



TEACCH TIPS

DATING



We recognize that individuals with ASD may encounter challenges when it comes to dating. With Valentine's Day approaching, we feel like it's the perfect time to share a social story and some handy tips for dating.

Dating

Spending time with others my age is fun.

There are two ways to spend time with someone my age.

One way is to hang out as friends doing activities that we both like.

Another way is to go out on dates.

Going out on a date can *only* happen when I like someone as more than a friend and that person likes me as more than a friend.

DATING TIPS

1. Initiate a Conversation

*Think of what you have in common with the person to find an initial question.

*Ask follow-up questions (who, what, where, when, why, how)

*Introduce yourself. Say, "By the way, my name is _____, what's your name?"

2. Initiate 1-3 Conversations Before You Ask a Person Out

*Get to know whether you share any common interests. For example, ask, "What do you do for fun? What's your favorite subject at school?"

*Try to find out, indirectly, if the person has a boyfriend/girlfriend. For example, if she tells you what she likes to do, you could ask, "Do you do that with family, friends, or a boyfriend?"

3. During one of your later conversations, ask if the person wants to get together with you some time.

4. Ask the person out to a place that she would like to go.

*Go to a restaurant, movie, roller rink, park, or any other place of interest.

5. Pick the person up or plan to meet in a place that is convenient for her/him.

*Surprise her with a box of candy or flowers when you meet.

6. Pay for the meal, movie, or activity unless the date insists on paying their own way.