

Dating in High School

By: Marin Smyth



Dating in high school is nothing new; in just about any movie or show that features high schoolers, it's almost guaranteed that those high schoolers will be in a relationship at one point or another. That being said, most people go into high school expecting to have at least one relationship by the end of their senior year. But what happens if you don't want to be in a relationship? You could just not date, but then what happens if someone asks you out?

At school, teachers and administrators talk about peer pressure a lot. Unfortunately, they just talk about how to avoid being peer pressured into doing something bad or against the rules, but no one prepares students for being peer pressured into dating. Even though this isn't talked about as much, students do feel pressured to be in a relationship. When asked if they had ever been pressured into dating, one junior at Oak Hills said, "I did in middle school because I felt like to fit in you had to be dating someone, especially those in the 'popular' group. This caused me to be confused about what a relationship truly is." Because of the expectations of a relationship, when someone is asked out but doesn't want to be in a relationship, they're still pressured to say yes. Although this pressure can be hard to overcome, it's very important that you're honest and you don't lead anyone on.

It's very important to remember that you're not the only one who doesn't want to date right now. Many people feel the same way for many reasons from just not feeling comfortable with a relationship at the moment to having their parents not letting them date. When someone doesn't want to date in high school and they get asked out, it can be hard to say no but it's important that you do. By saying yes to being in a situation that you don't want to be in, you're making things worse for yourself and for the other person because now you're uncomfortable and the other person is being led on. This can be detrimental to both parties because when the truth finally comes out, no one's going to be happy. Dealing with this pressure can be hard because it seems like everyone else is dating and friends will frequently try to help you find a partner but even with this pressure, it's important to stand your ground. School can already be stressful but by getting into this kind of situation that you don't want to be in, you can become even more overwhelmed. One anonymous student from our survey said that they feel like dating in high school can cause "distractions and drama." So, even if you do want to be in a relationship, it can still be stressful, so make sure you always prioritize your health first.

The most important thing to remember is that you don't have to do anything you don't want to do. Whenever you get into a relationship, make sure that you feel comfortable enough with that person to say no. If you can't say no, you'll never really be able to be totally honest.

Whether you're ready for a relationship or not, the most important thing is to always consider your health and comfort.