

#ASDNext

15 Tips For A Successful Date

Going on a date is exciting, but also a little stressful. You may be wondering how to make sure that it goes well. Here are some quick tips and tricks to help you have a successful date.



BE ON TIME

Make sure you are on time. This shows that you care.

BE POLITE

People appreciate when you're polite. Holding doors or saying "please" and "thank you" can make a big difference.

ASK QUESTIONS

Asking questions shows you're interested. Have some questions ready to ask before your date. Avoid inappropriate or personal topics, such as sex, religion, politics, money, and previous dating relationships.

GOOD MANNERS

If going out to eat, don't talk with your mouth full and practice good table manners. Also, don't keep your phone out or use it too much on a date.

BE HONEST

Don't lie or make up stories about yourself to make yourself sound more interesting. Your date will probably find out the truth and may be hurt or angry.

BE AWARE OF PERSONAL SPACE

Just because it's a date, doesn't mean the person wants to be touched or for you to be too close. Keep an arm's length distance on a first date and only get closer if your date initiates it.



COMPLIMENTS

Say something nice like "You look pretty" or "You look handsome". Don't give too many compliments it it may sound like you are not being genuine.

SMILE AND HAVE GOOD EYE CONTACT

This shows that you are warm and friendly, like the person, and are interested in them.

DRESS TO IMPRESS

Wear clothes that match where you're going and what you're doing. Be sure that your clothes are neat and clean.

DON'T TALK TOO MUCH

On a date, the amount each person talks should be about the same. If you are talking too much your date might get bored or feel ignored or unappreciated.

LISTEN, LISTEN, LISTEN

Listening is very important. It's the best way to get to know your date. You can show that you are listening by having good eye contact and reacting to what your date is saying, by smiling and nodding.

BE OPEN-MINDED

You may not like or agree with everything your date says or may have different interests or beliefs, but try to have an open mind.

Just because you don't have everything in common, doesn't mean you can't have a good connection.

END THE DATE WELL

Should you try to kiss your date, hug, shake hands, or end with a simple goodbye? A good rule is to end the date with a less physical contact, such as a goodbye or handshake, until you know for sure that your date wants a more physical relationship.

BE YOURSELF

Trying to be like someone else is never a good idea. If someone is really worth your time, they'll like you for who you are.

This information sheet was developed by ASERT for #ASDNext. For more information, please contact ASERT at 877-231-4244 or info@asdnext.org. ASERT is funded by the Bureau of Autism Services, PA Department of Human Services

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