CHAPTER Dating, Commitment, and Marriage **Sections** 1. Infatuation or Mature Love? 2. How to Develop a Healthy Relationship



All people need close relationships with others. It is important to share even simple daily life events with someone else. It is important to talk about problems, to voice our opinions, and to hear others' opinions. Loving, close relationships with family and friends are extremely important. During the teen years, you may start thinking about dating. Dating can be a wonderful way to get to know another person. Love relationships are more than infatuation. **Love** is affection, attachment, devotion. Such relationships can be fulfilling, but a young person's self-growth and healthy development can be achieved without such a relationship. This chapter looks at these relationships from dating through commitment and marriage.

Fact or Fiction?

What Do You Think?

Is each statement true or false? If you think it's false, explain what's true.

- 1. You can tell when love is real because it hits you in an instant, whether or not you want to be in love.
- 2. The best way to learn how to date may not be by dating but by attending social functions.
- 3. Couples in healthy, intimate relationships spend all their free time together.



Writing What does love mean to you? Write a list of words or sentences to define what love means to you. During the lesson, refer to your list and make changes to your definition as you learn more about commitment and relationships.

(Answers on page 513)



Visit glencoe.com and complete the Life Choice Inventory for Chapter 18.



Vocabulary

love infatuation mature love intimacy

■ Figure 18.1 Mature love takes time to develop, and is based on friendship and sharing. What are three clues that a relationship is based on mature love?

Infatuation or Mature Love?

The first step in learning how to have a strong, close love relationship is learning what one is. "Am I really in love, or is this just infatuation?" Infatuation is the state of being completely carried away by unreasoning passion or attraction. If you have ever asked yourself this question, you're not alone. Take a look at Figure 18.2 to find some clues.

Recognizing Infatuation and Love

MAIN IDEA Infatuation is an all-consuming desire for a partner. Mature love is a strong attachment to someone a person knows very well.

It is natural to feel infatuation at times, especially in the teen years, when the feelings of attraction are brand new. Infatuation can be part of learning about love. Some relationships that begin as infatuation later develop into love. However, relationships built solely on infatuation usually end when the fantasies on which they are built fade away.



Figure 18.2 Is It Love or Jus	t Infatuation?
Infatuation	Mature Love
Usually develops at the beginning of relationship	Develops gradually through learning about the other person
Sexual attraction is central	Warm affection and friendship are central
Characterized by urgency, intensity, sexual desire, and anxiety	Characterized by calmness, peacefulness, empathy, support, and tolerance of partner
Driven by excit <mark>ement of being involved with a person whose character is not fully known</mark>	Driven by deep attachment and extensive knowledge of positive and negative qualities
Extreme absorption in partner	Wanting to be together without obsession
Insecurity <mark>, distrust, lack of confidence,</mark> feeling of being threatened	Security, trust, confidence, unthreatened feeling
Partner remains unexamined so as not to spoil the dream	Thorough knowledge of partner, mature acceptance of imperfections
Based on fantasy	Based on reality
Consumin <mark>g, often exhausting</mark>	Energizing in a healthy way
Low self-esteem (looking to partner for validation and affirmation of self-worth)	High self-esteem (each person has sense of self-worth with or without partner)
Each needs the other to feel complete	Relationship enhances the self, but person can feel complete without relationship
Discomfort with individual differences	Individually accepted
Each often tears down or criticizes the other	Each brings out best in partner
Partners need to rush things, like sex or marriage; sense of urgency so as not to lose partner	Partners are patient and feel no need to rush events of relationship; sense of security; no fear of losing partner
One is threatened by other's individual growth	Each encourages the other's growth
Relationship not enduring, because it lacks firm foundation	Relationship is enduring, sustaining—based on strong foundation of friendship

Unlike infatuation, mature love is a strong affection for, and a deep attachment to, a person whose character the partner knows well. The person accepts and tolerates the partner's negative qualities. Mature love involves a decision to be devoted to a person. It also requires emotional intimacy, being very close and familiar, as in relationships involving private and personal sharing. This is not the same thing as physical, sexual intimacy.

Intimacy is probably the most important part of a love relationship. This kind of intimacy builds slowly as two people become close to each other. Two intimate people reveal, a little at a time, the parts of themselves that they don't share with everyone. Both people are open and trusting with each other.

