College Dating: A Survival Guide
• Things in the environment impact a student

• College dating, a man’s perspective

• College dating, a woman’s perspective

• Protecting yourself

• If you’re a victim of an assault

Outline
Things that impact a college student

- Family
- Friends
- Music
- Television
- Church
- College
- Books
- Magazines
- Significant others
- Macro-culture

And the list goes on and on and on.

What are some of the other influences that impact student perceptions?
College Dating From a man’s perspective may be somewhat different than college dating from a woman’s perspective.

It’s no secret that there are differences between the sexes. How do men really view dating in college?

A man’s perspective on college dating.
• Music
  ◦ Rap
  ◦ Heavy Metal
  ◦ Alternative
  ◦ Country

• Movies
  ◦ Horror
  ◦ Action
  ◦ Romantic Comedy

• Magazines
  ◦ Cosmopolitan
  ◦ Men’s magazines
    • Stuff/Maxim

- Friends Episode
- Boyz in the Hood

Images from the media that men receive.
Questions for discussion

- What can we infer from mainstream images and how men perceive women?
- What are some alternative ways in which the media portrays women?
- How can women change the perception that some men have of them?
What are some of the messages that women receive?

- **Music**
  - Rap
  - Heavy Metal
  - Alternative
  - Country

- **Movies**
  - Horror
  - Action
  - Romantic Comedy

- **Magazines**
  - Cosmopolitan
  - Men’s magazines
    - Stuff/Maxim
The Evolving Dating Culture

- Hook-ups

- Dating
  - Is it dead?

- Relationships
  - Serial Monogamy
  - Monogamy
  - Polygamy
<table>
<thead>
<tr>
<th>Pros</th>
<th>Cons</th>
</tr>
</thead>
<tbody>
<tr>
<td>• More dating opportunities</td>
<td>• More potential situations where abuse might occur</td>
</tr>
<tr>
<td>• Don’t have to get married right away</td>
<td>• Drinking/Drug use</td>
</tr>
<tr>
<td>• What else?</td>
<td>• What else?</td>
</tr>
</tbody>
</table>

What are some of the pros and cons of the changing dating culture?
Alcohol and Drug Use

• Problems with alcohol use

• Rates of Use
  ◦ Statistics
    • What are the real rates of alcohol use?
    • What is the prevailing perception of alcohol use?

  Assault: More than 696,000 students between the ages of 18 and 24 are assaulted by another student who has been drinking (Hingson et al., 2005).

  Sexual Abuse: More than 97,000 students between the ages of 18 and 24 are victims of alcohol-related sexual assault or date rape (Hingson et al., 2005).

  Unsafe Sex: 400,000 students between the ages of 18 and 24 had unprotected sex and more than 100,000 students between the ages of 18 and 24 report having been too intoxicated to know if they consented to having sex (Hingson et al., 2002).
How can women protect themselves from being a victim of date rate?

- Monitor Drinking
- Monitor Drug Use
- Friends Protect
- Know your partner
- Know your surroundings
- Self Defense
- Knowing yourself - prevention

Protecting Yourself
Protect each other
Think Ahead!

- Friends play an important role in helping you protect yourself.

- Have a friend available that you can trust and who is sober in their decision making.

- Be careful not to put yourself or your friends in situations where your actions will have unintended consequences.
Think about what you want out of a relationship - (*Does your partner have the same in mind?*)

- Do you want sex?
- Do you want love?
- Do you want a drinking buddy?
- Do you want a one night stand?

You have choices that have consequences.

**Make sure that your actions reflect what you want.**
Arm yourself with the tools that will help protect yourself & others:

- Keep your eyes open.
- Have a friend
- Be a friend to someone who is in need.
- Be aware of your own impact and beliefs on another’s relationship.

**You think someone is being abused.**

- Offer help
- If they won’t accept your help, make a referral to someone who can help.
You’ve been the victim of an assault.

- Seek Help
  - Police
  - Parents
  - Counselors
  - Friends
  - Pastors
  - Anyone who will protect you from doing more harm to yourself.
• Think about what you want.
  ◦ Make sure that your actions are congruent with your values.

• Evaluate your expectations
  ◦ Know where they come from and the pros and cons of those expectations.

• Protect yourself
  ◦ Don’t put yourself in situations where you might be in danger.
  ◦ Protect your friends and yourself
  ◦ If you are a victim of an assault, then get help.

Contact Counseling (Link)