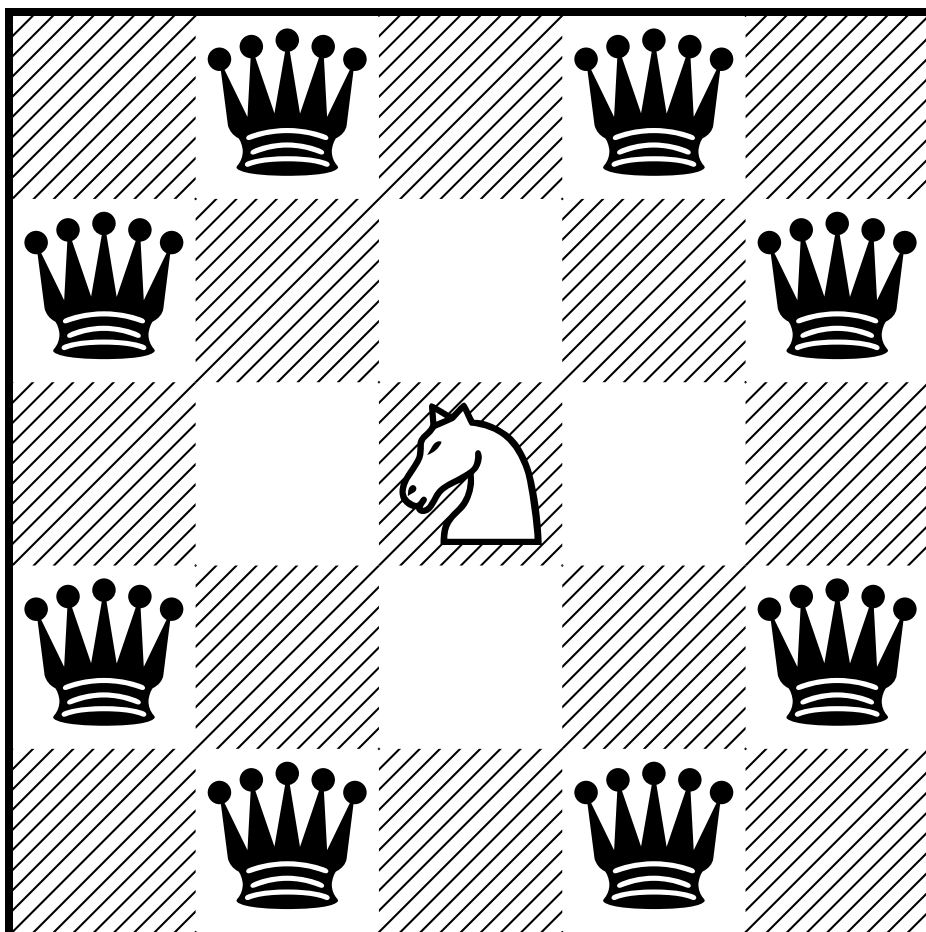


Dating for CS Majors



Viridity Capital LLC

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1st edition

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Forward

While there are many books about dating advice, those books assume some sort of baseline about interaction with girls – that you can at least find them and man up to talk to them. Furthermore, those books often don't give actionable advice and you are instead just given a vague motivational pep talk.

This book is about level 0. You might be a virgin, you might play Fortnite 10 hrs a day and thrive on Mountain Dew and Doritos, you might have not even seen people, let alone a girl, in a few days, you are not confident about who you are. We wrote this book to get you from nothing to a bare minimum where society will accept you and you will feel confident about your place in the world.

We will help you get there by giving you direct, blunt advice. No more bullshit wishy-washy about mindset changes: if you are fat, go to the gym, if you dress like a high schooler, then buy some clothes. Every sentence in this book is meant to give you something to think about or something you can act on.

In addition, a special aspect of this book is we capture many experiences in words that you might want to know about but don't want to actually experience yourself. For example, have you ever thought about what it's like to get blackout drunk on bottom-shelf vodka and flail around in a dark room with drunk freshman on sticky floors and breathe sweat-infused air? We'll give you a rundown of what that's like, without you ever having to step foot in that abomination of a situation. Also, if you've ever simulated in your head what a date would be like, or making a move, but were afraid to do it, or needed consultation, we have several examples in this book that can give another view or ideas about what you're about to do. This book is like the brother you never had.

We wish you the best on your journey to becoming the best you. While we would love to see you cuff the girl of your dreams, we would be extremely happy if you feel more confident and proud of yourself after implementing the plans given by this book.

Acknowledgment

Thanks to the vast number of people that have helped put this together. From the moment we came up with the idea of DFCSM, we knew it was going to be a hit. Just the title alone captured the attention of so many, and with the amazing content to support it, we just had to get it out. With the number of people that ended up working on this, DFCSM is pretty much an open-source resource.

Originally, we were only going to have some CS boys write this, but we felt that this would be more effective and useful if some ladies also contributed – which we ended up having.

Thanks again to everyone who contributed and hope it sits well with you that you are helping so many lost tech bros out there.

Chapter 1

The Best You

While you can get laid with fleas jumping on your dandruff littered hair, smelling like rotten bananas and wearing oversized Amazon t-shirts, you can make some changes to your physical appearance to increase your sexual appeal. Plus, if you have good physical attributes, you can feel more confident when you enter social situations, which increase the likelihood of you talking to people, and maybe more girls.

We'll go over some of the basic basics about how you can make your physical appearance better – these include your body and what you wear. These things might sound basic to you, but you might be surprised; being well-groomed and looking put-together is harder than you think.

1.1 Health and Fitness

Girls want you to have a good body, but huge muscles don't matter. Once you grow past a certain size the only people you are impressing are other bodybuilders, aka in general other dudes. However, that should not dissuade you from trying to get big – we are all supportive of that – but you should not think that your muscle mass correlates to your likelihood of getting laid.

Now, for a warning:

THE DAD BOD IS A FUCKING MYTH.

EVEN IF IT'S NOT A MYTH GET THE FUCK INTO SHAPE BECAUSE YOU'LL FEEL WAY MORE CONFIDENT.

The reason we are saying this is people will often see some hot chick with some ugly-ass dude with a beer belly, and think that dad bods are the move – low effort and still effective. While it is not to say that people with dad bods will not get laid, it's just not too common, and generally not a desirable physique. When's the last time you went to the mall and saw an ad of someone rocking a dad bod?

1.1.1 Motivation

A lot of people struggle to go to the gym in the first place because they keep telling themselves, "I'm going to embarrass myself at the gym, everyone else is so big and knows what they're doing. Plus, there are some hot chicks that I'm going to clown myself in front of." One of the recurring themes in this book is that if you're a fucking pussy, you need a nut up to overcome barriers to bettering yourself.

In the case of the gym,

Everyone starts from somewhere

The massive dude that's benching double plates at the gym? He wasn't born that way. He might have certain genetics that helped him get big, or he juiced himself up with steroids, but he had to work his way up from the average human size to become big. For you, that means when you go to the gym, just remember that as long as you keep on going, you can become one of the gym bros.

If you get made fun of at the gym. So what? Those people are just being jerks. Most people will support you, and even be flattered if you ask them for gym advice. Just head to your local gym and you'll get positive vibes.

1.1.2 Techniques

There are a ton of resources available for learning how to workout.

- **Youtube:** The most common resource you should use to get started. Don't worry about which channel is the most accurate or have the best tips. Diversify what you watch, and just try out everything. Don't just avoid certain exercises because one YouTuber said it was bad – that will limit your workout repertoire by a lot.
- **Workout Apps:** These will build workout schedules for you and give you brief explanations about how to do each exercise. These are great to carry on your phone so you can look up certain movements that you may have forgotten, or workout sets that you haven't done in a while.
- **Personal trainer:** Definitely a more pricey option, where you might spend anywhere from \$60 - 200/hr. But the impact can be very big if this is the boost you need to get started. A personal trainer can also teach you techniques for certain types of lifts, such as deadlifts, benching, squats, dumbbell workouts, etc that can be very useful and help you build confidence as you work out. In addition, they can help you build a workout program that works for your body type, which may be specific if you care about a certain physique.
- **Other gym bros:** If you're more social, you can just ask other people what they are doing. Most people aren't dicks and will help you out.
- **Books:** The most pedantic option (we are CS Majors, right?), but also can be very rewarding if you care about the science and fundamental explanations for how to work out effectively.

In general, the groupings of complementary muscles for workouts are

- Biceps, Back
- Triceps, Chest
- Legs, Shoulders

These are complementary in the sense that these muscles coordinate together, so they can be worked out together. Legs and shoulders are just completely separate muscles, so they can be worked out in one session. However, this is merely a guideline, and for example, if you have a tight schedule, you can just work on anything at any time. In addition, some muscles like biceps recover faster, so you can work them out everyday if you'd like.

One thing to watch out for is to not have **chicken legs**, which is the case when you only work out your upper body but neglect working out your lower body completely. This will result in a physique which you might think looks ok – Dorito shape – but is actually super unbalanced since you have a chunky torso balancing on some twigs. Unless you know what you're doing, just work out everything evenly for a generally good physique.

1.1.3 Diet

When you are working out, you also have to pay attention to what you eat. It sounds obvious, but it's important that you eat a diet that supports your workout goals. It should be noted that there are genetics that can give some people advantages in what they eat, i.e. some people can eat fast food and grease and get away with it, but in general, you should watch what you eat and try to eat healthier things. What does this mean?

In general, you want to put stuff in your body that you are aware of. That means if you are going out, in general you have no idea what chemicals and weird ingredients are going into your body. A Big Mac? How

many of the 100 or so ingredients can you name? Chicken and rice (a meme, granted), just a simple set of ingredients that you are sure to recognize. To give some more workout and simple meals:

- **Spaghetti and meatballs:** Easy to make, cheap, and supplies your carbs and protein.
- **Spinach:** You can eat it raw, microwave it, stir fry it. Spinach is super good for you and has lots of nutrients and iron.
- **Chicken thighs:** while chicken breast is more popular, thighs are underrated since they are juicier, harder to fuck up, and just taste way better than the bland and dry chicken breasts. There are lots of options here, but the most common are baking and pan frying thighs. You can season these however you like, and throw them into rice, pasta, sandwiches, etc.
- **Salmon:** A relatively cheap fish, and full of fish fat, you can find salmon everywhere and it's generally pretty easy to make. Baking or pan frying a piece of salmon usually works out great.

For people who work out, there is a concept of **bulking and cutting** season. As the names imply, bulking season is when you just want to get big. You want bigger muscle mass, whether that means fat or muscle. During bulking season, people will eat anything, and just try to put on as much weight as possible. This is the time when gym bros often start eating fast food and junk, even though it is better to keep your diet healthy. To bulk, people usually do less reps, but go for heavier weights. Cutting season on the other hand means that you want to get rid of fat, but maintain some muscle. The idea is to tone out your body and give yourself more definition. Because cutting season usually involves losing weight, often some muscle is lost as well along with the fat, but the overall result is good since the body fat goes down a lot. In general, cutting season workouts involve cardio and more reps.

As supplements to diets, people often also eat protein powder. While this has become a gym meme, protein powder really does work. It is hard to get a lot of protein from just natural diets, especially if you're not eating a ton of meat all the time, so protein powder provides an affordable and effective way to increase your protein consumption. When you get protein powder, whey protein is one of the more popular and also more effective types of protein. Gold Standard is a brand that a lot of people get, but honestly get anything that doesn't look too sketchy and tastes good enough for you to chug after a workout.

Finally, some lifters choose to take pre-workout so they can get more pump during their workouts. This is not mandatory, as you can have a great workout without any supplements. But here, there are creatine pre-workout supplements that give you a boost of energy and help your muscles lift more during a workout. Pre-workouts, e.g. C-4, generally also have a host of other chemicals in there that are supposed to give you a better workout, including caffeine and a bunch of chemicals.

1.1.4 Exercises

1. Sign up for a gym membership. Literally anywhere – doesn't have to be top notch like Equinox. Planet Fitness is fine if that's what's nearby. If you have a free gym in your apartment or local community, that's great as well.
2. Watch some YouTube videos and come up with a workout routine you can do when you go to the gym.
3. Buy some protein powder. Whey protein is generally the best in this category.
4. Plan to go to the gym at least twice a week, and work your way up if you can.
5. Call up a friend to be your workout buddy.

1.2 Hygiene, Skin and Hair

You don't have to look like a KPOP star or Brad Pitt, but you should take care of your body enough so that you have generally desirable physical characteristics, like:

- Clean face (doesn't mean hairless, just means well-groomed)

- Soft skin in general
- Soft hands
- No dry skin or rashes all over your body
- No messy facial hair
- No body odor
- No bad breath

1.2.1 How You Smell

There are 2 main categories when it comes to how you smell. The first one is body odor. While there are certain ethnicities of people that have less body odor than others, that should not be an excuse to not try to smell better.

The main way to make sure you smell ok is to shower. There is an ongoing meme that CS Majors don't shower. While this may be funny and you can get some laughs out of people this way, not showering is also disgusting and people will have a weird impression of you from the inside. Showering schedules do vary depending on what you do, how much you sweat, and what your body odor is like, but in general showering more will help you stay more clean.

For quelling body smells, you should look into a few products:

- **Deodorant:** This usually comes in a tube, and you rub it under your armpits, and wherever you feel like you have body odor. Deodorant is more of a preventative measure for body odor, meaning it's not supposed to make you smell like flowers, but just mask the smell of whatever you have going on your body.
- **Body Spray:** This is an in-between of deodorant and cologne. You can usually just skip this, but some people like to spray this instead of cologne because it's not as strong, and is a bit more aromatic than deodorant. This is popular after a workout since sweating can release lots of body odors.
- **Cologne:** This is the guy's equivalent of perfume. You usually use this for going out, like a party or a date. This will definitely smell, and people will notice it. However, the subtle art of cologne is to not spray *too much*. Too little is honestly fine, but too much and people will be fainting over the intense nauseating smell of your cologne, not because you're attractive.

The second category for smelling is your breath. There are a few ways to combat bad breath:

- **Brushing your teeth:** You should already be doing this, but if you aren't properly brushing your teeth, now is your calling. Try to get all parts of your mouth, brush around 2-3 minutes, and you should feel like you have a clean mouth afterwards. Flossing is also critical to prevent random leftover food sediment in your mouth that can cause bad breath.
- **Using mouthwash:** If you feel like mouthwash hurts your mouth, there are a lot of mouthwashes out there that are non-alcoholic now, so you won't feel the burn. Either way, this is a great way to reduce bad breath if you use it consistently. Also great for an emergency bad breath cleanser in case you need it.
- **Mints or gum:** These are not as effective, but a decent way to clean out your bad breath after a meal.

