

The First Steps of Dating

Where to Meet Someone

- Start with what you like to do
 - Notice the people at your favorite places
 - If no one is of interest to you, consider joining a new social group
 - Participate in hobbies or social activities that interest YOU
 - Attend larger events in your community (trivia nights, karaoke, sporting events)
- Be cautious of dating people at work
- Online dating
 - Pro: can see a person’s likes and dislikes before you contact them
 - Con: people are not always who they appear to be

Showing Interest

- Verbal and nonverbal cues are used to indicate interest in another person
- TIP: when you watch TV, take notes on the cues characters’ use to indicate interest
- Nonverbal Cues
 - Positive: smiling, a touch on the shoulder, moving closer, leaning in, etc.

- Negative: avoiding eye contact, turning body away, etc.

- Verbal Cues
 - Positive: asking follow-up questions, laughing, compliments, etc.

- Negative: sarcastic tone of voice, limited responses or questions, etc.

Resources:

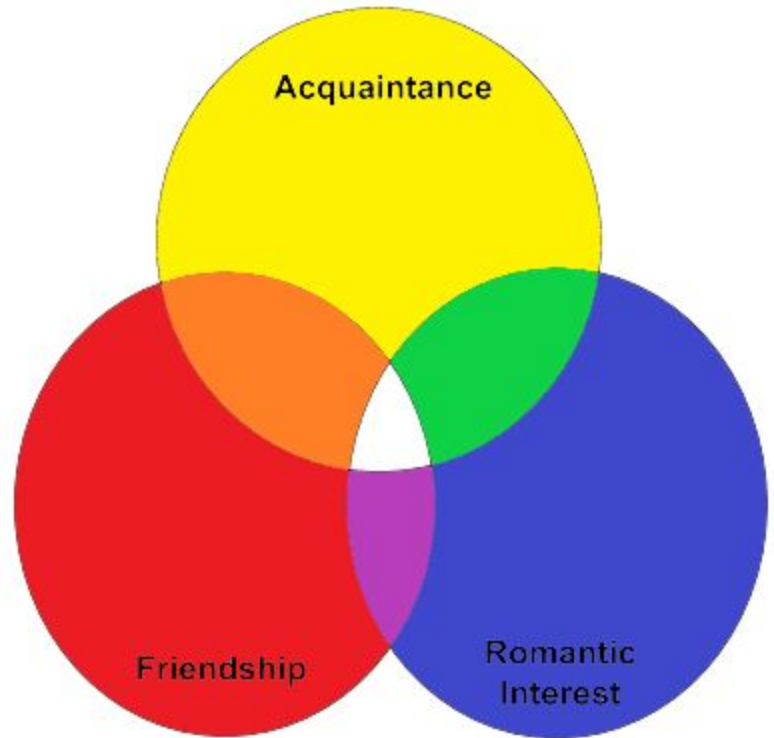
[Romance 101: Dating for Autistic Adults](#), by the Center for Autism Research

Activity - What does this Mean?

For each of the actions below, place them in the appropriate relationship category.

Actions:

- (1) someone smiles at you
- (2) someone asks you to meet them for lunch
- (3) someone gives you their phone number
- (4) a group invites you to join them for bowling
- (5) someone invites you to a religious service



Activity - Modifying your Invite

For each of the scenarios below, change the wording of your invitation to match the type of relationship listed.

Scenario	Inviting someone to see a movie (at a theater).
Acquaintance	
Friendship	
Romantic Interest	

Scenario	Asking someone to hang out at your house.
Acquaintance	
Friendship	
Romantic Interest	