The idea that some things must develop slowly might seem hard to people in our fast-paced society. Most times, therefore, they rush relationships. They may make the mistake of trying to substitute physical, sexual intimacy, which can be available right away, for emotional intimacy, which takes time to grow. Emotional intimacy takes time to develop.



Reviewing the Vocabulary

Review the vocabulary on page 494. Then answer these questions.

- 1. ____ is affection, attachment, devotion.
- 2. A strong affection for, and an enduring, deep attachment to, a person whose character the partner knows well is called .

Reviewing the Facts

- **3. Analyze.** What is the problem with relationships built solely on infatuation?
- **4. Explain.** Explain why intimacy is so important in a love relationship.
- **5. Describe.** Describe the difference between physical intimacy and psychological intimacy.

Writing Critically

6. Persuasive. After studying **Figure 18.2**, "Is It Love or Just Infatuation?," think of someone you know well. Do you think most of the person's relationships are mature love or infatuation? Why do you think the person's relationships are this way? Do you think the person should change his or her relationships? If so, how?



For more vocabulary practice, play the eFlashcards game at **glencoe.com**.

How to Develop a Healthy Relationship

SECTION

No two relationships are exactly alike or develop in just the same way. However, healthy relationships have some things in common. Each partner in a healthy relationship must have a positive self-image. Once you feel strong and sure of yourself, you are better able to know what to look for in a partner.

Stages of Healthy Relationships

MAIN IDEA Healthy intimate relationships grow in stages.

Relationships develop in stages, such as those listed in Figure 18.3. They cannot be rushed. Once you find an appropriate partner, do not give in to the temptation to try to "hurry things along" by skipping the early phases of development. These early times provide the foundation of a strong relationship later on. Be patient.

Vocabulary

date sexual intercourse external pressures internal pressures thrill seekers marriage stranger rape date rape

Figure 18.3	The Stages of a Love Relationship
	Love relationships usually follow these stages in their development:
Stage	What Happens
Stage 1: Attraction	Something about the person catches your attention. You are attracted to each other
Stage 2: Friendship	You and the person enjoy activities together such as movies and concerts. You plan those activities together. During this stage, you explore each other's characteristics. Each is on "best behavior," so commitments are not appropriate yet.
Stage 3: Close friendship	You learn about each other's feelings and values. You begin to discover each other emotional and spiritual tendencies. At this stage, the relationship may progress or retreat.
Stage 4: Intimate friendship	You both reveal your faults. By this time, each trusts the other's acceptance, becaus the true self of each—complete with faults—has been seen by the other. The coupl may decide to "go steady" or may relax back into being close friends.
Stage 5: Mature love	Each partner continues developing socially, intellectually, emotionally, and spiritually. The degree of closeness of mature love makes conflict likely, but the partners learn to resolve conflict in healthy ways. (The Health Skills sidebar, "How to Resolve Conflicts," presented in Chapter 2 on page 35, describes healthy ways of resolving conflicts.

"People come and go but true love lasts forever."

—Anonymous

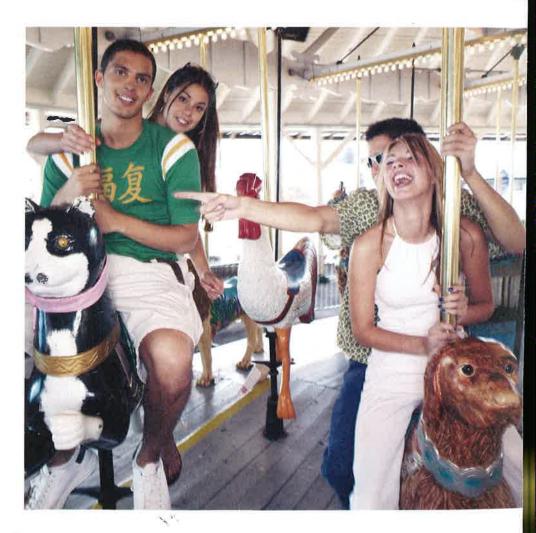
What Should I Look For in a Partner?

MAIN IDEA Some people are available for relationships, but others are not. Choose carefully.

In thinking about a person who interests you, make sure that the person has time and energy available for love. Such people:

- Are not involved in other love relationships.
- Have not just recently broken up with someone else.
- Are open to being in a relationship with you.
- Are free of chemical or psychological addictions.
- Have time to devote to a relationship.
- Respect themselves and others.
- Are close to you geographically—they live in your city or state. Long distance relationships are difficult because the couple is not able to spend enough time together to learn about the other person's likes and dislikes.