1.2.2 Skincare

Skincare might be seen as girly but it is for everyone. Your face the highest density of pores on your body. If you don't know what to do, just pull up to Sephora or Ulta¹ and just grab some reasonably priced products and see how they are for you. If they don't work, you can always try other stuff and keep experimenting. The general rule of thumb is: light and gel texture for oily skin and thick creamy for dry skin. The last thing you want is something that your skin does not absorb and you look oily.

If you do not know whether you are oily or dry skin, try this at home before you go to the store. Wash your face and pat it dry. Check back in on it in 15-20 minutes. Feel your face if you face is more dry or oily. It could be neither are you are normal skin. Or if T-zone is oily but you cheeks are dry, you are combo skin.

The following are the most basic products you should use consistently for your face:

- **Moisturizer:** A fancy word for face lotion. This helps keep your face moisturized, and not dry. Some drug store brands to get you started at Cerave, Versed, and Neutrogena.
- **Cleanser:** Another word for face wash. Helps clean oils from your face to prevent acne and other breakouts. You can't really go wrong with a cleanser. Common drug store brand that dermatologists would also recommend are Cerave and Cetaphil. Both of these brands have many options for cleansers you can choose from for your skin concern.
- **Sunscreen:** You should wear this every day to prevent skin cancer and premature aging. Some people think that you only need it in the summer or you only need it outdoors, but sunscreen is useful everyday. It is a burden to put on sunscreen all the time though, so many people end up skipping this step. If your skin is oily, you can choose to replace moisturizer with sunscreen in the mornings. Sunscreens are a little bit more difficult to shop for because some will have a white cast or too oily. Some safe choices are Sunbum and Neutrogena oil free, easily found in all drug stores.

If you want to get more fancy, you can look into:

- **Eye cream:** Moisturizer is often too thick for the delicate skin under the eyes, so people use eye cream. The skin around your eyes are some of the most fragile and thinnest skin on your body, so give it some special attention.
- **Serums:** Serums are used more to target certain skin concerns of yours. There are serums that are a "buffet" of ingredients that tackle many skin concerns and there are also serums that is concentrated in one ingredient to focus on only one main skin concern. The Ordinary is an example of a brand that is ingredient focused for one skin concern.
- **Masks:** These are thicker versions of moisturizer that are often put on overnight. These help maintain moisture, so are helpful if you have very dry skin.

If you have health insurance, talking to your dermatologist is a great way to get exposed to some more tips about your skin, and perhaps get a prescription for some drugs that can help make your skin more clear. If your main skin concerns are acne, cystic acne, large pores and unbalanced skin, speaking to a dermatologist would be a good choice. If your acne appears in spot and is very small bumps, you may have fungal acne, in which you should see a dermatologist because over the counter skin care products for normal acne could make your fungal acne worse. Retinoids and benzyl peroxide are common prescriptions that help promote exfoliation and collagen production on your skin and fight acne bacteria, which usually leads to healthier and better looking skin. Here are some general skin concerns that you may have and certain ingredients to look out for (See Table 1.1).

¹Remember beauty stores are not just for girls. Nobody is going to assume you're gay, and nobody really cares if you pull up to a store like Sephora.

Skin Concern	Appearance	Causes	Solutions	Ingredients	Recommended Products
Acne	Pimples, blackheads and bumps	Clogged pores by oils and dead skin cells	Cleanse regularly to prevent oil clogging up. Use exfoliating and bacteria killing serums.	Salicylic acid – a form of Beta Hydroxy Acid (BHA) that exfoliates pores deep below to unclog oils and dead skin cells. Benzyl peroxide reduces acne causing bacteria	Cerave Salicylic Acid Cleanser Cerave Acne Foam Wash Paula's Choice BHA Exfoliant 5 – 10% Benzyl Peroxide spot treatment
Fungal Acne	Very small bumps that look like pimples	Over growing yeast in hair follicles	See a dermatologist for the best options. Do not use treatment of normal acne because it will most likely make it worse.	Because this is a bacteria caused acne, some doctors will prescribe ointment and creams not available over the counter. Oral medication might also be prescribed.	Some at home treatment you could try at your own risk: ketoconazole lotion 2% exonazole nitrate cream 1%
Cystic Acne	These are pimples but very big under skin nodules that hurt. It is commonly very read, papules, with pus.	Main cause is homonal. Commonly seen with age teens and early 20s.	See dermatologist for best diagnosis as the causes for cystic acne is more complex. Some treatments such as benzyl peroxide, retinol and oral antibiotics are used.	Benzyl Peroxide - fight acne causing bacteria. Retinol - unclog pores and help aid antibiotics	Be careful what you use. Over the counter retinol differ in 0.1% adapelene

Large Pores	Large pores and black heads	Clogging of pores with oils leading to blackheads	Cleanse regularly and use exfoliating serums	Salicylic acid - a form of Beta Hydroxy Acid (BHA) that exfoliates pores deep below to unclog oils and dead skin cells. Niacinamide - to help regulate sebum ² production	Cerave Salicylic Acid Cleanser Paula's Choice BHA Exfoliant Bliss 10% exfoliate The Ordinary 10% Niacinamide + 1% Zinc
Hyper-pigmentation	Leftover brown or red marks from acne	When acne heals, part of the skin repair is generating melanin	Use brightening ingredients such as vitamin C, azeleic acid. USE SUNSCREEN.	Alpha Arbutin - naturally brighten skin Vitamin C - antioxidant for brightening and anti-aging Azeleic Acid - brighten and also prevent more acne Alpha Hydroxy Acid (AHA) - exfoliate surface dead skin cells to increase cell turnover	The Ordinary 30% AHA/BHA Mask Drunk Elephant TLC exfoliant The Ordinary 10% Lactic Acid Ren AHA Daily Tonic .1% Differin Adapalene Cerave Resurfacing Retinol

²an oily, waxy substance produced by your body's sebaceous glands

Uneven Skin tone	Uneven distribution of pigmentation	Skin is dull and uneven hyper-pigmentation	Use brightening agents and exfoliate regularly	Alpha Arbutin - naturally brighten skin Vitamin C - antioxidant for brightening and anti aging Azeleic Acid - brighten and also prevent more acne Alpha Hydroxy Acid (AHA) - exfoliate surface dead skin cells to increase cell turnover	The Ordinary 30% AHA/BHA Mask Drunk Elephant TLC exfoliant The Ordinary 10% Lactic Acid Ren AHA Daily Tonic .1% Differin Adapalene Cerave Resurfacing Retinol
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Table 1.1: Chart of skincare problems and solutions.

1.2.3 Body Hair

You should shave if you have loose hair on your face. A clean shave is a safe choice, as it makes you look well-put together. If you're growing a beard, that's ok too, as long as you don't look like some caveman, and your beard looks well-groomed.

Often neglected on the face is non-beard/mustache hair, which can give a bad impression if you don't keep them in check:

- **Sideburns:** If you have really messy sideburns, you should get those shaved or trimmed. Asking your barber to do this when you get a haircut is a good idea if you don't already.
- **Nose hairs:** If you have nose hairs that stick out, you should consider plucking them. It's kinda disgusting to see nose hairs, and even if it's "manly," it can be a turn off. Imagine someone staring close at your face and getting a bush coming out of your nose – yuck.
- **Eyebrows:** If you have eyebrows that are in a weird shape or a uni-brow, you should consider getting them threaded, or pluck them yourselves. A "weird shape" is hard to define, but if it looks messy, then you should consider getting it fixed up. For example, if the corners of your eyebrows protrude quite a lot, you might consider having them plucked or shaved.
- **Cheek and neck hair:** If you have a stray long cheek hair, it can be a turn-off.

As for other parts of your body, armpit hair for guys is generally whatever, but if you think you'd look better, it's ok to shave your armpits as well. For example, if you have armpit hair that sticks out of your armpit when your arms are down, you might consider trimming your armpit.

Arm and leg hair is usually fine for guys to keep. Chest hair is debatable, but it can look bad if you're scrawny, so either bulk up, or consider removing it to prevent your small body from looking like a gorilla.

Finally, for pubic hair, it won't matter unless you're getting laid, so you shouldn't think about it until you're pretty sure you're gonna get the nasty. For pubic hair, you should ask your partner for what type of hair they prefer, if any. However, in general, girls don't wanna be rubbing their face into a nasty garden, so having shorter pubic hair is usually a safer choice. Trimming will probably be good enough for this.

Also, you should remember that shaving your pubic hair can have certain repercussions, e.g. when it grows back it's spiky, so it can hurt a bit during the short pubic hair period.

How to get rid of hair

- **Shaving:** The easiest and fastest way to remove hair. This can lead to injuries and ingrown hairs, so make sure to use shaving cream and exfoliate.
- **Tweezing and Waxing:** The cleanest way to remove hair, but also the most traumatic. This can keep hair in check for 2 weeks, but then you have to deal with hair again. This technique usually leads to a cleaner hair removal, but it will come back.
- **Hair removal chemicals:** These are products that literally melt your hair. They are often not good for your skin, so use them sparingly. However, they do combat issues with tweezing and shaving in that they aren't as harsh to the hair roots, and don't lead to as many ingrown hairs.
- **Laser hair removal:** if you really want to say goodbye to some hair, you can consider laser hair removal. This is quite expensive, but is permanent. It takes a few sessions to get hair fully removed, and is more effective if the hair color has high contrast with the skin color.

1.2.4 Exercises

1. A good starter pack to buy if you don't have already:
 - Deodorant, cologne³, mouth wash
 - Moisturizer, cleanser, hand cream, sunscreen
2. Breathe into your hand and smell it. How is it? You can do the same with different parts of your body as well for body odor.
3. Look at your face, and ask yourself what could be better. Can you shave something? Can you get rid of pimples? Figure out a plan to get the desired face you want. Use Table 1.1 as a reference to look up skin conditions.

1.3 Fashion

Clothing can make or break your entire look. While it's true that people who are more fit will look better in more outfits⁴, you still have to try in order to put together outfits that look good.

We'll start with talking about basics – things that everybody should own in their wardrobe. We'll go over things you shouldn't wear, how to make your clothes look better and how to choose them, and then talk about outfits to wear on occasions, to give you an idea of how to pull up to your next event or date.

1.3.1 Basics

While fashion is very open-ended, which means there's not technically a set of clothes that *everyone* should necessarily own, if you have no starting point, and are looking to have some sort of foundation, it's good to own basics.

The way I view this is that I often have no idea what I want to wear. I go to a mall, and still have no idea what I want to buy. When you buy basics, you are making a foundation for things you can wear, either under your “actual clothes” or just by themselves. They also help give you ideas for how you can expand your wardrobe, and give you ideas of fits that you might like better.

- **Basic needs:** White/Black t-shirt, boxers, socks (no-shows, short, long)
- **Pants:** denim jeans, black jeans, khakis

³doesn't have to be expensive, but don't buy something that smells straightup like candy

⁴this should motivate you to work out

- **Shorts:** Khaki shorts, white/black shorts.⁵
- **Shoes:** white shoes, sneakers (not too flashy), dress shoes (black or brown)
- **Jackets:** Denim jacket, suede jacket, leather jacket
- **Sweaters:** Black hoodie, colored sweater
- **Formal:** white/blue button down shirt, blazer, dress pants, tie
- **Accessories:** belt, watch, necklace chain

As an example of an outfit that might come to fruition from just owning basics, you might be rocking a white t-shirt and jeans, get cold, and then realize that putting on a leather jacket is a decent look.

1.3.2 Buying Nicer Clothes

For dudes, nicer clothes usually comes in the form of

- **Jackets:** think trench coats, denim/suede/leather jackets. They are versatile and usually made of material that is expensive, durable and comfortable.
- **Jeans:** think raw denim. These jeans are meant to last 10 years and can shape to your body if you wear them enough.
- **Formal wear:** suits, dress shoes. You'll have so many occasions to dress formal.

After you've grown all that you've been gifted, you should invest in some more expensive pieces, because they pretty much last you for life. For example, you can get a \$200 jean jacket and rock it for your entire youth, and look good, and feel good about it. It's not wrong to get something cheaper to start out, but it can benefit you a bunch if you get a nicer jean jacket to wear.

Following along in the denim world, nice jeans can run you around \$300, but they are worth it. They are usually made of raw denim, a higher quality material, and also can slowly shape into your body type, fitting nicely to your silhouette.

Formal wear is very important, regardless what stage of life you're in. You might be thinking that you never went to formals in college, and missed graduation because of COVID, but there are so many occasions that you would need a suit. Not only are we talking about the typical formal occasions, but also think recitals, fancy dinner, business meetings, classical concerts, even clubbing if the occasion calls for it.

A nice button down and a well fitted pair of black jeans is the universal outfit. Dress it up or down. Make it casual with a light blue or purple colored shirt or dress it fancy with a white shirt. You cannot go wrong with these two.

We should also note there are some items that are notoriously known for being overpriced and not worth it. Unless you have f— you money, these are not worth copping:

- **Gucci shoes** or other high fashion shoes that aren't actually good quality. They might just break under pressure or get damaged in the rain.
- A t-shirt with a **Gucci logo**. \$400 for a shirt is just not worth it, no matter what it's made out of.
- An **LV belt**. Too many people have them and fakes are pretty good so it's not even a flex anymore.
- **Expensive watches:** While expensive watches have some sort of merit or craftsmanship in some way, they are usually absurdly overpriced. \$500 should be able to get you a very nice looking watch with decent movement.

In general if you have to convince yourself with some weird hoops and tricks that something is worth it, it's probably a scam. Invest in good materials and functionality.

⁵Preferably above knee length, as those are in fashion now

1.3.3 What to Avoid

While CS meme culture is large and alive with some of the ugliest outfits, you should try to avoid some of the common CS god outfits:

- **Too many company/hackathon T-shirts and swag:** nobody gaf if you worked at a tech company, or are passionate about some cloud computing shit
- **Cargo shorts:** you look like a 40 yr old dad
- **Hiking shoes** unless you're actually going hiking
- **Long socks with shorts and Sperry's** unless you're in high school
- **Oversized and baggy jeans** unless they are part of your aesthetic
- Don't look like you're about to go to the gym or play ball. Nobody cares if you have the latest Jordans or are rocking Hyperdunk 2020s

On the other hand, tech salaries can often bring good salaries, prompting you to deck yourself in Gucci and LV. While high fashion is a flex in some sense, having only expensive clothing can be a huge turn-off, especially if it doesn't fit your aesthetic, because it makes you seem like a shallow person, i.e. someone who only cares about clout and doesn't care about things like personality.

