

Building Healthy Adult Relationships

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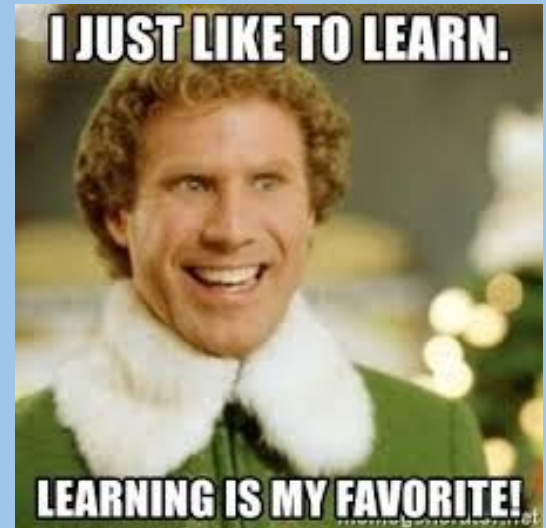
Relationship Coaching

- Purpose
 - Making and keeping friends
 - Handling conflict and rejection
 - Develop and maintain romantic relationships
- PEERS[®] Social Skills Curriculum



Session Overview

- Opening Activity: Suit Yourself
- Conversational skills
- Finding a source of relationships
- Handling Rejection
- Online Dating Overview
- Safety and Consent
- Questions
- Closing Activity



Why are you here?

Suit Yourself (Adults)

02:00

Hearts: When you think about dating or making friendships, how does that make you feel?



Diamonds: What do you envision when you think of a relationship you're looking for?



Clubs: What is an area of growth that you recognize in yourself? What are you willing to change to try to achieve your goals?



Spades: What do you hope to learn from this session? How are you ready to work on your own relationships?



Suit Yourself (Caregivers)

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Types of Friendships

- Acquaintances
- Online friends
- Casual friends
- Regular friends
- Best friends

QUESTION:

How are romantic relationships similar?





Maintaining Conversations

Conversation Skills

Video Role Play

PEERS Social Skills Curriculum



<https://www.semel.ucla.edu/peers/video/starting-individual-conversation-good-example>

PEERS[®] Rules for Trading Information

- Ask the other person questions
- Answer your own questions
- Find common interests
 - Common interests are the foundation of friendships
- Share the conversation
- Ask follow-up questions



Starting Individual Conversations

1. Casually look over
2. Use a prop
3. Find a common interest
4. Mention the common interest
 - Make a comment
 - Ask a question
 - Give a compliment
5. Trade information
6. Assess interest
 - Are they looking at you?
 - Are they facing you?
 - Are they talking to you?

PEERS[®] Rules for Trading Information & Maintaining Conversations

- Don't be repetitive
- Listen to your friend
- Don't be brutally honest
- Don't interrupt
- Ask open-ended questions



(Laugeson & Frankel 2010; Laugeson 2013;
Laugeson 2014; Laugeson 2017)

Starter Questions Examples

- “What kind of TV shows do you like?”
- “What kind of movies do you like?”
- “What kind of music do you like?”
- “What kind of books do you like?”
- “What sports do you like?”
- “What games do you like?”
- “What video games do you like?”
- “What do you like to do on the weekends?”

Time to Practice...

Asking Follow-Up Questions

- Choose a starter question
- Then you will ask three follow-up questions on the same topic



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02:00

Risky Topics for Initial Conversations

- Sex
- Politics
- Religion
- Money



Assessing Interest

- Tired replies accompanied by occasional nods, are usually indicators that people are not too engaged in the conversation.
- They might listen because they have good manners, but they really would like to talk about something else.
- Assess interest
 - Are they looking at you?
 - Are they facing you?
 - Are they talking to you?

Open-Ended Questions Examples

- “What types of places would you choose for a vacation?”
- “What types of pets have you had?”
- “What kinds of outdoor activities do you like to do?”

