

FRIENDSHIPS AND DATING PROGRAM STRENGTHS: Tips for Teachers

Teaching methods suggested by past instructors of the FDP

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Suggested uses of role-play activities

- To practice interpreting body language when talking about emotions
- To discuss communication and to practice one-on-one conversation and dating
- Use role-play activities as an ice-breaker, to give students a chance to communicate and work together



2

Consider using additional resources

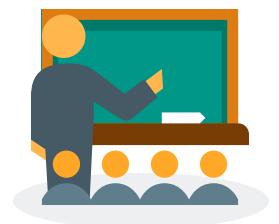
- The movie “Inside Out” is useful during lessons about emotions
- The show “Love on the Spectrum” is useful to observe how boundaries and communication may look in different relationships
- Find additional videos online to solidify areas that students struggle with
 - AMAZE.org has a wide range of videos about sexual health
- Invite guest speakers for different lessons, for example, therapists and staff from Planned Parenthood



3

Other tips

- Consider offering a third session during the week to cover any missed material
- Offer an option for students to ask questions anonymously, for example, an anonymous question box or anonymous online surveys
- Divide the class into small groups during different discussions, which should allow students to feel more comfortable asking questions and let them focus on specific areas of interest



For more information, visit: <https://www.ohsu.edu/university-center-excellence-development-disability/oregon-friendships-and-dating-program>

