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## 'Let's talk about sex...'

Expert clears the air on healthy dating

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[Mike Domitrz](#) travels around the country speaking to school groups about healthy dating and sexual assault. He is also the author of "[May I Kiss You?](#)" His book covers issues related to, what he calls, "contemporary dating."

He says his talks focus mostly on dating and sexual assault awareness and that humor is

the vehicle to loosen students up.

"We talk about how, currently, most people rely on body language and how it doesn't work," he says. "When you rely on body language you are assuming what the other person wants."

He lays out a situation: Two people are on a date. They are sitting on the couch and ending the date at one of their places. The woman may put her hand on his knee. The guy usually thinks one of two things, either "she's letting me know she's interested" or "Holy cow! She wants me!" There could be a miscommunication if he reads her body language and assumes the wrong thing.

"She's letting him know she had a good time and is interested, and he think she wants him," Domitrz says.

"Imagine if she said 'I'm having a great time. I'd love to give you a kiss.' Right there, she took the pressure off, cleared up any confusion, and started talking so it's easy to continue," he says.

Domitrz says it becomes a problem when guys assume the girl wants more.

"Suddenly, he's touching her where she doesn't want to be touched," he says.

"If you think taking that one second out to ask the question is ruining the moment, you probably didn't have a moment to begin with," he says.

"Suddenly, he's touching her where she doesn't want to be touched."

-Mike Domitrz

He says if you ask, it's probable you may be turned down, but if you say nothing, you're risking embarrassment and being uncomfortable.

Domitrz also strongly recommends staying away from alcohol and drugs in a dating situation.

"You make different decisions than you would if you were sober. There will be nothing to remember in the morning," he says.

He also says students must learn how to be a friend to someone and be willing to do whatever it takes to not allow his or her friend to go home with someone else



Mike Domitrz travels the country speaking to college students about healthy dating.  
(Photo courtesy of [Mike Domitrz](#))

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from a party.

"When people are drinking, somebody will do something they don't want to do," he says.

He also encourages students not to assume everyone wants to have sex all the time and that even some guys want to wait.

"Stay away from the stereotypical date of dinner and a movie. There's added pressure at night, when it's dark out," he says. "If you come back from a picnic at three in the afternoon and your neighbor is watching you from across the street in the broad day light, there will be much less pressure to kiss someone at the end of the date."

"Don't kiss someone at the end of a date. Don't go on dates you don't want to go on—say no originally. Don't give someone intimacy just because you feel sorry for them or the money they may have spent on you," Domitrz says.

You're not a prostitute, and, although that's harsh, don't treat yourself with that little respect," he says.

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