A good balance if you have money is to choose clothing pieces that fit you, but are higher quality material or are fitted in a special way. While sometimes these might end up being high fashion brands, at least you're not intentionally choosing expensive items for the sake of it.

1.3.4 Tailoring your clothes and style to you

Guys do not have as many flexibilities or options as girls do in clothing. However, this does not mean everyone wears the same thing. One thing that can really up your game is understanding your body proportions.

Look at yourself in the mirror after the shower and see if you have a longer upper body or a longer lower body. For the buds with shorter legs, let's talk about how you can use clothes to make yourself look taller. For all my friends with those long legs, your lives are easier, but the following help you go one step further.

One of the most important things in outfits is where your waistline is. Where your waistline is determines where your legs begin.

$$\text{Higher waistline} \rightarrow \text{longer legs} \rightarrow \text{longer body} \rightarrow \text{taller} \quad (1.1)$$

The following things are going to help give the illusion that your waistline is higher up than it is and your legs longer.

- **Monochromatic style** is your best friend. One of the basic things that should be in your wardrobe is a black t-shirt and black jeans. These are great with anything, but together, they make $1 + 1 > 2$. The all-black monochromatic looks creates the illusion that everything blends together. This will make you look taller because it blends your waistline into your silhouette. Do this if you are on the shorter side. In the colder months, this all black outfit goes very well under a fitted jacket as well. Makes you look taller and more clean because there are not too many conflicting colors.
- **Tucking in our shirt!** If your legs are already not very long, that long t-shirt is making it look like your waist is even lower and your legs stubbier. Tuck in long shirts to bring your waistline up higher. However, do not tuck it in too tight or you will look like the nerd that got bullied in high school. A loose tuck in the front is enough, you don't even have to go all the way.
- **Short shorts.** The length of your shorts are very important. The shorter your shorts are, the more the rest of your leg is exposed, visually there is more so your legs will look longer. However, please still have shorts at a decent length. The general rule is either wear short shorts that cut off mid thigh or shorts that cut off 1.5 – 2 inches or more above the knee. NEVER WEAR THE BELOW THE KNEE SHORTS.

- **V necks.** V necks give the illusion of a longer torso. It also extends your neck.

$$\text{Long} = \text{taller visually} \quad (1.2)$$

1.3.5 Weather

while staples and fashion fundamentals can help you get a baseline for what to wear, you should also know how to dress for the occasion. That doesn't just mean dressing fancy all the time, or trying to flex at every moment possible. You have to have a combination of looking good and dressing smart – meaning fitting the situation and also wearing clothes that are the most comfortable.

Hot Weather

Hot girl summer. Miami. Beaches. Blazing Sun.

It's a good time, but dressing for hot weather is quite difficult for guys, because there's not a whole lot of options. Here, **fit is king** – nothing else can top the importance of how things fit on you in the summer.

Also, because the weather is hot, you have to remember to dress so you're not sweating balls the entire time. While a suit may look good in general, wearing a suit to the boardwalk is just stupid, which is how people will react to you, even if you're the best looking person ever. The exception is of course if you go clubbing, you will have to dress up a bit, but for more casual occasions, you should be mindful about the temperature of the environment you will be hanging out in.

Dos

- **T-shirt and shorts:** This is a “duh” classic fit, but some things to watch out for here are that:
 - T-shirt should not be too large, unless it's an oversized⁶ designed t-shirt.
 - For shorts, khaki, white, black are classic colors that you can't go wrong with. Depending on your skin tone, colors like salmon or yellow *may* work, but it usually looks better if there is contrast. In terms of the fit, above knee shorts will generally look more put-together, but not too high or else they will look like short shorts. The short fit around the leg circumference should not be too tight, but definitely should not be so loose that the shorts make your upper legs look like the Taco Bell logo.
- **Button down shirt with shorts:** same principles as t-shirt and shorts. Only word of caution is that you should not go too crazy with the button down shirt patterns if there are any. The safest choice is to have a solid color, and another safe choice is to have one with a pattern logo.
- **White shoes:** AF1s⁷ are a classic, but they may be pricey, so honestly any all-white shoe will do.
- **Jewelry:** Too much clothing will make you sweat, but a chain, bracelet or ring won't increase your body temperature too much. Wearing a chain under or above your shirt as a necklace can be a nice touch, and having a bracelet once in a while can give some more detail to your outfit. Silver and gold are the most common materials used for these type of jewelry, but you can explore other materials as you like.

Don'ts

- **Loosely fitted tank:** This makes you look childish, unless you're massive and you wanna show gains. If you're the latter, you already know what you're doing so this doesn't apply to you anyway.

⁶Just to clarify, oversized does NOT mean buying an XL when you are a M size. These are special outfits that per design, are still the length of whatever you'd normally wear, but they might stitch the shoulder seams wider, or make the arm circumference bigger.

⁷Air Force 1s

- **Athletic shorts:** while Nike shorts might be great for a pickup basketball game or competing in some intense spikeball, athletic shorts are not going to improve your outfit. The reason is that these shorts are often loose, flow very easily, and look quite childish.
- **Jackets, Sweaters:** Unless you know you're gonna have a ton of AC or it's a breezy day, don't shoot yourself in the foot and turn yourself into a mobile sauna. It's going to make you all sweaty and ruin your confidence in social situations. Save these fits for colder weather.
- **Long socks with boat shoes:** Unless you're still in high school and this is trendy for whatever reason, it just gives you a nasty sock tan and looks strange.

Cold Weather

On the opposite side of the spectrum we have cold weather. While depending on where you live, cold weather may vary from barely snowing to blizzards, in general you have to wear more layers. This is a good thing, because wearing more articles is the easiest way to display a variety of clothing and fashion without having to think too much about every part of your outfit. Therefore, things like fit don't matter as much, but obviously is still a good thing to keep in mind.

Dos

- **Monochrome outfit under a denim/leather/fitted jacket:** This works surprisingly well, for low effort. An example is to have a black t-shirt, black jeans, and then a denim jacket. You could even go all black with a black leather jacket as well.
- **Sweater and jeans:** Very straightforward outfit. Sweater will keep you warm, and jeans will keep you warm-ish as well. There are several ways to style this, but one style is to have a larger sweater, and tighter jeans. This will give you a top-heavy look, but make you look slim, since your legs look very skinny relative to your torso.
- **Hoodie with tighter slim fitted pants:** same principle as the sweater and jeans. This works better if your hoodie is slightly oversized.
- **Boots:** while you may not get too cold in your feet, boots are stylish, can make you look taller, and can keep you more warm than your summertime sneakers. Doc Martin's are classic black boots that are waterproof and pretty light, and Timberlands have durable quality, and a variety of fits that you can experiment with. Wearing boots is a great alternative to sneakers in the winter, to spice up your outfit diversity.

Don'ts

- **Hoodies and loose sweatpants pants:** While this may look cool for girls, for guys it just makes you look lazy and a slob. In general looking like a Roblox character is not going to improve your appearance.
- **Dress with too few layers:** unless you have the genetics or you're a hardened veteran from Arctic temperatures, wearing too little is going to make your life much more difficult and you might go home sick as well.

Jackets are staples during the winter. Have a couple so you are not wearing the same thing all the time. Invest in a nice winter jacket/coat. Some examples of jackets include

- **Denim Jacket:** Blue denim is the classic, but black denim is also very versatile. Depending on your style, having some artwork on the jacket can elevate your look. Fits for denim jackets range from skinny to oversized – it's usually easier to style larger jackets than tighter fitting ones.

- **Leather Jacket:** Give you a formal, put-together look. Keep in mind that real leather will run your wallet a bit, but it's worth the price. Faux leather looks, feels, and moves around stiff, which downgrades your appearance. If you do buy one of these jackets, make sure the leather is genuine, but also good, and also make sure to take the necessary steps to take care of your leather so it doesn't break down or go bad too quickly.
- **Bomber Jacket:** The classic form of the bomber is the olive green, puffy, and short torso jacket. Historically these were worn by fighter pilots, which is why they often have military insignias and tags on the jackets.
- **Trench Coat:** The Burberry trench worn in fog London is the classic in this area, but there are lots of alternatives that aren't as pricey. Trench coats look better on taller people, but in general will give you a slimmer profile, and depending on the coat, can make your shoulders look wider. If you pair a trench coat with a slim fit outfit inside, you'll give yourself a nice backdrop to complement your slim profile. Think Seto Kaiba vibes.
- **Winter Jacket:** This is your typical snowstorm protecting, waterproof and thick jacket. There are many options for winter jackets, but if you want to look trendier, you want a winter jacket that is light, thin but also very protective at lower temperatures. Getting all of these factors will cost more money the better they are covered, but using these factors as guidelines will help you choose a nice jacket.

1.3.6 Outfits for Dates

Now that we've talked about fashion fundamentals and what factors to be mindful about when choosing outfits in certain occasions, we can discuss some sample outfits to get you started for whatever date (or hangout!⁸) you will embark on.

- **Restaurant:** In general, overdressing for restaurants is fine. You won't be moving too much, so the practical aspect means almost any outfit will do. Just avoid overdressing too extreme, e.g. wearing a suit, unless it's a very fancy restaurant.
 - Wearing business casual is your best bet here. Something like a button-down shirt, khaki pants or jean pants, and then white sneakers or dress shoes.
 - If it's a more casual place, you can do a monochrome fit with a jacket.
 - For summer, any hot weather outfit in Section 1.3.5 will do great
- **Walking in a park:** More moving than a restaurant, but not quite sports level. The key here is dressing for the weather, so principles from the weather section are good to reference here. Some ideas:
 - Spring: Button down white shirt, khaki shorts, boat shoes
 - Summer: oversized tee, khaki shorts, white sneakers
 - Fall: Olive sweater, khaki pants, brown leather shoes
 - Winter: Long black winter jacket, black boots, black jeans, black sweater. All black, but very sleek.
- **Hiking/Sports:** Even though you're going to sweat and need to be mobile, you should still dress better than a middle school gym student.
 - Top: T-shirt, Button-down shirt⁹
 - Bottom: Most shorts will do. Again, below-the knee loose shorts are going to make you look bad. Just stick to principles about fitted shorts that are above the knee.

⁸never forget to make time with your friends

⁹this might sound too formal, but as long as the button-down doesn't take away too much arm mobility, you should be fine

- Shoes: Make sure your shoes are flexible and light. Sneakers will do fine in most situations, and going with sneakers that are white, black or more neutral colors is safer. Having Red October Yeezys or neon green Adidas shoes is going to make you look ridiculous and stupid¹⁰. For hiking, this is an exception where CS God hiking shoes are fine, but otherwise, wearing thicker shoes will help
- Bowling Alley/Arcade: There are often a lot of lights and screens in these places, so matching the vibe with more street fashion will help you fit in the environment. Things that are too “soft” or formal will look out of place, e.g. wearing business casual to an arcade.
 - Denim jackets and more rough and edgy jackets will help you out here
 - Jeans, ripped jeans are great
 - You can get away with fancier sneakers here, like Jordan 1s
- Rager: No bouncers, so you have more options here. Honestly, if it’s a true rager, anything goes. But if you’re trying to look good, it helps to stick to principles. Normally, ragers get pretty hot, so wearing something in the hot weather category is a good bet.
- Clubbing: for most clubs, there are lots of strict guidelines, especially for dudes¹¹. One of them is what you can wear, and in general, clubs will want dudes to “dress up.” What this really means is that they want to see you wear closed toe shoes and long pants. Short-sleeved shirts are fine, but you will do better with a button-down at the very least, and even better with a long-sleeve button-down¹².
 - All-black fit: this is a classic, and has a few variations, but an idea is a black t-shirt, black jeans. Shoes you can do anything, but white sneakers is a common choice.
 - Mr. Fancy: Pretty much just business casual. It helps if you have pants that you can move around in more. There are lots of clothing brands that now make “flex” pants and ones that are made of more breathable material. I would look into those varieties for clubbing, where you will have to move and sweat a lot.

1.3.7 Where to Buy Clothes

To put all of our theoretical fashion knowledge into practice, we still have to buy clothing. A trap about most consumer products, including clothing, is that a higher price tag means the clothing item is better. While in general a higher price tag may produce more guarantees about the quality, getting a decent wardrobe is about practicality, not about finding the best art pieces for your closet.

We will discuss some mainstream and popular options to buy clothing, and hope you implement some principles to choose some outfits to upgrade your wardrobe. Remember this is not an exhaustive list, and is just meant to give some pointers and some thought process on evaluating different clothing at different price points.

Budget

Just because clothing is budget doesn’t mean it will look bad. Often, you won’t have as good quality here, and clothing style will be more “bland,” but they do well for what they are, and in terms of value, rank pretty high¹³.

- **Target:** You may have made Target runs to buy solo cups and pong balls for parties, or pick up some home essentials, but they also have a pretty solid clothing section. Think basic t-shirts, shorts and pants.

¹⁰Plus you’re doing yourself a disgrace by creasing and ruining your nice kicks

¹¹See Section 3.3.3 for lots of ridiculous rules

¹²If it’s hot, rolling up your sleeves can help

¹³High fashion on the other hand ranks very poorly for value, since their primary value is in reputation and clout.

- **H&M:** literally the greatest resource alive. You can put together a respectable fit for literally \$20. Don't let cost be a reason you dress like a slob. There are of course better/nicer/trendier brands you could choose from, but honestly if a girl really cares if you have a Gucci jacket or not you probably don't want to be dating her. The absolute most important thing about your clothes is how they fit you. A \$1 t-shirt that fits you perfectly is going to look a hell of a lot better than a \$100 one that is too tight or way too baggy. Well-fitting clothes are essential, and finding what fits you and what doesn't takes time (and money). My advice is if you find a brand / article of clothing that really fits you and you like, don't be thrifty. Buy a bunch of them in different colors and write down the brand/store you bought it from. Well-fitting clothes are a gold mine and they'll do wonders for your style.
- **Amazon:** You'll find a ton of main brand knockoffs here, like Nike shorts or Lululemon pants, but these knockoffs are still comparable quality, and sell for much cheaper. Plus, you can shop for these online, with Prime shipping, and have the convenience of returns as well. Don't sleep on Amazon clothing.