02:00

Me trying to make friends



Finding a Source of Friends & People to Date

Finding People to Hang Out With

- Friendships are based on COMMON INTERESTS
- Social activities should be based on our LIKES and INTERESTS
- Extra-curricular and social activities help us find people with common interests



(Laugeson & Frankel 2010;
Laugeson 2013; Laugeson
2014;

Finding a Source of Friends

- Extra curricular activities
- Social activities
- School clubs
- Work clubs
- Community clubs
- Sports leagues
- Work
- School
- Volunteer programs
- www.meetup.com

Table 4.2 Possible Social Activities

Interests	Related Social Activities
Computers/technology	Take computer classes; attend events through computer/IT department; join a technology related meet-up group; join a technology club; join a computer meet-up group; join a computer club
Video games	Go to adult video arcades with friends; go to gaming conventions; visit gaming stores; join a gaming meet-up group; join a gaming club
Science	Go to science museum events; take science classes; join a science-related meet-up group; join a science club; join a robotics club
Comic books/anime	Attend comic book conventions (i.e., ComicCon); go to comic book/anime stores; take comic book/anime drawing classes; join a comic book/anime meet-up group; join a comic book/anime club
Chess	Visit gaming stores where they play chess; attend chess tournaments; join a chess meet-up group; join a chess club
Cosplay (costume play)	Attend comic book conventions (i.e., ComicCon); take sewing classes to make costumes; join a cosplay meet-up group; join a cosplay club
LARPing (live action role playing)	Attend comic book conventions (i.e., ComicCon); take sewing classes to make costumes; attend LARPing events; join a LARPing meet-up group; join a LARPing club
Movies	Join an audiovisual club; join a movie-related meet-up group; join a movie club
Sports	Try out for a sports team; play sports at community recreation centers or parks; join a sports league; go to sporting events; attend sports camps (e.g., spring training); join a sports-related meet-up group; join a sports club
Cars	Go to car shows; visit car museums; take auto shop courses; join a car-related meet-up group; join a car club
Music	Go to concerts; join the college band; take music classes; join a music-related meet-up group; join a music club

02:00

Appropriate Dating Sources

Mutual friends	Internet dating sites
Friends of family members	School, college, adult classes
Parties and get-togethers	Meet-up groups
Social activities and gatherings	Work place
Sporting events	Neighborhood
Dog parks and local parks	Sports clubs, private gyms, recreational centers
Recreational activities (e.g., sports leagues and clubs)	Church, synagogue, mosque, temple, religious gatherings
Community gatherings (e.g., concerts, fairs, farmer's market)	Public places (e.g., coffee houses, bars, clubs)

Find Social Opportunities

- In-person events:
 - FB Groups
 - Meetup.com
 - EventBrite
- Existing groups/school/church
 - Hang out outside those parameters
- Follow popular neurodivergent social media accounts for tips/ideas and confidence

Finding Community



1. Consider some groups in that you might find ACCEPTING source of friends with COMMON INTERESTS
2. Create a plan for joining social activities where you might meet potential friends with common interests

OR

Find another partner to practice conversation skills with follow up and open-ended questions.

04:00



Choosing to Be In a Relationship

- Friendships and dating are a choice
- Move on if YOU are not interested
- Move on if THEY are not interested



Video Role Play

PEERS Social Skills Curriculum



<https://www.semel.ucla.edu/peers/video/accepting-rejection-good-example>

Time to Practice...

Accepting Rejection

1. Keep your cool
2. Make a casual statement of acceptance
 - “Okay, that’s fine.”
 - “Okay, no worries.”
3. Shift the subject back to the common interest
4. Use a cover story before exiting

Online Dating Introduction



Why do people choose online dating?

