

#ASDNext

How to Ask Someone Out On A Date



Asking someone out on a date can be both exciting and nerve-wracking! No one is completely confident when asking someone out on a date. However, being confident and following some simple steps can help make the process easier and, hopefully, very rewarding.

START OFF WITH A CONVERSATION.

- Before you can ask someone out on a date, you need to get to know them. The best way to do so is to have a conversation. If you do not know the person that you want to ask out, start off by introducing yourself and asking for his or her name. If you do know the person, say "Hello." Make sure to smile and make good eye contact.



CHECK FOR ROMANTIC INTEREST

- During your conversations, you can check to see if the person seems interested in you, such as by smiling back, looking you in the eye, asking you questions, and showing interest in what you talk about.
- If after a few conversations, the person does not seem interested in you, asking him or her out on a date may not go well. You should focus on continuing to get to know them or just building a friendship.

BE PREPARED FOR THE RESPONSE

- Even if you did everything right, there is always a chance that the person will not want to go on a date with you. While rejection can be difficult, it is a normal part of dating. It's important to keep that in mind and not let yourself be discouraged from trying again!
- If the person says yes, ask where he or she would like to go. You could suggest a restaurant, movie, walk in a park, activity, such as bowling or mini golf, or any other place of interest. If you listened carefully during the first few conversations, you may have an idea of what the person's interests are or where he or she may like to go.



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DON'T BE IN A RUSH.

- It usually takes more than one conversation before you know someone well enough to ask them out on a date. It's good to give it about 3 conversations before asking someone out.
- To get to know someone well, you'll have to listen and ask a lot of questions. You should work to find things you have in common and make sure you show that you are interested in what they have to say.



ASK THE PERSON OUT

- When you are feeling confident that the person has interest in you, it's time to ask him or her out. Keep it simple.
- Ask, "Would you like to get together sometime?" This leaves all of your options open and can allow the person to be involved in choosing the date.
- Be sure to smile and have good eye contact.



GO OUT ON A DATE!

References: <https://bettermoneyhabits.bankofamerica.com/en/personal-banking/teaching-children-how-to-budget>;
<https://www.investopedia.com/university/teaching-financial-literacy-teens/teaching-financial-literacy-teens-budgeting.asp>

This information sheet was developed by ASERT for #ASDNext. For more information, please contact ASERT at 877-231-4244 or info@asdnext.org. ASERT is funded by the Bureau of Autism Services, PA Department of Human Services

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