■ Figure 18.4 When considering whether a person might be compatible with you, observe how the person interacts with others. What are some other things to look for when seeking out someone who is compatible with you?



In addition, the person must be compatible with you in terms of basic social values and beliefs. To evaluate these factors, see if you can honestly answer yes to the following questions:

- Does the person have several close friends? A person who has learned to keep and enjoy close friendships can put this talent to work in a love relationship.
- If the relationship ended, would you still want that person as a friend? Without friendship, the relationship may crumble during times of conflict.
- Are you happy with the way the person treats other people? Watch how the person treats others. If the person treats others badly, think about whether you would want to be treated that way. That person may treat you well during the courtship phase of your relationship, but probably will not as you get to know each other better.

Dating

MAIN IDEA Possibly the best way of learning how to date is through attending social gatherings in a group setting.

During adolescence, teens may find themselves attracted to people they'd thought of only as classmates or friends. This is a good time to develop a set of personal guidelines for healthy dating relationships. To date is to engage in social events designed to allow people to explore their compatibility and to get to know each other. During the teen years, dating takes on more importance. Not everyone dates, however. Some teens choose not to date because they're shy around people they like. Others may choose not to date because they have other interests or time commitments.

Dating Can Be Fun

While dating may be fun, it is not entirely stress-free. A couple's first date, for example, may lead to thoughts of self-doubt and worry that the person may not like you. Those are normal thoughts and feelings. Don't let them discourage you from dating. Those who date learn how to communicate with many different types of people—a useful skill throughout life.

It is natural to feel nervous when going out with someone for the first time. The best way to ensure that a date will go well is to be open to the possibility that you will be forming a friendship, not a lifelong relationship. Possibly the best way of learning how to date is not through dating at all, but through attending social gatherings in group settings. Read the Health Skills sidebar, "Meeting New People," for some ideas on expanding your possibilities.



Meeting New **People**

Try these suggestions to meet new people.

- 1. Join a youth group (try service clubs or a school activity).
- 2. Take up a hobby, such as dancing or photography.
- 3. Create a group around a common theme-for example, a foreign language club or a movie group.
- 4. Learn to play a sport.
- 5. Volunteer time in your community.
- 6. Learn to play a musical instrument. and join a school or community band.
- 7. Get physically fit, get enough sleep, and eat healthfully.
- 8. Be friendly; reach out to others. Be yourself; don't try to impress anyone.

An especially useful form of dating is a double date or group date, in which two or more couples go out together. This creates a casual and safe environment in which to get to know people. A group of people provides safety and reduces stress. Also, it's important to always let parents or other responsible adults know where you are going, with whom, and when you expect to return home.

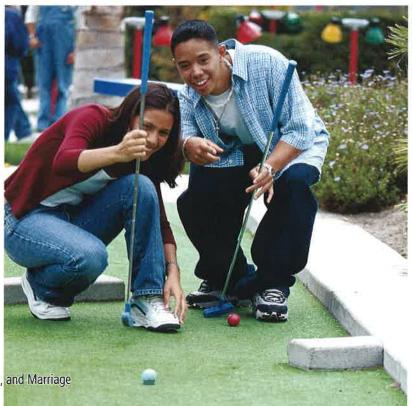
Online Friendships

The Internet offers new opportunities to create friendships. It can be a rewarding to meet people in other parts of the world and learn about other cultures. Online friendships, however, can be dangerous. It may be difficult to know if online friends are truthful. Someone who may claim to be a teen may actually be an adult. When communicating online, never reveal any personal information, or pictures of yourself. Never arrange a face-to-face meeting or share your phone number. If an online friend says anything to make you feel uncomfortable, tell a parent or trusted adult immediately.

Commitment and Sexual Pressure

A couple who has dated for a long time may decide to become an exclusive dating couple. The couple agrees to date each other only. Being committed can ease the stress of dating new people. However, it can bring disadvantages as well. While young people who go steady may feel secure, they may also feel tied down. They lose the opportunity to date a variety of others. They also may focus on the growth of the relationship rather than their own growth. If preserving the relationship becomes more important than the emotional health of the individuals, this can diminish self-worth.

■ Figure 18.5 Dating is a good way to start getting to know somebody. How can dating improve your social well-being?