Medium

- **Uniqlo:** Basics heaven. If you're looking for socks/underwear/t-shirt/button-down/pants in some color C , Uniqlo is your place to go. Not only are they constantly in supply with all of the basics you'll ever need, but they also provide them in so many colors, and with great material quality. The prices are also reasonable for most things, and can be pretty cheap with their buy 2 or 3 for $\$N$ deals.
- **Zara:** If you want to go for a bit more edgy fashion and higher quality, Zara is a solid choice. Keep in mind that Zara is still in the fast-fashion style, so you'll have to buy outfits from there often. Zara is a great place to try something that you potentially want to wear, but aren't sure and want to feel the vibes for. After confirmation with this outfit, then you can ball out and get an even nicer version.
- **Abercrombie / American Eagle / Hollister:** These are all different brands, but I categorize them into one because they all have the same vibes. It's like a California / LA beach aesthetic type of vibe. Think surfer bro outfits like tank top and khakis, or after beach outfits like a thin hoodie with a sunset graphic and jeans. Clothing here is pretty generic, but it's a good way to start out your wardrobe.

Pricey

- **AllSaints:** Most well-known for their leather jackets, which come at relatively affordable prices, they also have other grungy-type clothing. Things like ripped jeans, sweaters and hoodies with holes, etc. They also do have just high quality and trendy pieces too, like heavier hoodies, cordoroy pants and suede jackets.
- **Club Monaco:** European fashion tends to make men more slim, and Club Monaco is no exception. Here, you'll find more formal and chic polos, button-down shirts, pants and shoes. If you're looking for something classy, this is the place to go.
- **FARFETCH / SSENSE:** These are online luxury fashion stores. While I do not vouch for luxury fashion in general, if you look at the lower-priced items on these sites, you'll often get something that made by a reputable designer, be in good quality, and also be fashionable. However, being a luxury store, these items will still be rather pricey.

Department Stores

Department Stores provide a decent selection of stores that you may otherwise have to visit individually. A strong area for department stores is comparing very standard items across many brands. For example, say you are buying blue jeans. Almost every brand will carry blue jeans, so what you can do at a department

- **Macy's:** An entry department store, but respectable brands and often has good deals. Great place to buy an entry level suit.

- **Nordstrom / Bloomingdale's:** About the same tier, although Bloomingdale's often boasts a bit higher and pricier status. This is probably the highest quality of department stores you want to visit before the price increase doesn't correlate with better quality. Great place to buy a good pair of jeans, or higher quality formal wear like a dress shirt or suit.
- **Saks Fifth / Neiman Marcus:** You should honestly never step foot here unless you have f— you money. Just because 21 Savage drops a lot of money here shouldn't mean you should be opening loans to wear whacky outfits. Everything here is pretty much over-priced high fashion, so unless you really know what you're doing, avoid going to NM unless it's for the giggles.

Note that for all department stores, they have outlet versions, like “Saks Off Fifth” or “Nordstrom Rack.” Those stores will be much cheaper, but are often overstocked or returned items that couldn't sell in store, and the overall quality in these outlet versions will be much lower than the actual department store.

1.3.8 Exercises

1. Check out some of these fashion brands for inspiration:
 - **Everlane:** more classy tech outfits
 - **Mango:** classic European, tighter fit
 - **Miansai:** jewelry, mostly bracelets and necklaces
 - **ONS:** modern, minimal fashion
2. Find a celebrity or idol of yours that you can look to for fashion inspiration.
3. Follow some fashion pages on Instagram or Facebook and look through the posts.
4. Since it may be hard to buy clothes, especially if you have no idea what you want, go to a clothing store to try on and potentially buy something.
To get over the hump of “idk what to buy,” a good exercise is to
 - (a) Go to a clothing store
 - (b) Walk around, and pick out at least 3 tops, 3 bottoms
 - (c) Try them all on, with various combinations
 - (d) Rank the combinations, and buy the highest ranked combination

Remember, even if you don't totally like the outfit, it's a step towards the next goal for your wardrobe. This also can be good if you do this with several stores, because even if you're not getting the “best” outfit, with store diversity you're more likely to hit certain outfits that are nice. Plus, this also motivates you to shop even if you have no idea what you want.

1.4 Hair

A lot of people think hair is for the vain, and it's not worth it to put a lot of effort into your hair. While there is definitely vanity associated with beauty in general, think about what physical characteristics define you – if everyone were bald, it'd be hard to distinguish one another, right? So your hair is a very important part of your personal identity, and you will also be judged that way by girls.

Your hair is like the final part of your clothes. If you wear a shirt that doesn't fit and is ugly, it ruins your look. The same goes for your hair – if it's messy or makes you look bad, it'll ruin your overall appearance, despite whatever fit you're rocking.

One problem I used to have with hair is that I had no idea what I wanted. I just wanted my barber to give me something that “looked good,” but if you think about it, that's an impossible task, because there are so many hairstyles out there.

As a note, having buzzcut hair is fine, especially if you can make it look good with outfits and it complements your personality, but longer hairstyles will generally look better if you have no idea what you're doing. That's because there are more options, they can accentuate your look, and they are easier to change if you want to. As my barber once told me

“Your hair so short, no style!”

When you grow your hair out, you have many more options, including messy hair, slicked-back, perms, color, and so many more shapes. If you're unsure about your hairstyle, but know that you don't like your short hair, you should definitely just grow your hair out and see what there is to explore. There will be some pain in the middle stages where your hair isn't a buzzcut anymore but also isn't long enough to style it in many ways, but once you get past there you are in the green.

Also, hair is a large responsibility of your barber, so if you feel like your barber doesn't have the skills to give you a fresh cut, you should look for another barber. It will generally cost more to have a better barber, but the investment is worth it. Imagine looking ugly at an event because your hair doesn't look good enough, and feeling less confident in social settings because you don't have a fresh cut? That's not worth it, and spending a bit more on a nice cut and having a plan for your hair can do you wonders for your confidence and appearance.

1.4.1 Asian Hair

If you have Asian hair, you may have the hedgehog spiky hair, where your hair is super thick, and just grows straight upward. While this can look decent when your hair is short, it looks really bad when you are rocking a mini spiky afro, and also it generally looks bad because the side of your head will have hair that grows horizontally, which makes your haircut look less clean.

In general, the way to keep Asian hair in check is to keep going to the barber to get “maintenance cuts,” such as fades on the side of your head to keep those hairs from growing out too long. However, this can still be annoying, and impractical even, if you have to see a barber every 2-3 weeks.

What you can do instead with spiky hair is to grow it out a bit, and then get a perm. The perm will soften your hair, and make it easier to mold into whatever hairstyle you like.

1.4.2 Exercises

1. Find a celebrity you want to look like, and go to your barber and ask for that haircut. They will often give you a plan for how to grow out your hair or what type of maintenance cuts they'll need to get you to where you want to be.
2. If you haven't had a premium haircut before, try to find a barber who will do it and splurge for once to see if it's worth it.
3. If your hairstyle calls for it, buy some hair products, and experiment with how they can change your look:
 - Hair wax
 - Hair gel
 - Hair mousse (this is great for summer styling)
 - Hair spray
4. Hair dryers can make a big difference for how your hair shapes after drying! If you can afford it, you can buy a more premium hair dryer and see what type of styles you can get out of it.

Chapter 2

Dumbdamentals

In order to swoon your potential mate, it helps to have a baseline of life skills that make you appear as a competent human being that can do more than write commands in a terminal. The skills presented in this chapter are crucial to making everyday living a bit easier.

2.1 Cooking

One of the most common couple activities is cooking. While dates can range anywhere from making \$1 Kraft Mac and artificially produced powdered cheese, to Wagyu steak with golden Osetra caviar and Piedmont foothill truffles, you should have basic kitchen skills to cooperate with your partner in the kitchen, and perhaps even impress them.

2.1.1 Dishes you should be able to make

Here we list some ideas for different levels of cooking that you should have under your belt.

Basics

- Ramen with Egg
 - Useful to know how to make this without a stove and just a microwave
- Spaghetti and Meatballs
 - Any sort of pasta falls in this category
 - Store-bought meatballs
 - Dry pasta
- Rice (ricecooker or pan)
- Mashed potatoes
- Salads
- Stir fry meats and veggies
- Various sandwiches
- Pancakes and bacon
- Eggs
 - Many different forms, including: fried, scrambled, omelette

Cliché

Too often you hear about these, but they are always a safe bet and can be a fun time.

- Steak
- Salmon
- Seafood pasta
- Taco night

Intermediate

- On the grill:
 - Burgers
 - Kabobs
 - Marinated meats (KBBQ or Homemade marinade)
 - Grilled Veggies
 - Roasted corn, potatoes
- Lobster, crab
- Pizza
- Hot pot¹
- Dumplings²
- Sushi: needs quite a bit of commitment to buy all the stuff necessary to make it, especially the fish, but can be rewarding and is much cheaper than going to the restaurant

2.1.2 Beyond

Once you get to higher levels of cooking, instruction becomes much more subjective, so we'll give you some books that you can read and other advice to get inspiration to hone your cooking skills.

Books about cooking

- *The Food Lab* by J. Kenji López-Alt: Very comprehensive with lots of pictures.
- *On Food and Cooking* by Harold McGee: scientific book, but more of a reference than a cover-to-cover read. Still, great for CS majors since you guys like fundamentals and theorem/proof-style reads.

Eating Out

- Eating at local specialty restaurants. Doesn't have to be expensive, just somewhere with some sort of specialty or famous dish.
- Eating at Michelin Stars³
- Going to friends' houses. A good way to get some motivation and inspiration from other people, and see it first-hand. You'll be able to observe small things from buying items to cooking, and you can also ask questions throughout the process. Just don't be too inquisitive unless your friend is chill with it.

¹There's not that much skill for cooking here, more about coordinating what to bring

²More for Asians, but it's a good skill to have in general

³The Michelin guide is a prestigious restaurant guide that annually awards different levels of designations to restaurants for their cooking. The highest designation is "3-stars", but these places are usually super fancy and \$\$\$\$

2.1.3 Exercises

1. Make some sort of pasta, spaghetti and meatballs is a classic
2. If you're ever craving a late night snack (that isn't healthy), pop open a ramen pack and fry and egg on the side
3. Make a steak. Salt and pepper is fine. Try to see if you can figure out how to get your desired temperature.
4. Try browsing Yelp and finding what famous restaurants there are in your area, and make some plans to go for a visit.
5. If you have the funds, try to book a Michelin star, and ask the waiter lots of questions about the food. Taking pictures of food can be fun as well, and it's ok to go alone!

2.2 Domestic Duties

Laundry, doing dishes, cleaning the house – they seem like basic skills, but they are part of the little things that can make or break the image of yourself that you present to other people. In general, messy living spaces can be tolerated, but it can be the X-factor that decides if you get laid or you get abandoned for having a room with flies and empty mountain dew cans scattered around your house floor.

2.2.1 Dishes

It is never a good sight to see dirty dishes in the sink. If they start stinking, you're in a lotta trouble and girls are gonna be turned away the moment they enter your house. In principle, there's only two ways of cleaning dishes that you have to know how to do – washing by hand, or with a dishwasher.

Washing by hand

The steps for washing dishes by hand are:

- *Optional:* If there is a lot of grime on a plate or pan, it might be hard to just scrub off directly, so you can soak it in water first it can soften or loosen the grime on the plate
- The first step to washing a dish by hand is usually to wet the plate with some water
- Then, you use detergent to break down grease. This is essentially a soap for the dishes.
- **Scrubbing:** you usually use a sponge for this, or a towel. It's hard to do with just your hands, because human hands are not designed well to cover a large flat surface area.
 - Be careful about scrubbing nonstick pans, because if you use a wire sponge or scrape the pan too hard, the nonstick coating can come off
- **Rinsing:** Rinse the detergent off. Make sure to be thorough with this, or else the next person to use the dishware will be eating a mouthful of soapy residue!
- **Drying:**
 - Plates usually dry on a rack or somewhere suspended where the surface has contact with air
 - Glasses dry best when upside down so that water can drip out. A way to do this is to line the bottom of a surface with paper towels, and put glasses upside down on the paper towels. You'll notice that if you hang glasses, water often collects at the lip of the glass and that'll leave a mark. Alternatively, if you have the time, you can buy a polishing cloth and dry your glasses with the cloth. Fancy restaurants often do this for all their glassware to keep it sparkling clean, since drying via air will often leave water droplet marks on the glass.

Dishwasher

Even though dishwashers are now in every American household, there are quite a few cultures that don't really believe in using dishwashers, because they either think dishwashers use too much electricity, water, or can't clean dishes properly. These statements are all false, as dishwashers are not only more efficient in terms of saving water and detergent than hand-washing, but also will often clean dishes much more thoroughly than by hand.

An important part to understanding why dishwashers work is just watching a video of the inside of a dishwasher. I would recommend going on YouTube to see an example of a dishwasher inside running in action.

In general, to use a dishwasher, you just have to understand how to use your dishwasher, and where to place certain items.

One gotcha is that dishwashers often have 2 sets of propellers for churning water inside the dishwasher. It's a common mistake to not make sure the 2nd propeller, which is suspended under the top shelf, is not blocked. If this propeller is blocked, the upper shelf of the dishwasher is unlikely to clean properly.

2.2.2 Laundry

Even though washing clothes by hand is an ancient technique in first world countries, you should understand how to use a washboard.

A useful skill is also knowing how to remove stains in emergency situations, for example if you are going to an event, and spill something on yourself. A good idea in this case is to bring a bleach marker or Tide to-go Pen, and carry it around just in case.

Unlike dishwashers, most Americans, regardless of cultural background, embrace washers (dryers not so much) as a way to wash clothing, as washing clothing by hand is extremely tedious. Using a washer is pretty straightforward. You load your clothing, and you put in either detergent in the detergent slot, or a Tide Pod in with the rest of the load, as we do in modern times.

There are some schools of thought in separating underwear from outerwear, and colors from non-colors, but in general this is usually not an issue. Something to watch out for is that white clothing can stain easily, if you want to separate those items out.

Once your fresh laundry comes out, you should also know how to fold clothing. How to fold clothing watch Marie Kondo, or just do some simple folding techniques

Some often underlooked items that can be cleaned with your washer are:

- **Bed sheets** If you get a girl on your bed, having nasty sheets is going to be a very big turn off...so wash your sheets if you can so you have that febreze magic in the sheets. You need a fitted sheet on your bed.
- **Kitchen towels:** If you have kitchen towels that look like they've been through sewage and more, you should consider throwing them in the wash.
- **Bath towels:** People often use bath towels just to dry their hands or their body, so they forget to clean them. These towels can get nasty over time too!
- **Floor mats and rugs** (if they fit)
- **Shoes**⁴: Usually for shoes, since they are more delicate, you should put them in a mesh bag so they don't get killed by the washer spin action. You usually also unlace your shoes and take soles out of the shoe, so they can clean more thoroughly. Some people prefer to separately dunk their laces and soles in bleach and clean them there, instead of throwing them into the washer, since laces can get tangled and soles can get damaged in the wash.