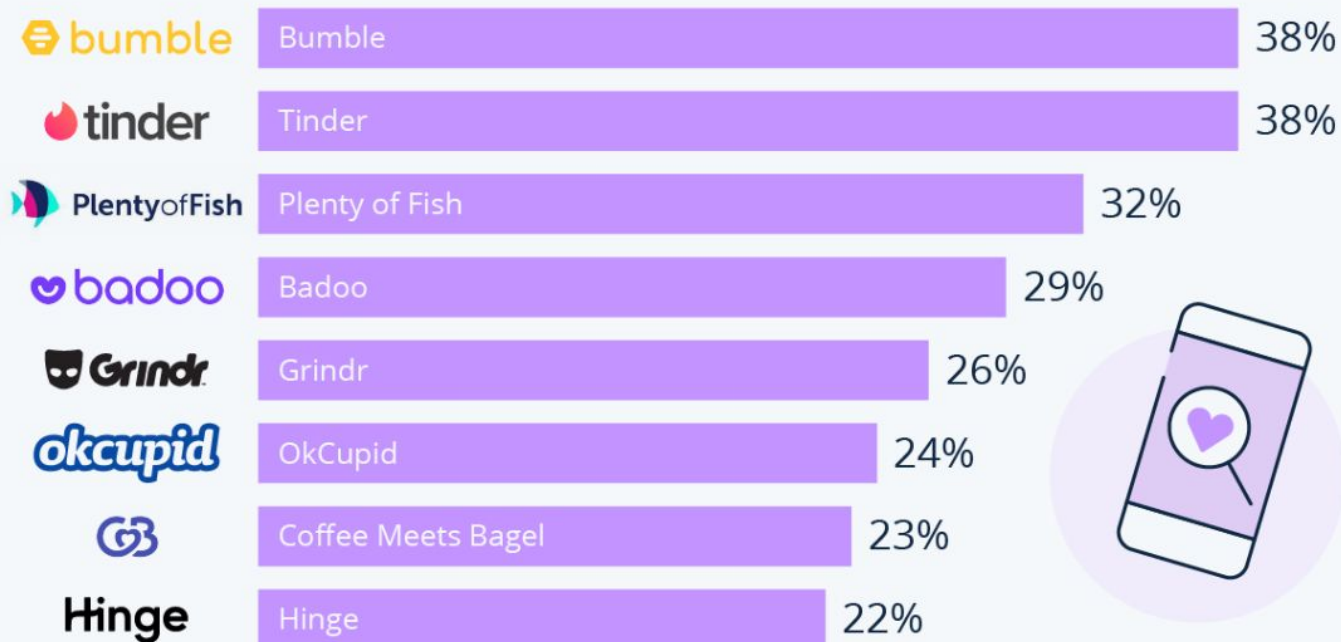
What are your thoughts/experiences of
online dating?

Online Dating Statistics (Compiled February 2023)

- 1. 3 in 10 U.S. adults say they have ever used a dating site/app**
 - 53% under 30; 37% ages 30 to 49
- 2. Tinder tops the list of dating sites or apps (46% of online dating users say they have ever used Tinder)**
 - Match (31%), Bumble (28%), OkCupid, eharmony and Hinge (20%)
 - Grindr and HER (6% and 3%, respectively), more widely used by LGB adults than straight adults.
 - Other Dating Platform (31% of online dating users)

The Most Popular Dating Apps in the U.S.

Share of U.S. online dating users who used the following dating services in the past 12 months (2023)



Online Dating Statistics (Compiled February 2023)

3. **1 in 10 partnered adults (in a committed romantic relationship) met through a dating site/app**
4. **Online dating users are somewhat divided over whether their experiences on these platforms have been positive or negative.**
 - 53% very/somewhat positive; 46% very/somewhat negative
5. **35% have ever paid to use one of these platforms**
 - Those who have ever paid to use dating sites or apps report more positive experiences than those who have never paid.
 - 58% say their personal experiences with dating sites or apps have been positive; 50% who have never paid have been positive

Online Dating Statistics (Compiled February 2023)

6. **Women are more likely to feel overwhelmed by the number of messages they get; men are more likely to feel insecure about a lack of messages.**

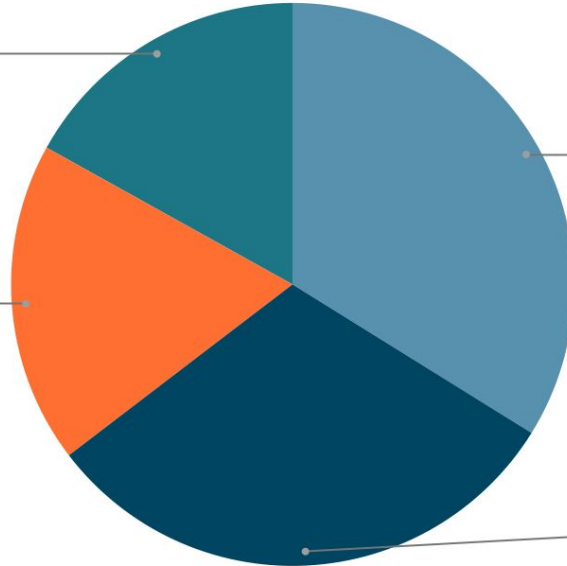
7. Why Online Dating?

