

# Playing it S.A.F.E.

## How Attitudes, Beliefs and Expectations Can Influence a Relationship

Attitudes are the way you think or feel about something due to your core values. Dating attitudes can include you will not let anyone insult you or hurt you physically.

Beliefs are something that is thought to be true due to past experiences. A dating belief could be refusing to date anyone after a first bad date.

Expectations are something you believe will happen in the future. Dating expectations include that the boy will open the door for a girl, or he will buy her flowers on her birthday.



Attitudes, Beliefs and Opinions can influence a relationship positively or negatively.

## Why is This Important

- Everyone and everything around us influences how we live, and our dating expectations.
- Dating is influenced by all of these factors and can develop into healthy or unhealthy ideas about dating and relationships.
- Take all of the influences in your life, peers, family, media and society, and determine your own beliefs and expectations for your healthy relationship
- It is up to YOU to determine how you will manage your dating life.



## Who Can Influence Attitudes, Beliefs and Expectations?

**Peers.** Peers are the people close to your age, who you are with often. Examples include friends, classmates or teammates. Since you spend so much time with your peers, they can have a huge impact on your ideas and thoughts.

**Family.** Family is one of the first groups of people to influence you. They set examples for what you might expect to see in your life, relationships, or future. When determining dating relationships, decide the influences in your family that are healthy, and let those beliefs be a positive addition to your expectations.

**Media.** The media is what you watch, read or listen to. The media we consume, whether it is commercials, movies, television shows, or online information, can influence our thoughts and opinions on many things such as beauty, what is cool, and what dating looks like.

**Society.** Society is the collection of ideas of people throughout the world. To be an effective society, we must have commonalities and work with others. We should also remember to respect the different interests, abilities and tendencies of others, while remaining true to our beliefs, attitudes and expectations.

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