To prevent damage to your shoe after washing, it is a good idea not to throw it into the dryer. Placing your shoe by the window or near a vent is a good way to dry it off.

⁴make sure they aren't leather or a material that can't survive the wash

2.2.3 Cleaning the House

You might consider your house clean if you don't have clothing on the floor, or if your books aren't piled everywhere. If you have had your mom clean the house your entire life, you'll often overlook many aspects of a clean house. These include a less dusty floor, which is hard to see visually, a clean bathroom, and getting thin layers of dust and grime off of surfaces.

- **Floor:** As the saying goes, a clean floor might not improve the quality of your place, but a dirty floor will certainly hurt you.
 - Broom / Swiffer: Good for getting dust off the floor. Wet Swiffers can help with tougher stains.
 - Vacuum: More efficient than Swiffers and brooms usually, but are louder. The steam vacuums can get your place very clean though.
- **Kitchen:** Besides dishes, think about the stovetop, especially under the grill, countertops, and organization inside the cabinets. The kitchen should be clean enough where people would actually want to cook there.
- **Bathroom:** Probably the most important place to clean, as people despise a dirty bathroom more than anything.
 - Mirrors: Make the mirror smooth and free of stains.
 - Cleaning the toilet, sinks: toilets can get really nasty, so make sure you buy a toilet scrub brush and scrub it down once in a while. It's also important to wipe down the edges of the toilet seat, because with bad aim and unfortunate projectiles of human waste, the toilet seat, under and above and the toilet bowl rim can all get nasty. Give these all a good wipe and you're set.
 - Handles and silverware: If there are metal surfaces or handles in the bathroom, think the toilet flush lever, door handle, and sink faucet, it's a good idea to give it a wipe so germs don't accumulate on them.

Note 2.2.1

Unrelated to cleaning, but when you use the toilet at a girl's house, remember to put the toilet seat back down after you are finished using it. Better yet, put the entire lid down before you flush the toilet. This will show that you are a considerate guest and care about people other than yourself.

2.2.4 Exercises

1. Walk around your place and figure out what you need to clean
2. Give your bathroom a deep clean
3. Check things around your place that could be cleaned in the washer

2.3 Dancing

While you don't have to be a dancing god, you should have basic body control so you don't look like a malfunctioning robot virgin on the dance floor.

If you have absolutely no idea what you're doing, and you haven't done your homework on studying some dance moves beforehand, you should just look at what other people are doing, and copy them. If anything, you can play it off as a joke when you imitate others and don't do it well. Also, if you're in a dancing setting, it's likely nobody can see anything anyway; imagine a frat party in a room with sticky floors and no lights on, or a club that's pitch black save for the DJ set and random flashing lights, so it doesn't really matter what you do, as long as you don't try to do some really funky looking dance move combo that makes you look weird or attract too much attention when you don't really have a plan.

If you have more time to study dance, you should understand basic dance principles, such as:

- **Feeling the beat:** You can start with just counting the beats in your head, and transfer the beat to various parts of your body. Bump with the beat, move your hands up and down with the beat, etc.
- **Bobbing up and down:** This is an extension of feeling the beat, and involves moving your body as a whole up and down with the beat.
- **Stepping side to side:** If you want to start traveling on the dance floor, traveling with the beat is a good idea. You usually don't want to be moving too far from your original location, so coming up with a plan to come back is a good idea. Starting off with side to side is fine.
- **Pumping your fists:** This is the classic club/festival move. You might think it's dumb, but it works, brings energy, and doesn't look that bad. This will place you near σ of the distribution; at least it's a safe play.
- **Hyping others up:** If you've seen a sports team win a championship and spray champagne on each other, this is the vibe you should be going for if you're trying to do this. Just shout stuff, "YEAH", "LET'S GO (name)", and throw your arms like crazy and cheer on your fellow compatriot⁵.

As a bonus, you can learn some common dance moves that you can break out once in a while. Some of these include:

- Line dances, like the cha cha slide, macarena
- Shuffling
- K-pop choreo
- Famous choreographies from music videos
- Tiktok dances

2.3.1 Exercises

1. Attend a party and take note of 3 types of moves you saw.
2. Search up a dance you want to learn and try to do your best to learn it.
3. Find a dance studio nearby and take some classes.
4. Put on some music and try to groove with it.
5. Dancing in the mirror is a great way to observe how you're moving. You can do this whether you're learning a new choreo, or just groovin' and trying to figure out how to move your arm a certain way.

2.4 Party Skills

Ah – parties. While there's an ongoing view within the nerd community that parties are a waste of time, disgusting, and for people who don't work hard and should be studying instead, parties are realistically a very efficient way to meet lots of people. On the other hand, yes, having a bunch of people congregated in a room will lead to a sweaty and disgusting smelling room, but that's how high-speed interactions work – move fast within the squalor.

As the CS Major, your goal is to be the fun guy at parties...or at least not the loser or the lame person that people don't want to invite back. Your goal is to get an invite again, and be a person that brings the good vibes to parties.

You might be wondering, how can there be a section about parties? What objective knowledge could you gain about interacting with people at a party that you will find useful at a real party?

Well parties have unwritten rules, party games, and ways to behave that are generally considered cool or uncool. By familiarizing yourself with some party situations, you can thwart mistakes that you can mentally prepare yourself for.

⁵Where appropriate, you can do this for girls

2.4.1 Etiquette

Don't be the one kid that no one wants to invite, or be the loser in the party. Some tips are:

- Don't reject everything that people are doing. Especially if it's activities that you aren't used to doing – there's a first for everything and it's ok if you're not good at something or not super comfortable at it. Don't worry if you started late, we all had to start somewhere.
- Don't talk shit about other people at a party, because word spreads fast and could come back to bite you
- Don't hit on random people just because it's a party. A party is not an excuse to become a mega thirsty virgin. There are chances where you can make moves, but it's not just a free-for-all hitting party. If you earn the reputation as someone who just hits on every girl, soon your rep will spread around, and everyone will know you as some creeper. That's gonna get you a perma-ban from a lot of events and make socialization a lot harder for you.
- Getting blackout drunk can be ok at times, but puking all over the place is generally not good. A good rule of thumb is to never be the drunkest person in the room. This way, you are preventing yourself from becoming "the problem" at a party.
- If you're playing some game like dares, or pong with collateral, if you have to do something that you're not entirely comfortable with, like taking your pants off or having to lick someone's ear, just roll with it. It's not that big of a deal, and if you make it a big deal it can be annoying to others who are just trying to have fun. If it's something you consider ridiculous like kissing another dude, then maybe try to play it off, but still don't try to make yourself unfun by making a big deal out of it.
- Don't take anything too personally. It's just a party, people are trying to have fun. If you become a huge crybaby or get really upset over something, it can ruin the whole mood of the party.

2.4.2 Types of Drinks

Most parties have alcohol, as it is easily purchasable, legal, and simple to consume. If you don't know what alcohol feels like, do yourself a favor and buy yourself some and figure out what it feels like for you (see Exercises 2.4.11). You'll feel more confident about yourself at parties if you are more familiar with the effects of alcohol on your body.

Beers

If you're at a party, chances are you're going to see beer, since it's cheap and can be consumed by most people for a slow descent into inebriation. Some beers you should be familiar with:

- **Light (Lite) Beers:** These beers have less calories and less alcohol, but for college kids, that just means more ways to fuck around with the beer. They are usually around 2.8% ABV instead of the normal 4-5% ABV, but if you drink enough of it, you will get drunk.
 - **Natural Light (Natty Lite):** A metallic, piss-tasting beer that is cheap and widely used in frats.
 - **Keystone Light:** In the same category as Natty Lite
- **Belgian Ales:** These are often smoother and less harsh than normal wheat beer. Popular brands include Blue Moon and Stella Artois. I like to say these beers are for more classy partygoers.
- **IPA (Indian Pale Ale):** More for the beer connoisseurs, this is an often bitter and aromatic beer. If you're a beginner to beers, this is usually an acquired taste.

Wines

While there is a whole world of wine out there, at parties there's pretty much two kinds of wine. Sweet wine, and bubbly wine.

- **Moscato** is usually the grape variety that produces sweet wine. Barefoot and Yellowtail are common choices for this. Pro tip, if you're going for a classy Moscato, Moscato D'Asti from Northern Italy is a more complex, tropical and fizzy Moscato drink. It's also way more legit than supermarket wines, and tastes pretty much like Alcoholic Martinelli's.
- **Franzia** is a boxed wine that is popular because it is extremely cheap, tastes like Capri Sun⁶, and is stored in a bag that can be removed from the box and used for games like Slap the Bag.
- **Champagne** is a bubbly wine that's kinda like soda, but in wine form. Real champagne is often more expensive, so if you do see real champagne at a party, it's probably boujee. Otherwise, you usually see shitty mass tank-produced champagne in the likes of Korbel, Cook's and also from producers like our good friends Barefoot and Yellowtail. It helps to know some tiers of bubbly so you know what type of situation you are in:
 - Bottom Shelf: Cook's, Korbel
 - Mid-tier: Veuve Clicquot, Moët & Chandon
 - Boujee: Dom Perignon, Krug, Ace of Spades

2.4.3 Hard Liquor

Hard liquor is a staple of parties, because it's the most effective way to get drunk. Alcohol is concentrated in a small amount of liquid, usually 35% ABV+. These liquors come in all forms, but the most common are Vodkas, Rums, and Whiskeys.

We will also list some of the quality tiers for each type of liquor, although a better rule of thumb is to look at the retail price. While there are some marketing tricks to make certain alcohols more expensive, price does usually indicate quality.

- **Vodka**: a Russian spirit that can burn, but is generally cleaner in flavor than Rum or Whiskey. Often has added artificial fruit flavors with sweetener to make this easier to drink.
 - Bottom shelf: Gordon's, Smirnoff, Svedka, anything that comes in a plastic bottle
 - Mid tier: Grey Goose, Tito's, Belvedere
 - Boujee: Ciroc, Chopin
- **Rum**: A more spiced hard liquor that goes well with fruit. Rum can come as spiced, which is darker, or non-spiced, which comes as clear.
 - Bottom shelf: Captain Morgan
 - Mid tier: Bacardí (their fruit flavors are generally good)
 - Boujee: Ron Zacapa, Havana Club
- **Whiskey**: Cheap whiskey burns like hell, and tastes awful. Generally you will not see this taken as shots, but rather sipped.
 - Bottom shelf: Jack Daniel's
 - Mid tier: Knob Creek
 - Boujee: Suntory, Macallan

⁶without the sugar and has alcohol. Maybe it's not so like your childhood favorite juice pouch...

- **Tequila:** A mexican liquor that is based off of the Agave plant. The Agave plant is unique in its flavor profile, but can be described as metallic and citrusy. While that doesn't sound appetizing, and most bottom shelf tequilas are not, higher quality tequilas accentuate other processes of liquor making, such as aging, that imparts complex flavors and makes the spirit more enjoyable
 - Bottom Shelf: Jose Cuervo, anything that is not 100
 - Mid Tier: Don Julio Blanco, Herradura, Espolon
 - Boujee: Don Julio 1942, Clase Azul, Casa Dragones

2.4.4 Cocktails

You should know how to identify and make cocktails at parties, because

1. You may be asked by someone to make a drink for them, or order it for them
2. You may hear about people drinking these drinks, and you should be aware of what they are

Party Drinks

What you'll be "ordering" or making for your good buddies at the frat party.

- **Fireball whiskey:** a whiskey that is notoriously known for burning your throat. High amounts of alcohol will do that.
- **Coke and rum:** As the name implies, this is just coke and rum. Thanks to the fragrant aromas of coke and the sugar content, it mostly masks the rum flavor, so this is a good drink if you're tryna get killed and don't wanna taste any alcohol.
- **Jager bombs:** Jagermeister is actually a digestif, and tastes horrible by itself. Redbull is debatably not good tasting either, but the point of this drink is to burn your throat and give you a rush of energy for the night.
- **Iced tea + rum/vodka:** This is a common combination that helps mask some of the alcohol of rum and vodka.
- **Jungle Juice:** Generally a Kool-Aid or fruit juice based drink with tons of sugar, soda and random alcohol. Served commonly at frat parties, and will give you a big kick. The drink also often has additional color to make it look fun, like red or blue.

Bar Drinks

More formal and adult-y. These are important when you are communicating to a bartender what you want to have. If you're at a bar, it's also ok to just state your preferences and ask what the bartender has in mind for you, or create something from scratch.

- **Vodka soda lime:** Usually a sprite or club soda + vodka. A bit of fizz, sugar and vodka makes this a relatively clean and easy-going drink. Good for summer parties.
- **Long Island Iced Tea:** Iced tea with vodka, rum, tequila, gin, and sometimes other drinks. Honestly just a dump of alcohol, usually pretty strong and the best bang for buck if you're just trying to get trashed.
- **Old fashioned:** Usually just whiskey with some bitters and often served on the rocks (ice)
- **Cranberry vodka:** Vodka + cranberry juice + lime. Good for people that want to mask vodka with fruit and sugar.