Some dating situations may increase the likelihood of being pressured to participate in sexual activity. This topic will be discussed at length later in this chapter. Many times teens will fear that if they refuse sexual intercourse, the reproductive act between the sexes, their partners will find someone else. Unwanted pressure may also include any other sexual activity. Discuss your limits with your dating partner. Clear and honest communication will help your dating partner respect your wishes.

Advantages of Sexual **Abstinence**

MAIN IDEA Abstinence from sexual activity helps a new relationship to grow in a healthy way.

Many of the sexual feelings teens experience occur as a result of the body's release of hormones. You don't have control over the feelings caused by your hormones, but you do have complete control over how you respond to them.

By choosing abstinence from sexual activity, you are taking responsibility for your well-being. Abstinence is a deliberate decision to avoid high-risk behaviors, including sexual activity. Many teens choose abstinence because it is the only 100 percent sure way to eliminate health risks associated with sexual activity.

Health Risks

Teenage sexual activity poses health risks. Teens who are sexually active may contract sexually transmitted diseases. The only sure way to prevent sexually transmitted diseases is to abstain from sexual activity.

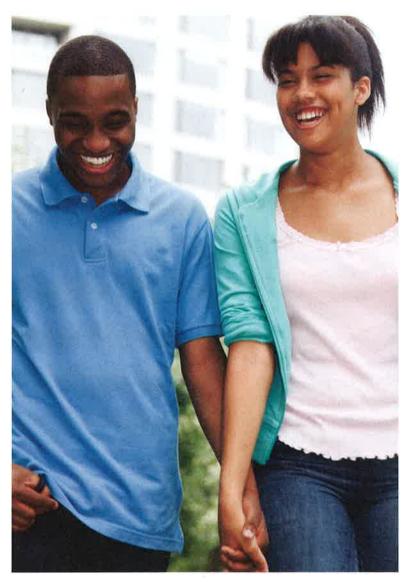
Teen Pregnancy

Teen pregnancy is another health risk associated with sexual activity. Here are some of the frequent and serious problems resulting from teen pregnancies:

- Interruption of education
- Early marriages with a high likelihood of divorce
- Continuing legal responsibility to support a child
- High risks of poverty
- Low infant survival rates
- Lifetime tendencies toward having more than the average number of children

The costs to society in terms of lost education, lost earning power, and increased need for support of the individuals are staggering. Again, abstinence from sexual intercourse is the only guarantee against teen pregnancy.

■ Figure 18.6 A
psychologically intimate
relationship is most fulfilling.
How can abstinence help
develop a lasting relationship?



Abstinence Is Freedom

For teens, as for many others, sexual abstinence can reduce worry and can create a feeling of freedom. Abstinence allows teens to grow and develop without interruption by diseases or pregnancy. Abstinence can also allow time for the growth of a healthy intimate relationship.

How to Cope with Sexual Pressures

MAIN IDEA Pressure to be sexually active arises both internally and externally.

You often hear people talk about the "pressures" to be sexually active. They point to peer pressure, images in movies, popular music, TV, and even pressure from a partner to become sexually active. Another source of pressure comes in the form of product advertisements (see the Consumer Skills

Activity on this page). All of these **external pressures**, messages from society, peers, and others that pressure people to be sexually active, can be difficult to deal with.

Even more difficult to deal with are pressures that you put on yourself. Human beings have a natural, biological drive to reproduce. This normal drive creates **internal pressures**, a person's biological urges toward being sexually active, that can be hard to deal with. During the teen years these pressures may seem intense as teens' bodies mature, producing more hormones that create these feelings.

Thinking Ahead

The challenge to couples who are not yet mature and committed is to find ways of expressing love and sexual feelings so that both people benefit. Any activity that makes the other person feel loved, and that takes some extra thought or effort on the part of the giver, is satisfying for both people. Think of how you felt the last time a friend gave you a hug, gave you a small gift, did you a favor, or confided in you. The good feelings those gestures brought were a genuine form of love. You can express your love in all sorts of caring ways without having sexual intercourse.

SKILLS ACTIVITY

Love and Sex in Advertisements

Most people want to be part of special love relationships. Advertisers use this desire for love to help sell their products. Consumers who see the ads on TV, in magazines, or other media, believe if they use the product advertised, they will be loved. They try to make consumers think that certain products can make people more attractive, sexier, more self-confident, and therefore more likely to be loved. Many such ads are aimed directly at teens. A perfume commercial shows physically beautiful people drawn to each other by fragrance. A breath mint is sold as "social insurance." The ads say that you never know when you'll meet someone special, so why take a chance on having less-thanperfect breath?

