

Brutally Honest Speed Dating

Use:

- To investigate attraction, safety, positive characteristics in relationships, and unhealthy characteristics to avoid when meeting potential relationships/dates.
- To examine what others like or dislike in a relationship.
- To self-reflect on characteristics possessed or have demonstrated in the past.

Preparation:

- Print “dating cards” double sided. Page 1/ Page 1 back – page 2/page 2 back etc.
- Cards are on a template for Avery White Shipping Labels # 5164. Printing each page on a set of Avery labels allows labels to be attached to 4x5 cards OR print each page on a printer and print back to back with matching numbers.
- Laminate for continued use.
- Cut into same size cards for use in the “Brutally Honest Speed Dating” activity
- Print off classroom set of “Characteristic Recording Sheet” – (One per class member)

Implementation:

Step # 1: THE SET UP

- Set up chairs as in a “speed-dating” situation with a table in between two chairs. Provide a pattern rotating between “dates”. If tables are not available, then seat two chairs facing each other in two circles. Have the groups set up in two circles with $\frac{1}{2}$ the chairs facing out, and $\frac{1}{2}$ the chairs opposite those chairs, facing into the circle. The effect will be an inside circle, and an outside circle.
- Divide group into two sections. $\frac{1}{2}$ will sit in one set of chairs, and the other $\frac{1}{2}$ will be opposite those students facing as in a “speed-dating” situation.
- Determine, within each pair, who will be person # 1 and who will be person # 2
- Give each student a recording sheet, and a portable hard surface (clip board, book etc) If tables are available, this may not be required.
- Distribute the cards, one per person.

Step # 2: BRUTALLY HONEST SPEED-DATING

- Person #1 introduces themselves and then says: “Tell me about yourself.”
- Person # 2 reads their card to the other person, and then places it face down before the other person. (the picture and summary words will be face up for recording purposes)
- Person # 2 then introduces themselves and says: “Tell me about yourself.”

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- Person # 1 then reads their cards to the other person, and places the card face down with the picture/summary words in front of the other person.

Step # 3: THE RECORDING

- Looking at the other person's picture/summary card, each person should record the summary words on the "Characteristic Recording Sheet" provided.
- Characteristic will be recorded in one of the columns: Positive Characteristics/Negative Characteristics

Step # 4: EXCHANGE & ROTATING

- Pairs will exchange "dating cards." (this is so the each person will see many characteristics and will read a different card each time)
- Have ONE of the sets of partners rotate to the next partner.
 - Instruct one of the partners to rotate to the next person
 - Indicate which direction they should rotate.

REPEAT STEPS 2-4

- Continue to have teams rotate until all the characteristic cards have been shared (when they return to their original partner)

Step # 5: DISCUSSION

- What were the positive characteristics recorded? Why are those positive to you?
- What were the three most important positive characteristics to you / or your group?
- What were the negative characteristics? Why are these negative to you?
- What were the three worst negative characteristics?

Teaching Tips:

- Having the Person # 1 group ALWAYS rotate in one direction, and Person # 2 group rotate in the opposite direction will eliminate duplications.