- **Mojito:** Club soda, lime juice, mint. Some bartenders like to slap the mint to give it more aromas. When you give the herbs a smack, you're rupturing some of their cells and releasing their essential oils, thus upping the aroma.
- **Margarita:** This is the classic tequila drink. Tequila + Cointreau + lime juice + sugar or salt on the rim.
- **Moscow mule:** vodka + ginger beer + lime juice. This is a very refreshing drunk especially for summer days.
- **Martini:** This can be made with either gin or vodka. Vodka + vermouth + lemon or olives.
- **Whisky sour:** Whiskey + lemon juice + sugar + egg white. Don't let the egg white scare you away. This is a very refreshing whiskey cocktail and also a very reliable drink no matter which bar you go to
- **Sex on the beach:** vodka + peach schnapps + cranberry juice + orange juice + lime wedge. This is a very sweet and sugary drink.
- **Tequila sunrise:** tequila + grenadine + orange juice. There is a lot of sugar in this drink from the juice but it looks very pretty from the red grenadine.
- **Bloody Mary:** vodka + tomato juice + salt + pepper + Worcestershire sauce + Tabasco sauce + lime. This may sound very weird but it is a perfect savory drink for a break from all the sugary cocktails.
- **Mimosa:** This is a classic brunch drunk. It is just champagne and orange juice.
- **Blue Lagoon:** rum + curacao + pineapple juice + lime juice + orange. This is a beautiful trunk with blue coloring from the curacao. It is very tropical and tastes mainly sweet.
- **Mai Tai:** rum + amaretto + pineapple juice + lime juice + grand marnier. It is tropical and refreshing.
- **Cosmopolitan:** this is a famous drink after the TV show *Sex and the City*. It is a spin on a martini. Citrus vodka + Cointreau + lime juice + cranberry juice. The color is pretty and also very refreshing
- **Negroni:** Gin + campari + vermouth. A complex drink for a serious drinker.
- **Manhattan:** Whiskey + vermouth + bitters. This is very boozy drink because of the amount of whiskey in it. Also note that this drink is very popular in NYC because of the name.
- **French 75:** Gin + syrup + lemon juice + champagne. It is a very classy drink created during WWI. It is sweet and tangy with some fizz from the champagne
- **Spritz:** Aperol spritz + Cinzano Prosecco + splash of club soda. This is a low alcohol content with very high refreshment. Very popular in Italian restaurants.
- **Tim Collins:** gin + lime juice + syrup + club soda + lime. This drink is very pretty with a pale green color and tastes kinda like a lemonade.
- **Greyhound:** vodka + grapefruit + lemon. This is a great drink because the grapefruit adds a bit of tart and tangy flavor
- **Harvey wallbanger:** vodka + Galliano + orange juice.
- **White Russian:** Vodka + coffee liqueur + light cream or milk. It is a very rich and creamy drink that is great for coffee lovers.
- **Midori Sour:** Midori Melon + sour + lime juice + Sprite. This is a sweet drink and sometimes tastes like a Melona. Midori is the main liquor here.
- **Cuba Libre:** rum + cola + lime. This is the classier version of your typical party coke and rum.
- **Dirty Martini:** Gin/Vodka + dry vermouth + olives

Alcohol Vocab

There is also some additional vocab you should know about alcohol and at the bar.

- **On the Rocks:** “Rocks” in this context refers to ice, so this just means serving a drink with ice.
- **Neat:** refers to whiskey usually, and means that you just want pure whiskey in a glass, with no ice and no garnish. This is usually for higher-end whiskeys, which are enjoyed best at room temperature and without add-ons (e.g. ice will dilute the whiskey).
- **Draft beer:** Beer that is served from a keg (see definition below). This is usually a sign that the beer is “fresher,” although this is debatable because theoretically, bottled beer should be the same as one in a keg.
- **Keg:** refers to the large pressurized barrel that is used for storing beer that is served on tap. At some wild parties, some of which are called “keg parties,” kegs are just left with a hose and people are free to serve themselves.
- **Handle:** 750mL. This is the standard size for a hard liquor bottle. Notice that wine bottles are usually 750mL, but nobody calls them handles; just call wine “bottles.”
- **Magnum:** 1.5L (2 handles)

2.4.5 Drinking games

At most parties, you will see an assortment of drinking games. While you can say fundamentally the point of drinking games is to get lit or drunk, it’s also a good time to bond with those around you. The alcohol does help, yes.

It’s important to know how to play these games because if you make a fool out of yourself, you can become the laughing stock of a party, which generally isn’t good for your social reputation. Also, if you’re looking to catch some chick at the party, being some 0 IQ pong player or someone who can’t take a shot for their life is not going to help you in the dating market.

In general, this guide is not supposed to turn you into a gigachad at a party who is dunking double shotguns in his mouth while having 3 girls in his arms. The goal is to get you to a point where you can have fun, and just be a cool person who fits in, at the minimum.

Pong

This is the classic American drinking game that you see in movies at a frat party with 10 cups in a triangle shape on each side of a table. It is a simple game, just get the ball in the cup.

However, this is a good time to invite the girl that you have been eyeing all night to come and be your partner. It is a great opportunity because you get a chance to talk to her for the entire duration of the game and also make some moves ;). Don’t worry about whether or not you are good. If you are good, then you can carry the team and it makes you look good. If not and your partner is better than you, it gives you opportunities to say good things about your partner and hype your partner up. If your partner is a girl, give her high fives, say encouraging stuff, and hype her up when she makes a cup.

During the game, there are many opportunities to make moves. The easiest is physical contact when she makes a cup or even misses a cup. When she makes her first cup, you can start off with just a high five. Afterwards, it can ease into putting your arm around her shoulder, leaning on her shoulder, and putting her in a cute choke hold :). If she misses cups a lot, don’t be discouraging to her, because after all it is just a game and the important thing is your interaction with her. Make jokes, say cute things, and leave a good impression for yourself.

Now more onto the rules of the game. To start the game, you generally would do eye to eye. This is where you look at the eyes of the opponent and throw the ball. After both you and your partner goes, whichever team made the most cups get to start first. One thing to keep in mind is the elbow rule. Your elbow should not cross the edge of the table. Many girls “cheat” because their elbows cross the edge of the table. Don’t be the super uptight guy who calls her out on things like that. It is more ok to call your bros

out. In general, girls get a pass for most party games and don't have to do them "correctly." Don't be the asshole who tries to correct what girls are doing – just suck it up and follow the rules yourself.

Here are some common rules followed in the game:

1. **House rules:** no matter which party you go to, whether it is a frat party or a small kickback there are always house rules. You should ask what the house rules are beforehand.
2. **Bitch cup:** On your first shot, if you make the middle cup in the triangle, it is the "bitch cup". If a guy makes the cup, then the cup does not count and remains on the table. However, if a girl makes the cup, it counts. Hence the name "bitch" cup.⁷
3. **Balls back:** if both you and your partner make a cup in the round, you guys can get balls back and go again.
4. **Ring of fire**⁸: This is when the bitch cup, the front cup, and the two back corner cups are hit without hitting any other cups. If this happens, the game is over. If you are a god at pong, there is a way you could win the game before the other team even shoots. *insert picture*
5. **Heating up and on fire:** This is an NBA reference. If you make two consecutive shots, you can announce "Heating up". If you make the shot again, then you are "on fire". You can keep shooting until you miss a cup. This is a great way to keep momentum going and knock out multiple cups in one round.
6. **Island:** if there is a cup with no neighboring cups and you are aiming for that cup, you can call "Island". If you make the cup, you get a bonus cup taken off the table as well. However, the catch is that you have to announce this before you shoot, so if you make an island without calling it, it doesn't count.
7. **Reracks:** after a couple rounds of the game, you will notice that the cups are spaced out or not as easy to get as in the beginning. This is when you can call reracks. There are many different rerack options.
8. **Fingering/blowing:** sometimes the ball is spinning around the rim of the cup. This is where you can use defense and place your finger or blow on the ball to get the ball out of the cup and prevent the other team from getting the cup.
9. **Trick shots:** if the ball bounces back to you and it is still on the table, you have the opportunity for a trick shot. For guys, it is throwing the ball from behind your back, shooting from "Curry-land," shooting with your back facing the cup, or some sort of crazy combo. For girls, use your non-dominant hand.
10. **Redemption:** let say the other team just made the last cup. The game is not over just yet! You have a chance of redemption. Each player shoots until they miss. There are no reracks allowed. If there are still remaining cups on the table after both players shoot,, then the game is over. If not, then the game goes into overtime.
11. **Overtime:** Similar to restarting the game but only with 3 cups.

2.4.6 Stack cup / Ring of fire

Stack cup is a game where you play catch-up, but by bouncing ping pong balls into cups instead of running around the gym. When you catch up to someone, you stack their cup, making it harder for any subsequent person who receives this cup stack, and the person who was caught up has to drink a cup to continue the chain.

(draw picture of the table setup here with cups in the middle, and the bitch cup in the very middle, with 2 cups for people to bounce in, direction of play, and which cup is the "victim" cup.)

⁷For some speculative etymology here, the cup is likely named this because it's in the middle and thus the easiest cup to sink

⁸This is also a game called "Ring of Fire" aka stack cup. Don't confuse this rule with that game

1. A table is setup with a bunch of cups with drinks filled up not very high, around one shot
2. A cup in the middle of the table is filled to the brim, colloquially known as the bitch cup
3. People huddle around the table, forming a ring
4. Usually 2 cups are started in the ring, at opposite ends, and a direction is chosen.⁹
5. The goal of the game is to bounce the ball in your cup quickly, so you can pass it to the person who is next
6. If the person who is next is still trying to bounce the ball in their cup, you have to stack their cup with your cup. You want to do this quickly so that they have no chance of bouncing the ball in the cup right as you are stacking them
7. Once a person is stacked, the cup stack goes to the person next of the person who just got stacked. The person who got stacked has to choose a cup from the middle, and drink it, and continue bouncing the ball in the cup they just drank, continuing the game.
8. The game ends when someone has to drink the bitch cup.

There are some bonus rules:

1. If you bounce the ball in the cup on your first try, you can pass it to anyone on the table. You usually want to do this to someone you want to get drunk, or someone who is right in front of the person who is currently bouncing the ball in their cup, because then they have pressure to bounce the ball in your cup stack.
2. If the ball you are bouncing somehow ends up bouncing into the bitch up, you have to drink it. Usually the game ends if there aren't many cups left, or, you have to drink the bitch cup, and they fill up another cup in the middle cluster to become the new bitch cup.

Ring of fire is the name for a stack-cup variant at Princeton University and some other colleges, where instead of stacking the cup when you bounce your ball into the cup and the person that is next hasn't made their cup, you slap away their cup, and then they continue the game by drinking to start another cup chain.

2.4.7 Slap the bag

Not much game logic going on in this “game,” the way you play this is usually with some sort of alcohol in a bag. A popular option is Franzia, a cheap boxed wine that happens to come in a bag inside the box.

To play this game, you pretty much just spin the bag, and wherever the nozzle points, that person has to drink. Notice that it's kinda dumb because depending on how people hold the bag, it could pretty much always end up in one direction, or in whatever direction the person holding the bag is holding.

On some occasions, people like to literally slap the bag while you're drinking as well, which forces more delicious \$10 box wine down your throat. However, the name of the game most likely comes from slapping the bag to choose who drinks.

2.4.8 King's Cup

In King's Cup, you spread a standard deck of cards faced down, in a circle around a cup, which is called the King's Cup. This cup starts out empty, but gradually becomes filled with various substances as the game goes on.

⁹Sometimes, instead of starting with 2 empty cups, two people at opposite ends of the table take a cup from the cluster of cups in the middle of the table, drink them, and that's how they start

Game Rules

- You draw a card from the circle
- Based on the rule associated with the card, you perform some sort of activity
- The game usually ends when the last King is drawn

Rules for each card

- **Ace:** Waterfall. The way this plays out is that everyone starts drinking, and people can only stop drinking when the person to their left has stopped drinking. The first person who has the right to stop drinking is the person who drew the Ace.
 - Notice that in larger settings, it's impractical that you drink the entire time, so you can take baby sips
 - In addition, it's hard to regulate who is actually drinking during the waterfall
 - If you finish your drink early, i.e. before the drinking stoppage has gotten to you, you can trigger the person to the right of you to also stop drinking as well.
- **Two:** is "you", meaning you get to say "you" to someone, forcing that person to drink.
- **Three:** is "me", meaning you say "me," indicating you will drink for yourself.
- **Four:** is "floor," so everyone has to touch the floor as fast as possible. The last person to touch the floor drinks.
- **Five:** is "guys," so all the dudes drink.
- **Six:** is "chicks," so all the girls drink.
- **Seven:** is "heaven." Similar to four-floor, people instead point to the ceiling, and the last person to point to the ceiling has to drink.
- **Eight:** is "mate." The way mates work in this game is that when you choose to mate someone, that person has to drink whenever you drink, and vice versa. There is a concept of chains in mating, which is that if you mate with someone who is mated with someone else, all three of you will have to drink together.
- **Nine:** is "rhyme," which is where you go around the circle and try to rhyme with the original chosen word. If you repeat a word that has already been said, say a word that doesn't rhyme, or are too late to answer, you drink.
- **Ten:** is "categories." People usually play this in the form of the concentration clapping game* [footnote: concentration - clap, clap, clap - 64 - clap clap clap, ...] The card drawer picks a category, and people have to name items in that category. If they repeat an item or can't come up with an item, then they have to drink.
- **Jack:** is "never have I ever." You play a shortened version of never have I ever, usually with 3 or 5 lives. Instead of drinking on every life loss, you only drink if you lose.
- **Queen:** is "question master." The person who draws the card becomes the question master, and has the power that if they ask someone a question and that person responds, the person who answered the question master has to drink. This is fun when the Question Master is someone who asks unsuspecting questions and makes people drink.
- **King:** is a card related to rules with the Cup. The first 3 Kings that are drawn give the right to the drawer to pour any amount of liquid to the middle cup. You usually don't want to go overboard with this – don't do more than your percent share. You also usually can only choose one type of alcohol to put in the middle. Remember that karma can bite you back if you have to drink the King's Cup, so don't screw yourself over by making it absolutely nasty.

- **Bonus rules:** If you “break the circle” of cards at any point of you drawing a card, i.e. the cards don’t all form a closed ring, you have to drink the King’s cup. This usually ends the game, but can be continued if it’s early enough. In addition, once the circle has been broken, it cannot be broken again.

2.4.9 Dares

A variant of *Truth or Dare*, but without Truths, since often at parties people don’t know each other that well, and it’s hard to ask meaningful questions or get people to willingly come out with Truths.

The way that Dares works is pretty simple – you go around in some order, and receive a dare that the crowd comes up with.

Dares bank

- Do some sort of dance
 - Pole dancing
 - Lap dancing
 - Popular TikTok choreo
- Dare you to lick/kiss someone’s body part¹⁰. You can also do this with blindfolding them and making them kiss a mystery object.
- Prank call an ex
- Do a handstand
- Do n pushups / situps
- Speak a few sentences in some accent to the best of their ability
- Shotgun a beer
- Take a shot

For you, the dares bank is not only a place for you to ask other people to do certain dares, but perhaps think about how to prepare yourself to perform some of these dares if challenged. I know it sounds dumb, but a theme in this book is that we CS majors have a low baseline of intuitive social interaction, so it is important to practice being normal at the very least for some non-intuitive actions for us. In other words, make sure you don’t make a fool out of yourself while doing some of these dares, which aren’t supposed to be serious anyway.

If anything, you can always decline to do a dare, or try to shrug it off. However, it’s generally cooler if you do come thru and go with the challenge.

2.4.10 Never Have I Ever

This is a game where

1. Everyone starts with N lives, usually 3, 5, 10 (because it has to fit on your hand)
2. A person makes a statement of something they have not done before
3. If someone has done the thing that was just said, they have to drink, and lose a life
4. If no one has done the thing that was introduced, the person who made the statement has to drink
5. *Optional:* if there is only one person in the group who has done the thing, that person has to share their story of when they did it.