Buying a product may seem like an easy way to improve one's self. However, the only way to truly become more attractive involves the work of developing healthy self-esteem. With self-esteem, you are willing to meet new people. This helps you expand your social network by making new friends.



Writing

1. Name some characteristics of people who are influenced by advertisements that promise increased attractiveness. Why do you think people with these characteristics are most likely to be influenced?

Figure 18.7

The STOP Method for Maintaining Sexual Abstinence

S-Stop

Stop the activity that threatens to get out of control. This first step may be difficult but it is critical for remaining in control.

T-Think

Analyze what is happening.

Does your present behavior agree with your values?

Would your parents approve?

Develop in advance a list of questions meaningful to you.

O—Other Activities

If your behavior feels out of control—if it conflicts with your values—direct the energy of the moment into other activities (going out for ice cream or to a movie, for example).

P-Plan

Make the next time easier by planning how to remain in charge. Decide not to plan dates that involve too much time alone (for example, plan to double date or date in public places). Commit to using this method every time you begin to feel out of control.

To express sexual feelings in appropriate ways, it is necessary to decide in advance what course of action is right for you. People who approach a situation without a clearly determined plan may find themselves tempted by sexual situations in the thrill of the moment. People who are especially likely to take chances in exchange for momentary excitement—thrill seekers—must fight especially hard against these temptations.

Other Activities

To cope with the desire that accompanies sexual attraction, try channeling sexual energy into other activities. Instead of using will power to oppose the sexual drive, use it to shift gears to another activity. Dancing, sports, or walking are examples of activities that can release sexual energy. Some people feel that writing, speaking, singing, painting, or other expressive activities can also serve this purpose.

When a situation threatens to get out of control, some find it helpful to say to themselves the word STOP—Stop, Think, Other activities, Plan to abide by their vow of abstinence (see Figure 18.7). Sexual intimacy is too important to just let happen. Remember STOP, to give yourself time to think.

Breaking Up and How to Cope

MAIN IDEA When coping with a breakup, expect to feel grief.

More often than not, the relationships formed during the teen years do not last. This is true for many reasons. Sometimes partners who are sincere may change and outgrow certain relationships. Most times, breakups are best for both partners, although it may not feel that way at the moment.

While no one really dies of a broken heart, the pain, depression, and stress that can follow breaking up may make people physically ill. Stress weakens the immune system and so can make illness likely. The breakup of a special love relationship can be difficult to cope with.

One thing you can do is to prepare to experience grief whether for the loss of the loved one, or for loss of a relationship. The Q&A section at the end of Chapter 5 presents the stages of grief. Give yourself the time you need to grieve fully. It is natural and normal to feel intense loneliness and pain. However, those feelings fade with time. A mistake a person may make during this painful time is to quickly seek a new partner. The temptation to do so may be strong, but resist it. You may not have vision clear enough to judge a new partner. Give yourself six months to a year to heal.

People in grief often need affection. Activities and friends can fill the void. When you feel like your old self again, you may be ready for a new relationship.

Commitment

MAIN IDEA Love requires commitment and working together.

Anyone choosing to have a long-term monogamous relationship makes a commitment to another person. A commitment is a promise to make a long-term choice, in the face of many possible options, with the knowledge that the relationship will not always be perfect. Choosing a life partner is serious. Developing a long-term, intimate bond that truly satisfies both partners involves much more than simply loving each other, the wish to do so, or stating that such a bond exists.

What does hold a partnership together? Psychologist Carl Rogers agrees that people should commit to working together through the changes of their relationship. Figure 18.8 on page 506 shows additional factors. To this list of elements of partnership we would add *independence*. The person who finds ways to meet many of his own needs outside the paired relationship



Developing a Healthy Intimate Relationship

To establish a healthy intimate relationship:

- 1. Learn the difference between a healthy intimate relationship and infatuation.
- 2. Build your sense of self-worth, or self-esteem.
- 3. Make sure your partner has time and energy for love. Make sure you do too.
- 4. Give yourself time to get to know new people socially, intellectually, emotionally, and spiritually.
- 5. Continue to spend time with other friends. Maintain your identity.
- 6. Let sexual involvement wait for commitment. Marriage is the highest form of commitment.
- 7. Know the meaning of commitment.
- 8. Explore your expectations of marriage.
- 9. Learn to work through conflict in healthy ways.

