things with
- someone to have a relationship with
- someone to have sex with

Do you have another reason?

Just write it down.

Where can I meet someone?

There are various places where you can meet people.

There are places in real life, and there are places on the internet.

First, let's talk about places in real life.

Mark where you sometimes go:

- sports club
- café
- group of friends
- parties
- volunteering
- concerts
- work
- church
- school
- day activities
- organized evenings
- residential group

Do you know any other places?

Write them down.

Tip:

Many people find it difficult to go somewhere alone.

Do you find it difficult to go somewhere alone?

Ask somebody to help you.

Online dating

You can also meet people through the internet. There are special sites for people with intellectual disabilities.

Do you want to know which sites?

Check www.eerstehulpbijdating.nl



My dating profile

On a dating site, you create a dating profile.

This contains information about who you are.

Also, take a look at the information you just filled in.

What to do:

- Put a nice photo on it (see tips).
- Be honest.
- Tell something about your hobbies.
- Share what you like.

What not to do:

- Don't put your address on your profile.
- Don't put your phone number on your profile.

Tips for a good photo:

- Choose a photo where your face is clearly visible.
- Select a photo where you are smiling.
- Select a photo where you are alone.

How do I get to know someone better?

You don't always know right away if you like someone. That's why you need to get to know someone better first. We'll give you some tips on how to do this.

How do I approach someone?

Imagine you see someone you like. Then, walk up to them.

You can introduce yourself.

"Hello, I'm ..., what's your name?"

"I live in ..., where do you live?"

"I live with ..., who do you live with?"

You can give someone a compliment.

"What a nice shirt you have on!"

Then, ask them a question.

"Where did you get the shirt?"

There are also other topics you can ask a question about. Here are a few examples.

"I like to play sports, do you like sports too?"

"What kind of music do you listen to?"

"What is your favorite food?"

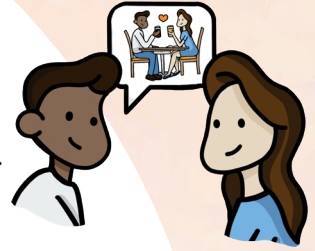
"What is your favorite animal?"

**Do you know any other fun things to talk about?
Write them down.**

**What don't you want to tell about yourself?
Write it down.**

How do I make an appointment?

If you like someone,
you can make plans to meet up with them.
How do you do this?



Agree on a day and time for the date that
works for both of you.

Make sure to write it down.
Ask for help if needed.

Mark the boxes below for times when you can't meet.
For example, when you are working, exercising,
or have other appointments.
This way, you'll know when you are available.

	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.	Sun.
Morning							
Afternoon							
Evening							

Where do we meet?

Choose a place where both of you can go.

Which mode of transportation do you prefer?

- bike
- bus
- subway
- car
- taxi
- tram
- train
- boat
- walking

If someone needs to give you a ride,
make sure to ask in advance.

Are you taking the bus or train?
Make sure you have money or
a card to pay with.

What are we going to do?

Go to a place where there are other people around.
This way, there are other people nearby to help you.

Let someone know where you're going.

Things you can do on a date:

- Go to the movies
- Have coffee
- Go for a walk
- Have dinner
- Sit on a terrace
- Bowling
- Midget golf



Also, talk to your date.

Ask what they like to do.

Agree in advance that you both pay for yourselves.

**Do you know other things you can do?
Write them down.**

Tips:

Don't meet at your home the first time
or at the other person's home.
Choose an activity to do together.

Should I bring someone?

Sometimes, a first date can be quite stressful.
You can bring someone along,
but don't forget to tell your date about it.

My first date

What should I wear?

Make sure you've taken a shower.
Brush your teeth.
Put on something nice and clean.
Also, make sure it's comfortable to wear.

What should I talk about on the first date?

On page 15, we provided some tips.
You can make a list of topics.

Write down things to talk about here.
Also, write down questions you can ask.

Take your time

You build a relationship slowly. You're not in a hurry. You don't have to know everything about the other person on the first date. Consult with the other person which steps you want to take together. You both have to feel comfortable with it.

Tips

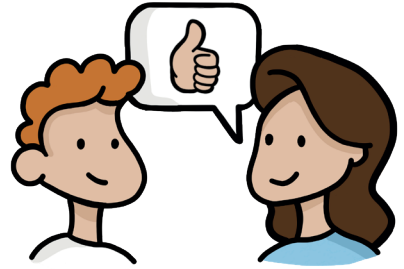
- Be on time.
- Don't look at your phone all the time.
- Ask questions to the other person.
- Listen actively to the other person's answers.
- Don't just talk about yourself.
- Don't do things you don't want to do.
- Don't drink too much alcohol.
- Don't bring a gift for your date.
- Do you feel nervous during the date? Go to the restroom and call someone who can reassure you.

Do you know more things to do or not to do on a date? Write them down.

What do I do after my first date?

If you like each other?

Say that you enjoyed the date.
Say that you like someone.
Does the other person like you too?
Make a new appointment.



If you like someone, but the other person doesn't feel the same way?

Someone might not like you enough.
This can give you an unpleasant feeling.
You might feel sad or angry.
This happens to everyone sometimes.
This is normal.
Don't get angry with the other person.
Talk to someone about it.

If you don't like someone, but they like you?

Thank them for the date.
Say that you don't like the other person enough.
Don't make plans for a second date.
This can be difficult for the other person.
That is normal too.

If you don't like each other?

It is also possible that you don't like each other.
Then, there's nothing wrong.
Always be honest with each other.

Sometimes, you might not be sure yet.
You might need some time to think.
That's okay too.

Tips:

Talk to someone about your date.
How did it go?
What did you like about the date?
What didn't you like about the date?
What have you learned?

Tips from other people

Here are some tips from people who have a lot of experience with dating:

- Be yourself.
- Accept yourself.
- Don't do things you don't like.
- Take your time to get to know each other.
- If it doesn't work out right away, it's not because of your disability.
- Consider using a special dating agency.
- Tell each other what you like about each other.
- Think about what you have to offer and what's great about yourself.
- A date might not go well; this can happen, just keep trying.
- There are more men than women looking for a date, so sometimes you might need to be patient.
- If you think you might have sex, bring a condom just in case.

Am I ready for the date?

Fill in the checklist below.

- I have washed myself.
- I have eaten something.
- I have brushed my teeth.
- I am wearing nice and clean clothes.
- I know where the date is.
- I know what time the date is.
- I have arranged transportation.
- I have told someone where I am.
- I have enough money with me.
- I have my phone with me.
- I have my date's phone number.
And my battery is fully charged.
- I know what to talk about.
- I know who I can ask for help or advice.
- I am looking forward to the date.

Notes



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