¹⁰If you don’t know someone that well, don’t make them do something weird

Never have I ever question bank

Let's start with some more tame options that you can always pull out if you are stuck:

- Never have I ever been to (country)
- Never have I ever ate (food item, make sure it's not super strange though)
- Never have I ever broken (body part)
- Never have I ever done (some sport)

Some overused ones

- Never have I ever been on a Tinder date
- Never have I ever hooked up with somebody
- Never have I ever done a threesome
- Girls are always going to say never have I ever done anal (if applicable)

2.4.11 Exercises

1. If you haven't had alcohol before, buy yourself some hard liquor, and try to figure out what you are like at each stage of drunk-ness

- Take a shot, wait a few minutes
- Think about how you feel

It is important to remember that your body will react differently depending on the context. Maybe you've eaten more (less easily drunk), or you're tired, or you have friends that are hyping you up and you feel placebo high/drunken.

This activity should help you:

- Know your limits, including if you have allergies. We should note that drinking can be very dangerous, and while you need it to be cool in certain situations, your health is more important than anything. Nobody reasonable will force you to drink against your will.
- Make you feel more confident about your abilities when you are drunk
- Find out what type of drunk you are: sad/touchy/angry

You can also repeat this activity with other types of alcohol, like beer or wine.

2. Practice taking shots. Be comfortable with taking shots of various alcohols, so you can not make a fool out of yourself at parties. Aim to not gag or have trouble taking down shots, regardless of how you feel.
3. Did you know you can fake smoke? When you smoke, you don't actually have to take it into your lungs – you can just suck in the smoke and hold it in your mouth. While this is not going to make you feel anything, it can help if you're trying to fit in a group, but don't necessarily want to smoke whatever is in your hand.
4. Additional party games you can research
 - Ride the Bus
 - Edward Fortyhands
 - Flong
 - Soccer
 - Flip cup

Chapter 3

Getting Dates

Strategies to find people to go on dates with and actions you can take to make yourself more date-able.

3.1 Why Do People Want to Talk To You?

If you're boring as fuck, it's going to be hard for other people to want to talk to you in the first place, and also for you to hold a conversation, since you'll struggle to find things to talk about. In addition, people like to hear about people's passions, and find it attractive when other people have things they are either really good at or know a lot about. For example, for someone who knows a lot about Shakespeare even though it might be pedantic in general, might be interesting if they can express what they find interesting about Shakespeare, plays they find relevant to modern day, and ways to tie in literature with everyday life.

Something to think about in general about life is that you should have something you care about. It doesn't have to be generic normie things like TV shows or sports, but you should have a hobby that when you talk about it with other people, you can elicit their attention and have talking points around it, and perhaps lead to other activities. In addition, caring about things will keep you motivated and open many doors for activities you do and people you meet.

If you are telling yourself right now that you are just apathetic, and you don't give a fuck about any hobbies and just like to play League or watch anime all day, that is a contributing factor for why you're a sorry-ass virgin. But not all hope is lost. You can still continue to do all of these "virgin" activities, as long as you also force yourself to pick up some other hobbies.

3.1.1 Some Hobbies to Consider

There are a myriad of hobbies you can do – in general it's just about doing what you care about. But we'll give you a list of some activities you can do, and how to start it off.

- **Watching a TV show:** if you don't know what to watch, just go on some top 100 best TV shows list online and just pick one and watch it.
- **Wine or other alcohols:** Are you a whiskey person, wine snob? Go to your local supermarket, pick up some wines, and do some research on them while tasting them. These are learnings and experiences you can share in the future with people. Beer and whiskey are other alcohols that people often are very passionate about studying.
- **Cooking:** Find something you like to eat and try to make it from scratch for yourself. This may be surprisingly challenging, but it will teach you lots of useful lessons and perhaps get you motivated to make even more foods in the future.
- **Dancing:** Going to a local dance studio is a good way to start this, but also watching YouTube videos online and slowly learning is fine as well.

- **Guitar or Piano:** Pianos are more expensive, but buying an entry level guitar (or ukelele) is a great way to pick up an instrument. There are a ton of tutorials online for instruments that you can watch for free. The key to learning an instrument effectively is deliberate practice.
- **Photography:** You can buy a DSLR if you have the funds, but otherwise, starting out with your phone is a great way to just learn about photo composition and paying more attention to how to take good photos. Once you're convinced you like this, investing in a fancy camera is a great way to open up into the wonderful world of photography.
- **Sports clubs:** there are usually a multitude of non-competitive co-ed sports leagues in any given area and that can be an excellent way to meet people
 - Anything athletic will serve a dual purpose of being a new hobby / way to meet people, and it will keep you in shape

3.1.2 Exercises

1. Start doing a hobby that you've always wanted to do, new or old
 - If it's hard to come up with a hobby, start watching a TV show, buy an instrument and watch tutorials for it, or choose a food and try to cook it yourself
2. Make a list of some things you are interested in, and come up with a plan to start doing them
3. *Mock Date.* Imagine you're on a date, and you are asked about your hobbies, be able to answer some of these questions
 - Tell me about this hobby?
 - Why did you start/choose this hobby?
 - What's your favorite part about doing this hobby?
 - What's the goal for your hobby?
 - Can you teach me how to do this hobby?
4. Think about some close friends or celebrity you admire. What is it about them you like so much? Is there a way you can emulate that or do something that would parallel that sort of achievement?

3.2 Online Dating

Online dating is a double-edged sword. It's good because, as long as you're in a populated area, there's a near-infinite supply of people just waiting to match with you. It's also very bad because every one of those people has their own near-infinite supply of people to choose from. This has the natural effect of making people very very selective. If you're reading this guide, you're probably not going to be immediately drowning in pussy. It may take some iteration to have success but it's all part of the learning process. The important thing to remember is that you're probably not a Greek God and that it might take some time. That's ok. The writers of this guide look like cave trolls and all found at least some degree of success via online dating.

3.2.1 Is Using Dating Apps “Giving Up”?

It's a natural question to ask. It seems like searching for random girls online is admitting defeat to looking for girls in real life, but in our digital age, playing the online game is significant, if not more than real life.

Think of it this way, if everyone is doing the same thing as you in real life, but also using online dating, what competitive edge do you have? Do girls in real life really care that you're using dating apps?

The other part of it is shame. People think that it's embarrassing or lame to resort to using dating apps to find people¹. But once again, do you think people will really care if you use dating apps or not? Also, if someone finds you on Tinder, are they going to make fun of you for it? It might be a small joke, but nobody is going to fundamentally think less of you for using an online dating app. If you say that you care for your own pride, then it's time to let go of that a bit to help yourself in the long run.

Therefore, don't be too worried about using dating apps. Plus, if you don't like it, nobody is forcing you to use it, so you can stop anytime.

3.2.2 Dating App Tips & Etiquette

No matter what dating app you are using, you should focus on getting good pictures to present yourself. Even if people talk about "personality is more important," in reality, the first impression of your profile on someone's phone is going to be your picture.

In fact, the first picture you have on your dating profile is The Most Important. If your first picture isn't flattering enough to spark an initial interest, then your profile will be immediately swiped left on, and even if you have better pictures later on, these won't be seen. Good first pictures include these elements:

- A clear shot of your face/upper torso, can be a full body pic as long as it's not too zoomed out
- Smiling/laughing
- No sunglasses
- Facing the camera
- Good lighting, not blurry
- A picture of just you—not a group photo where the person viewing your profile cannot tell which one is you
- Not a cropped group photo
- Especially not a photo of you with your arm around multiple girls – this is a major turnoff.
- Ideally, this should be a picture someone else took of you and not a handheld selfie. If you have nobody to take a picture of you, you can prop your phone up on something and use the self timer mode. Tripods can also be a good resource of you're solo-ing your photoshoot.
- Avoid holding drinks/smoking in this first photo

You will have to make some captions to go along with your profile. Honestly not that important compared to the pictures, but matters more depending on the dating app. Avoid having really bad captions, e.g. while DTF for a girl will likely get her thousands of swipes, DTF for a guy might just get you gulag'd instantly.

Do not lie about your height (don't lie in general), because the truth will come out eventually and people will lose trust in you. Height isn't everything. Neither is dick size.

3.2.3 Specific Dating Apps

Tinder

Use Tinder if you are trying to get laid, and nothing more. If you have good pictures of yourself you'll typically do fairly well. Tinder is hard because there's almost no way to evaluate other people besides raw physical appearance, so if you have poor pictures or poor genetics it can be tough. However, because there is a lower threshold to evaluation on Tinder, things usually move faster, whether that's hooking up or getting ghosted. Unless you are in a college town, the quality of matches can vary.

¹Thanks to the proliferation of dating apps in America, this is not so much an issue in this country anymore, but for example many Asian countries still find it quite taboo to use dating apps to find people

Bumble

Bumble is like Tinder but only girls are allowed to message first, within 24 hours of matching. This was created to try and empower women and such but in reality it just makes the lives of guys a lot easier because they no longer are expected to send the first message. Your caption is more important here because you need to give the girl something to message you first about. Anecdotally, conversations on Bumble tend to be more dry, and girls are naturally more cautious so you as the guy has to initiate conversation anyway.

Hinge

Hinge is the best app for those looking for a relationship. It's not as superficial as Tinder but not as serious as eHarmony or okCupid, so it maintains a young enough user base while avoiding some of the pitfalls of Tinder. Hinge forces people to be more thoughtful about their dating app usage by requiring reasons to be sent for likes, so this naturally causes more conversations to begin. For example, if you like some girl's photo of her in a bikini, you have to say a reason why you liked it. The quality of Hinge varies a lot by location, for example some regions have very low user numbers which degrades the quality of the experience.

The League

The League is a dating app that is designed for ambitious, career-driven people. You have to "apply" to join; once you create a profile and add content, you join their waitlist and wait for approval. Your profile is reviewed by a team of people at The League, and they decide whether to let you into the exclusive club. Once you're approved, you're officially part of The League! As with most dating apps, you have the option to link your Facebook account. However, The League is unique in that you can connect your LinkedIn profile. This is because the app takes your current workplace in order to avoid showing you your coworkers (and vice versa).

If you use the free version of the app, you are shown a batch containing a total of 3 potential suitors a day. New batches are released each day around 5PM. You can choose to like the profile or pass on these profiles. Since the number of people on the app itself is relatively small, and because you only see 3 potentials per day, the likelihood of generating a match is also extremely small. However, you can opt to pay for upgrades and get more potential batches each day, increasing your chances for a match.

TanTan

This is one of those "ethnic" apps, in this case mostly for Chinese internationals. While speaking and texting Chinese is not a requirement, it significantly helps as many girls on this app will not respond to you otherwise. In terms of what people are looking for on this app, it's more on the superficial side, where some people are just looking for chatting buddies, and others are just looking for hookups.

One interesting property of TanTan is that you can essentially set your distance to infinite, and once the queue for people in your area is exhausted, you can start seeing profiles from across the world.

TanTan is still most popular in Asian countries, so in places outside of Asia, this app works best in areas with high populations of Asian people.

3.2.4 Talking to People on Dating Apps

So you've gotten a match...congrats? Not really. Matches don't mean shit, and you're probably nervous as hell just to break the ice with the chick you just matched with.

Talking to people on dating apps is hard. They have no patience, a short temper, and have no reason to respond to you. To sell yourself, with the context of your profile and some words, is a challenge, but there is some baseline guidance you should abide by:

- Showing off too much might make your ego come across as too much
- Try to keep the conversation relevant about the girl
- Don't be overeager and send a ton of messages at once. Limit yourself to maybe 1-2 messages unless she is actively texting

- Don't try to fake anything
 - For example, don't pretend to have gone somewhere just to relate to the girl more. Just ask some questions about it
 - Don't wait extra time for DMs to play hard-to-get. The girl doesn't care and has other messages to tend.
- You should sound interested somehow, whether that's being more flirty, using emojis, or sending interesting content.

When to ask for social media

If you are interested in pursuing a relationship, DO NOT ask for a girl's snapchat after exchanging 3 messages. Girls will assume you are just going to ask them for nudes/are going to send unsolicited dick pics (please don't do this). If you have been talking back and forth for a couple days, it is probably acceptable to exchange Instagrams. However, many girls may not want to be connected with a stranger on social media, unless they are simply on these apps looking to build their follower account. It is probably best to wait until after you've met in person to decide whether you wish to be connected on various forms of social media.

Note 3.2.1

It is a generally accepted fact that people will stalk social media profiles to learn more about the other person before meeting up for an in-person date. Because of this, we recommend going through your social media profiles and seriously assessing the image you want to project to potential suitors, especially if your social media accounts are set to public. You may decide to keep your social media settings on private.

3.2.5 When to break things off

While getting a match might be hard, you should also know when to let go of them, because sometimes they are not a good fit for you or aren't interested in you enough and you're just wasting your time.

- If she doesn't respond to your message, don't be like **bump** or be desperate like **you still there?** Even if she didn't see it, it's for a good reason.
- If she consistently takes more than 2 days to respond, then stop wasting your time. She's not interested.
- If she just says **lol** and **haha** after everything you say, she's not interested.
- If you've been talking to her for a while and feel the friendzone and you want more, then either leave it at friends or just give up.
- If she has cancelled a date a couple time or have an excuse, she is probably not interested.

3.2.6 Scams to avoid

Because there are so many horny dudes on dating apps, scammers have taken advantage of this with a variety of nasty schemes. Please learn them here so you can avoid them while you are on your online dating adventure. Remember that while it might be obvious that these are scams listed here, they are usually craftily integrated into the app, and use your horniness as a distraction for they actually are, so you should be careful about these tricks.

- **Fake camgirls:** "Girls" will often say some pity story about how they have no food to eat and are about to be homeless, and watching one of their cam shows would greatly support them. Usually they send you a link to their "camsite" and ask you to put in your credit card number. This will incur charges, usually recurring, and you'll lose a ton of money this way. Also you're probably just supporting some random scammer bro, not any girl at all.

- **Blackmail:** These “girls” will aggressively try to get your social media. While this might seem friendly, **DO NOT GIVE OUT YOUR SOCIAL MEDIA UNTIL YOU CAN CONFIRM THE OTHER PERSON IS REAL.** After they have your social media, they will try to have a sex video call with you, where they will ask you to take out your dick. If you do that, they will have recorded the entire “show,” and they will have the blackmail set up.

They will ask you money in exchange for not posting your dick picks online, but the thing is they never stop. You might pay them \$800, but they will continue threatening you to do worse and worse stuff, such as creating a new fake profile with your lewd pictures. Therefore, they will squeeze as much money out of you as possible, and it will never end. It’s a really nasty scheme, so make sure you never end up here.