Figure 18.8	Elements of Partnership According to Rogers
Grow	We see the process of change as necessary and desirable.
Each	We are both doing it.
Commit	We won't back out,
Working	It takes work, and we are willing to work.
Together	It is cooperative—not one for the other, but each with the other.
Changing	We know we cannot keep it as it was in the beginning. We have to take the risk of growing and learning.
Present, currently	It is not just that we promised each other long ago that we would do this. We are doing it now.
Enriching	The rewards are also present. We feel them today.

■ Figure 18.9 In a healthy marriage, people work things out. Name three elements of a successful partnership.

will be most successful at pairing. Recall the needs described in Maslow's scheme in Chapter 3. You cannot ask your partner to provide total security—whether emotional, financial, or physical. You must stand on your own feet and provide your own security. You are the only person you will never lose. Understanding and practicing self-sufficiency is a major factor in maintaining healthy, lasting relationships.



Marriage

MAIN IDEA Marriage is the highest form of commitment in our society.

Did you ever wonder what happened to Cinderella and the Prince after they married? Did they really live happily ever after? At times, every couple has disagreements. A mature couple learns how to resolve problems without harming the relationship before entering into a lifetime commitment. Marriage is the institution that legally joins two people. The idea that marriage will magically make people happy is probably the most destructive idea that partners can have. Marriage requires good communication, emotional maturity, and sharing a life with someone who has similar values and interests.

Health Skills

Stress Management

➤Objectives

- Apply conflict resolution strategies to a marital conflict.
- Describe a solution to a marital conflict that satisfies both spouses.

A Moving Experience

Barb and Richard Johnson have been married for ten years and have two young children. Barb works outside the home, and Richard works in his home office. Richard's parents live a few blocks away and care for the children during the day.

When Barb came home from work last night, she announced that her employer wants her to take a different job in another city. If she accepts the offer, she will get a raise in pay. Barb is excited about changing jobs, increasing the family income, and moving to a new city. Richard, on the other hand, doesn't want to move. He really likes their current house and living close to his mom and dad. Richard also worries about who would care for their children if they move. The couple argued about the move for more than two hours last night, but they didn't resolve the conflict.

➤ Identify the Problem

1. Why are the Johnsons in conflict?

➤ Form an Action Plan

- 2. Use "I" messages to state the conflict from each spouse's point of view.
- 3. What guestions could Barb and Richard ask one another to better understand each other's point of view?
- 4. Describe a solution that might satisfy both Barb and Richard.

➤ What Did You Learn?

5. What did you learn about the importance of good communication in a marriage by trying to resolve this conflict?

The highest form of commitment between two people in our society is marriage, a relationship based on these ideas:

- The relationship is permanent, or at least permanence is something the partners will work for.
- The partners will be most important to each other.
 No other relationship with another person will take a higher place.

Marriage is never the end of the story, as in fairy tales. It is the beginning.

Working Through Conflict

MAIN IDEA Work through conflict by clearly defining and addressing each problem while honoring the other person.

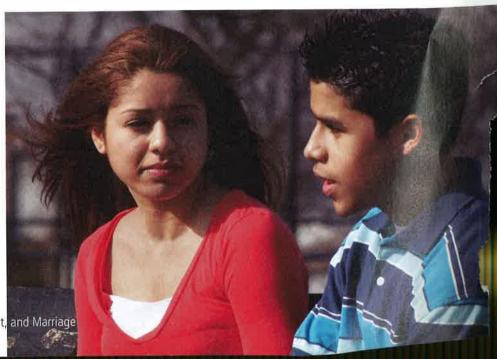
Partners may believe that anger and conflict have no place in a happy, committed relationship and so may hide their negative feelings. In reality, every human relationship has conflicts. How partners handle those conflicts can determine whether the relationship grows or ends.

Even couples in healthy marriages conflict occasionally because no two people will always agree on everything. Some common issues that cause problems in marriages include:

- Differences in spending and saving habits.
- Conflicting loyalties involving family and friends.
- Lack of communication.
- Decisions about having children and arranging child care.

In a successful marriage, both partners respect, trust, and care for each other. Conflicts are resolved fairly without damaging the self-esteem of the other partner.

■ Figure 18.10 Every relationship has conflicts.
Name some common issues that cause problems in marriage.





