

FRIENDSHIPS AND DATING PROGRAM CHALLENGES: Tips for Teachers

Suggestions to help you improve your lesson plan while teaching the Friendships and Dating Program

1 Time Management

- When planning lessons, set extra time between topics for clarifying questions
- Know that activities will take time and to not over-plan
- Including as many styles of learning as possible can increase understanding



2 Program Extension

- Consider extending the program past the 10-week period if possible
- Prioritize important lessons and spend less time on other topics
- Create a student survey to see what needs to be covered based on past knowledge



3 Social Activities

- Popular locations
 - Coffee shops, lunch outings, bowling, visiting malls
- Visiting in advance
 - Visit social outings in advance to observe the accessibility of the environment and the amount of people
- Avoiding anxiety
 - Describe what the activity will be like in advance
 - Prepare a separate virtual option



4 Making Lessons More Entertaining

- Allow students to role-play
- Add visuals to make things clearer
- Add small breaks between sections



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