Make new friends
16.9%

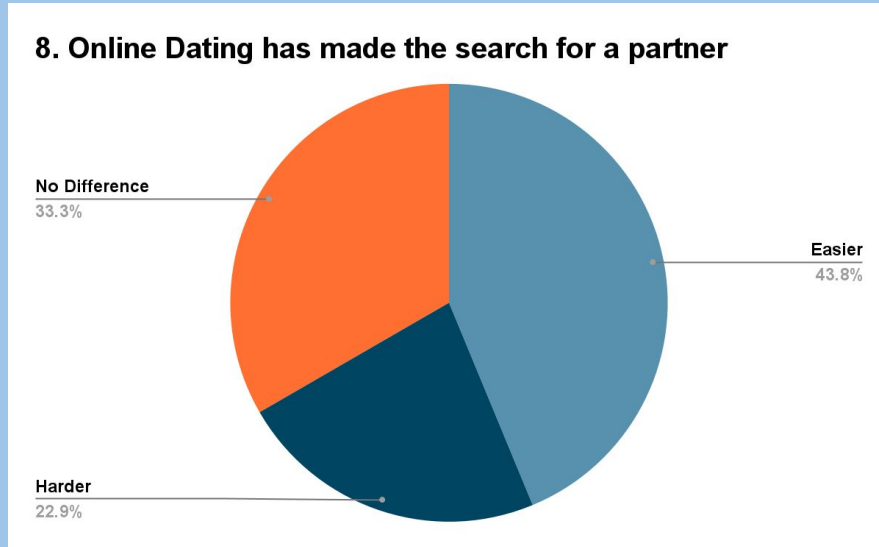
Have casual sex
18.5%

Meet a long-term
33.8%

Date casually
30.8%



Online Dating Statistics (Compiled February 2023)



9. Most U.S. adults are skeptical or unsure that dating algorithms can predict love.

10. Americans are split on whether online dating is a safe way to meet people, and a majority support requiring background checks before someone can create a profile.

Avoid a Fake Profile:

Face time within 2 weeks of chatting or texting !



Creating an Online Profile

Others should be able to imagine who you are and what you'd do together

- Pictures (4-8 preferable)
 - Showcase your interests w/ action photos (photos with you in them)
 - Limit to 1 selfie
 - No bathroom pics of any kind! No elevator pictures or pictures of you in a mirror
 - Shirt off only if playing beach volleyball or in the water/on a boat or similar (don't show off just to show off)
 - No other females your age unless there is a clear caption of your sister/cousin
 - If group photo, make sure it's obvious that you are who you are
 - Get permission from others to post pictures of them

Creating an Online Profile

Others should be able to imagine who you are and what you'd do together

- Profile Info
 - What you're looking for
 - Answer any deal breaker questions (i.e. kids, drinking, smoking, pets etc.)
 - A few phrases about interests that you'd want to share with someone

Attraction isn't just physical - it's more often when you're perceived to be vulnerable, funny, or endearing



Safety and Consent



Social Media Profiles (including dating)

- Don't give out personal information at first
- Don't post your contact information on your profile page
- Only apply to official meet-up groups and dating sites



PEERS[®] Rules for Attending Meet-up Groups

- Meet in public places
- Attend meet-up groups with friends when possible
- Let friends/family know where you're going and with whom
- Check in with family/friends before and after
- Arrange your own transportation
- Don't accept rides or go anywhere alone with people at first



Caregivers

- Build Independence
- Teach safety rather than withhold independent activities
- Find a few safe options where you can leave your person alone with peers
- Nothing is a “play date” after a very young chronological age
 - Hang out, date, activity, party, etc.

Consent

- Friendship vs. Dating
 - Make sure your intentions for this relationship are very clear
 - Make sure the other person is open to the type of relationship you're seeking
- Don't assume a friendship will turn into dating
 - Most friendships never end up as a romantic relationship
 - If someone says he/she/they aren't looking to date, and you secretly hope they will change their mind, do NOT assume they will change their mind if they hang out with you more
 - Harmful to you, to them, and to the relationship

Dating and Consent

- Ask permission for any physical contact at first
 - After a few dates, talk about boundaries - what you like & don't like
 - These expectations may change - communicate with one another if you want change or wonder if they want change



Consent - simple as tea



Resources

Resources

Topics of Sexuality:

- Elevatus, [elevatustraining.com](https://www.elevatustraining.com)

Online Dating:

- <https://onlineprofilepros.com/spot-fake-online-profiles/>
- Catfishing Statistics: <https://2date4love.com/catfishing-statistics/>
- Romance Scams: <https://us.norton.com/blog/online-scams/romance-scams>



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We'd appreciate
your feedback!

Thank you!



tinyurl.com/RelationshipPresentation