Reviewing the Vocabulary

Review the vocabulary on page 497, then answer these questions.

1. To engage in social events designed to allow people to get to know one another is known as a _____. **2.** _____ is the institution that legally joins two people. **3.** _____ are people who take chances in exchange for momentary excitement. **4.** _____ are messages from society, peers, and others that pressure people to have sexual intercourse.

Reviewing the Facts

- 5. Identify. What two things do healthy relationships have in common?
- 6. List. List one advantage and one disadvantage of going steady.
- 7. Describe. Describe the pressures teens face to have sexual intercourse.
- 8. Explain. What is the most destructive idea people have about marriage?
- **9. Describe.** What are some common issues that cause problems in marriages?
- 10. Explain. Explain why physical aggression doesn't clear the air.

Writing Critically

11. Expository. Your friend, Sally, is thinking about dropping out of high school to get married. What advice would you give Sally? Why would you give her that advice? Would your advice be different if Sally were a male named Jim?



For more vocabulary practice, play the Concentration game at glencoe.com.



Sexual Violence **Prevention**



Understand and Apply Read the conversation below, and then complete the writing exercise that follows.

Sexual violence is a serious crime. One of every six females and one in every 33 males have suffered a rape or attempted rape. Other sexual violence, such as touching inappropriately, occurs even more frequently.

Most people know about stranger rape—sexual assault by a stranger. No less dangerous, and much more common, is date rape, sexual assault by a known person in a dating situation (also called acquaintance rape).

Q: Isn't stranger rape completely different from date rape?

A: No, both are crimes of sexual violence. The only difference between rape by an unknown attacker and date rape is that in the latter type, the attacker and victim know each other. In both instances, the attacker forces sex on the victim.

Q: How serious is rape?

A: Legally, rape is considered very serious, deserving jail penalties and fines. Rape is also serious physically and emotionally. The rapist may be armed and may kill or injure the victim. The rapist may carry sexually transmitted diseases—even HIV.

Beyond the physical threats, rape is a serious threat to the victim's mental health. Rage, shock, terror, and emotional pain that can last for years are all common in victims of rape.

Q: Are date rapes really rape?

A: Yes, date rape is a crime. With respect to any sexual activity, saying the word "no" means stop. When either partner is uncomfortable and says no, all sexual activity should stop.

Q: Is rape the only kind of sexual violence?

A: No. Significant crimes of sexual violence may not include physical contact. For example, the perpetrator may expose his or her genital organs to a child or other innocent person. Verbal sexual threats are considered sexual abuse, too.

Q: How big a problem is date rape?

A: Date rape is a common form of sexual violence in our society. Compared with the incidence of rape in many other countries, the United States has a high rape frequency.

The social costs of rape are enormous. Not only do victims suffer all the outcomes already mentioned, but courts, jails, and law enforcement systems are straining with the burden of rape prevention and punishment for sex crimes.

Q: What other factors play a role in rape?

A: One theory blames the media. Movies, television, music videos, and romance novels written in this country often suggest that women want to be raped. The media plant the idea that when a woman says no, she will change her mind and say yes if a man overpowers her. This idea is completely false. No normal person wants to be raped, and *no* means *no*.

Q: I remember reading about a connection between drugs, alcohol, and rape. How are these connected?

A: The abuse of drugs or alcohol seriously impairs people's judgment. This results in two effects that make rape more likely. First, alcohol and many drugs reduce inhibitions—even inhibitions against rape in someone considering the idea. Second, drugs and alcohol make people groggy. If a high enough dose is consumed, an extremely dangerous situation occurs when the person passes out. Someone who didn't plan a rape might commit one if a potential victim becomes unconscious from drugs or alcohol.

To protect yourself, don't agree to go out alone with people you don't know well. Accept drinks only from people you know you can trust. Once a drink is opened in a public place, don't let it out of your sight.

Q: How often is rape reported?

A: Sadly, it is likely that fewer than 10 percent of rapes are ever reported. Some rape victims do not report the crimes because they feel ashamed, as though they somehow brought the attack on. It is important to report rape or any type of sexual contact that

is unwanted. A person who rapes is a criminal who has behaved in a way that is against the law. It's even less likely that a date rape will be reported. Many times, the person who is raped is reluctant to report the assault. The person may believe that he or she did something to provoke the attack. Date rape is a crime though, and should be reported to the authorities.

If more rapes were reported, more rapists would be convicted. It takes courage, but reporting rapes is important. Even if the victim does not want to press charges against the rapist, the rape should be reported. That way, the statements will be on record in case the victim decides to prosecute later.

Q: How can a woman protect herself from becoming a victim of rape?

A: Avoid putting yourself in a situation where rape may occur. Plan on meeting friends in open, public places. Avoid individual dating until you feel comfortable with a new person. Avoiding drug and alcohol use will help you react appropriately if you feel uncomfortable.

Finally, crimes of sexual violence are serious, both legally and personally. If you experience any sort of sexual violence, report it. If rape occurs, report it and seek medical treatment immediately.



Writing Write a dialogue between two teens at a party. One teen is trying to persuade the other to go somewhere alone together. The other teen uses refusal skills to avoid the threat of sexual violence.



Reviewing Vocabulary

Use the vocabulary terms listed below to complete the following statements.

date rape

internal pressures

date

stranger rape

infatuation

1.	is the state of being completely
	carried away by unreasoning passion
	or attraction.

- means to engage in social events designed to allow people to get to know each other.
- A person's internal biological urges toward being sexually active are called ____.
- Sexual assault by a stranger is called
- 5. _____ is sexual assault by a known person in a dating situation.

Recalling Key Facts and Ideas

Section 1

- 6. List. List five signs of infatuation.
- 7. Identify. List five signs of mature love.

Section 2

- **8. List.** List and define the stages of a love relationship.
- Identify. Identify and describe characteristics to look for in a potential partner.

- 10. Explain. How is double dating especially useful when you just begin to date someone new?
- 11. Analyze. It is said that abstinence gives freedom to the people in a relationship. What sorts of freedom does abstinence give?
- **12. Describe.** Describe how to establish a healthy intimate relationship.
- 13. List. How are conflicts resolved in a successful marriage?

Writing Critically

- 14. Persuasive. Figure 18.8 in this chapter deals with whether a marriage will work. Do you think couples who are going to marry should consider these elements in advance? If so, why? If not, why not?
- 15. Expository. Acquaintance or date rape is a serious problem in society today. Reread the Q&A section on pages 510—511. Why are males getting mixed signals from females? What roles do the media play? What are we being taught about sexual behaviors, and how might misconceptions lead to date rape? Discuss how education might help prevent sexual violence.

Activities

- 16. Complete the following sentence on a piece of paper: "Love is . . ." Write all of the class members' answers on the board and compare the many ways love is defined. Discuss your response with the rest of your class.
- 17. List some ways people can seek relationships such as personal ads or online dating Web sites. Discuss why you think these are good ways to meet people or why you think it is a bad way to meet people. List the pros and cons to share with your class.

- **18.** Write an editorial for your school newspaper on date rape. Be sure to include how to prevent date rape in your paper.
- 19. Interview two happily married couples: one couple that has been married at least 30 years and another couple that has been married for less than five vears. Ask them what the keys are to their happy marriages. Are their lists similar? What conclusions can you draw about happy marriages?
- 20. Describe the characteristics you consider important, first in a dating situation, then in a marriage partner. Use attributes like looks, personality traits, educational background, age, religious beliefs, ethnic group or race, values (political, ethical), and interests. Are vour lists for dates different from your lists for marriage? If so, how and why are they different?
- 21. Go to your local law enforcement agency and write down the number of rape cases that were reported in your community for the year. Are the numbers surprising to you? Report this to the rest of your class.
- 22. Write a one-page essay on the perfect relationship. In your essay include qualities and values on which you place high priority and which you would expect the other person to value highly as well. Describe what you would bring to the relationship and what you would expect the other person to bring to the relationship. At the end of your essay, tell whether you think the relationship you described is realistic. Explain why you think the way you do.

Making Decisions about Health

23. Jerome hasn't had a date in a long time. He feels jealous when he hears about his friends' relationships. They aren't all perfect, but at least they provide some companionship. There must be something wrong with Jerome; he's just not the likable type. How might Jerome build up his self-esteem at a time like this? What changes in his attitude might he make and how? What constructive actions could he take to ease his loneliness?



For fitness and health tips, visit the Fitness Zone at glencoe.com.

Fact or Fiction?

Answers

- 1. False. You can tell when love is real because it develops slowly through the conscious choices of both partners.
- 2. True.
- 3. False. Couples in healthy, intimate relationships maintain separate interests, as well as shared ones.



Writing Answers will vary.