- **Sex workers:** You might think that Tinder is a secondary market for sex workers, but please avoid this. They will often say something along the lines of text me here for details and rates for massages or something of that sort. The thing is, prostitution is illegal, and is already so sketchy in itself. Doing this over Tinder is probably going to get you in more trouble more than anything, and you might lose a ton of money along with putting yourself in danger. Going to Vegas is probably a cheaper and safer alternative.
- **Catfishing:** Compared to the other scams, this is honestly not that bad. Usually this refers to someone who pretends to be some girl, or a girl who doesn’t actually look like her profile. This is usually only evident when you meet the girl in person, so a good way to avoid trouble here is to meet in a public space with lots of people, because then you can’t get kidnapped or get robbed.

3.2.7 Exercises

1. Make a profile for a dating app. This will require you to come up with a bio and some photos at the very least
2. If you don’t have good photos, ask a friend to take some photos for you. If that isn’t possible, you can ask strangers to do the same wherever you are taking photos.
3. Figure out what your best angles are for photos.
4. Research some other dating app options:
 - Coffee Meets Bagel
 - Raya
5. If you have some conversations that you thought were going well but suddenly broke off, reflect on where the conversation might have gone wrong. Don’t overthink this though, because sometimes it’s just not meant to be, or she just doesn’t like you.
6. If you are already talking to a lot of girls, make a ranking of who you like most and who you think is most interested in you. See if this helps you prioritize who you should be spending more efforts on.

3.3 Meeting People in Person

While our generation can benefit from using online tools to meet people, there are many aspects of meeting people in real life that are hard to capture on virtual surfaces, and likely will never be able to do so. In addition, as mentioned earlier in the `¡Dating Apps!` section, online forms often hyper-promotes people who are at the top of the percentile for looks, but over-demotes people who are just average or below average. Therefore, it is important to diversify how you meet people by making yourself available to people in person.

When you are out in the wild, as much as you are trying to find a hookup or start a conversation with someone, you should remember to not hit on everyone you meet. You should try to be a reasonable and approachable person, and normal. This is difficult, because you want to try to hit up girls, but at the same time you want to not appear to be creepy. An analogy to this is to think back in your education days as the

nerd in High School. While you may have been a dick to your peers, imagine how you would have re-did your life then, so that you were academically high-achieving but also didn't appear to be some stuck-up egomaniac.

There are some scenarios where you are more likely to meet girls, such as events, parties, and clubs. This chapter outlines what you should expect from these scenarios, ways to behave, and ways to potentially make moves without seeming like a creep.

3.3.1 Events

While in college, there are tons of events you can go to, where there are hopefully people, depending on how popular the event is. Usually, events have some sort of activity, whether it's just chilling on a lawn throwing beanbags, or painting at a studio. Whatever the occasion is, you should always remember that the event is the main priority, and not picking up girls. Otherwise you'll seem strange, creepy, too much of a tryhard and likely repel a bunch of girls. For the sake of simplicity, we are going to use the example of an event as a wine tasting event.

In terms of opportunities to meet other people, during any event, there is always a before and after. The after is hard to make new friends, but rather a place to reinforce people you've met. In the before, you have a chance to meet people that are also more likely to talk to you, since you're about to spend some time doing the same activity for the near future. Therefore, even if it might be nerve-wracking, the beginning of an event is probably the best time to find people to talk to and meet. In terms of filtering the people that you want to talk to...it's probably in your best interest to just socialize with whoever you are most physically close to in the reception lobby or wherever you're sitting, as otherwise you might have to make some obvious and creepy-looking moves.

During the event, so in our case the wine tasting, you should try to participate as much as you can in the event. While it is ok to delve more into the social if you enjoy the people that you just met in the reception, everyone is at the event for the wine after all, and so should you. Participating not only means you are drinking and doing what everyone else is doing, but you can maybe ask questions about what wines are being tasted, and shift the conversation you are having with others about the wine. As a bonus, you can be really good at the topic that is happening at the event, but this is optional, as there are way too many events with skills to master, and it can also come across as snobby if you do it wrong.

Overall, events are pretty chill and you should always have the primary purpose of doing the event, rather than trying to pick up girls. You should almost never try to schedule a date immediately, unless you really vibe with someone, and if the event is recurring, it would be a natural and consistent way to enforce your relationship with someone you might potentially like.

Note 3.3.1

When you go to the event, generally it is safer to bring at least one person. Both as a safety net and also for helping you meet other people. This is because when you approach a group of people or a single person as a group of people, the interaction is not seen as awkward as if you were to approach that group or person alone.

3.3.2 Parties

There are many types of parties, but they all share similar characteristics – compressing lots of people in a single location, so social interaction progression² is drastically sped up.

Socials

These parties are more chill, and have the primary purpose of people meeting each other. Socials can come in many forms, from being hosted by a company, to a hobby social, such as skating, to even a foodie social. The venue for socials can drastically vary, but a typical social involves a larger volume of food and drinks

²didn't know how to describe this concisely, but the idea is that if it normally takes you a few hours to meet someone and kiss them, at a party it might just take mere minutes.

that can be shared by many. The venue often doesn't have too many places to sit, and people come in and out.

Socials are in the class of parties where it's not acceptable to just hit on people. It's more like an event in that aspect, but because people often dress up for socials, and there is alcohol, people may be more open and friendly. Also, it is called a social, so the purpose of it is to meet other people, so there is an excuse to meet people.

Unlike an event, at a social, if you find the right crowd, it is acceptable to propose to do something after the social, perhaps going to a bar or maybe going to some other venue / event. This way, you can bond more closely with the group and be able to spend time with them.

As mentioned earlier, it is easier to meet other people when you are with a group of people, so this is very useful to bring at least one other friend to help you wingman and meet people at the social. If this isn't possible, make friends with some dudes and go with that group around meeting people.

Kickbacks

AKA house parties, can vary from chill to a rager (see Section 3.3.2). This section will cover more chill kickbacks. In terms of social etiquette, it's pretty much the same as a social. A benefit is that you have an even more acceptable excuse to talk to people, since the crowd is usually much smaller, and there is a much less assumption that you are only talking to someone because you are intending to hit on them, since you probably know them through a mutual friend at the very least. Therefore, kickbacks are great ways to meet people more organically, be able to drink alcohol, but also not be devolving to rager-level grime and ridiculousness.

Frat Parties & Ragers

We call them frat parties in college when they are hosted at frats, but they are synonymous with parties that are loud, dark, messy, sweaty and lit, which we call ragers. These are usually free, and often frequented by Freshman and Sophomores, not so much the upper-classmen. The drinks are usually either shitty, metallic-tasting beer, or jungle juice, which is traditionally kool-aid and an assortment of sweetened hard liquor, but is usually something sugar and fun colored.

Because of the chaos in the rager-environment, it is perfectly acceptable to hit on people, and girls will expect it. Does that mean you should hit on everyone? No. You should still be somewhat tasteful about it, and only make moves if there is some sort of reciprocation from the girl. Usually the way you find girls in the first place is:

- **Dancing**, which usually devolves to grinding: if some girl is interested, you'll be able to dance with her, which usually involves the following
 - **Club-dancing together**: usually just random movements, feeling the beat, and pumping your hands. It's a frat party so honestly anything goes.
 - **Grinding**: you hold her hips, and she may rub her butt against your pelvic area
 - **Hand-holding**: not like waltzing, but for example if the music has a high point, you can raise her hand up.
- **Playing drinking games**, such as pong: See the [pong section] about how you can make moves on a girl.
- **Introduction from a friend**: here, you usually have the option to choose from the vast array of activities you can do at a party, e.g.
 - Going to the dance floor
 - Playing drinking games
 - Smoking
 - Consuming some drug

- If you hit if off, you can consider
 - Going to another party
 - Going to get food, like ice cream or pizza
 - Taking her home

Because you may be prioritizing finding a hookup at a frat party, you might be wondering when it is acceptable to make out with a girl. In general, if you can grind with a girl and she is making good eye contact with you and willing to talk to you, you have a shot. It is a hard move to man-up and make, but it is a party after all, and it is acceptable to make regrettable and stupid decisions.

3.3.3 Clubs

Clubs are just glorified Adult Frat parties. They share basically every characteristic a frat party has – the noise, sweatiness, dark lighting, “lit-ness”. The only thing that’s different is that they:

1. Costs money, and can be very expensive depending on how much you are trying to flex
2. Based on how much it costs, the quality of the venue changes
3. There are bouncers and official club management, which is usually a detriment to guys since they will try to limit the number of guys who get in
4. People are old, like 30-50 is normal to see (and even older, especially men, at fancier clubs)

In terms of club dynamics, unlike a frat party, there are usually only 2 activities:

1. **Dancing:** there is a DJ playing music, and there is a space to dance. Go for it.
2. **Drinking:** This is where a lot of the revenue comes in for a club, so they make lots of effort to try to sell as much alcohol to you as they can. Therefore, you’ll see alcohol sold in the form of
 - **From the bar**, this is the cheapest option
 - **From the club girls** waving around glow-sticks or holding beer. This will usually cost extra since you get the service of having a hot girl handing you a drink and you might get closer to a pair of titties. Honestly 0% worth it because you can just get these drinks from the bar.
 - **Tables:** the most expensive and extravagant option. Also probably the best option if you really want to get girls, but since tables often run from \$1k+ at the cheapest clubs, and more like \$3k+ at fancier clubs, you’re really going to be digging through your wallet to host one of these parties. However, if you can spit this with some boys, this can be worth it, since in terms of alcohol per \$, this is cheaper than buying drinks from the bar (also more time-efficient, since you can pour your own drinks).

To make moves, it’s pretty much the same as a frat party. You choose one of the activities above, and you just hit on people. Even more so than ragers, which are confined to less people, since everyone is pretty much a stranger at a club, people will aggressively hit on girls all the time, since a rejection just means you have a chance to hit on someone else. While this is a **r/redpill** strategy and numbers game may work, you should recognize that a club is not a very good place to find hookups, even if it is possible. In general, for a club, the only way to reliably get a hookup is either be ridiculously good looking (usually just height), which is still quite difficult to reel in a girl, since the club is dark and you can’t see shit, or have a ton of money. If you have a lot of money, you have the ability to invite girls to your table, which they will be willing to do since they will come with the assumption that they don’t have to pay, and they’ll be able to get free drinks. There, you’ll be seen as an important person, and someone who has money thanks to your table flex, and you’ll therefore have a higher chance of finding a girl that way. But in terms of the probability of success, it’s not super high still, and you’ll likely be meeting someone who only is willing to give you company for superficial reasons. However, if you have money and superficiality floats your boat, then clubs are a great way to go.

Some things you should know about clubs

Clubs have some unwritten rules – in general they are not good for guys, so just be ready to be treated unfairly.

- Clubs often have **cover**, which is the amount of money it costs to get into a club. This can range anywhere from free, to \$100+ for premium clubs. Usually girls get to go to clubs for free, and for more expensive ones girls have to dress fancier or reveal more skin. For guys, the default is bouncers want to be mean and not have you go into the club. Usually there is cover, and unless you bring a lot of girls, and good looking ones (which is probably not you if you are reading this book), you're going to have to pay some sort of price to get into the club.
- Clubs have random rules, because it's a very commission and service based industry. E.g. bouncers can be unreasonable and only accept girls, and make it really difficult to have guys at the club. They can also reject your ID for many reasons, even if it is a real ID. If you get turned away, don't bother fighting because they'll probably fuck you up pretty bad or the cops will come³.

3.3.4 Exercises

1. Find some local events that you can attend. Don't think about things like "will there be girls" or "what if everyone is boring" – the goal is to meet people and expand your comfort zone. Don't be cynical, be nice to everyone, and give everyone a chance to be your friend.
2. If you have some friends hosting a party, attend one! Try to be open to doing things, and try to make friends with people.
3. If you have the resources, see if you can host a party. Starting out small is a good idea, and if you think you have the hang of it, try to throw a bigger event with more people.
4. As bad as we made clubbing sound, you should apply your knowledge in real life by attending one. Depending on which city you are in, your club may be more or less reasonable in regards to their treatment of you.
5. *Saving your ears*. Clubbing and festivals are often extremely loud. This promotes more wild activities and a lit time, but also fucks up your hearing. Do yourself a favor and save your ears by purchasing a pair of earplugs. There are also specially designed earplugs that can filter out loud noises, but still allow you to hear people talking. Eargasm is one such company that makes these types of earplugs, but can be pricey.

³cops will usually side with club management

Chapter 4

Going on Dates

You’ve done some self-improvement, you’ve met people, and you may now have some dates lined up for you. Now, you have to actually go on dates...what do you do now? You may have no idea how to approach the date, or you might have a strong idea of what you want to do, but want some feedback on it. This chapter is about what dates are like, what can happen, and some things you can mentally prepare yourself for, as well as watch out for during the date.

Overall, we’re rooting for you. It’s great that you’re going on dates and have made it this far.

4.1 Prepping

You want to look presentable on your date. This does not mean that you need to wear an expensive suit every time, but you want to show that you put effort into preparing. These are a few questions you should ask yourself before walking out the door for your date:

1. **Are you dressed appropriately?** If you’re going to be walking in the park, you don’t want to show up in a suit, but you also don’t want to look like you’ve just rolled out of bed. Make sure you wear something nicer, but also make sure it’s practical. E.g. you don’t want to be sweating in the middle of sweltering heat, and you also don’t want to be freezing if it’s cold.
2. **Did you shower recently?** This should be a no-brainer, but if you’re busy or stressed before a date it’s possible that you’ve forgotten this basic step. No one wants to go out with someone who hasn’t showered in a few days.
3. **Did you brush your teeth?** Having good oral hygiene is really important. Think about all the times you’ve had conversations with people that have bad breath and how unpleasant that is. You don’t want to subject your date to that same punishment. Plus, if you want that magical kiss at the end of your date, you best make sure your breath is something that doesn’t cockblock you.
4. **Do you smell nice?** Deodorant and maybe cologne are your friends. Cologne is optional, deodorant is not. Even if you don’t think you have B/O, you probably do. Make sure you don’t smell like a walking cologne advertisement though – that’ll make others nauseous and make you seem unrefined. A good rule of thumb is 1-2 sprays on the neck and on the wrists¹. If you’re not sure about if your cologne is overpowering, ask a friend to stand about 3 feet away from you and ask if they can smell your cologne consistently. If so, then it’s too much; cologne is one of those “less is more” type of things – you want to surprise your girl, not blatantly overpower her senses with your sexy scent.

4.1.1 Know your Date

A date is kinda like an interview in that you are somewhat testing each other for a qualification, and you usually do that through asking questions and having lengthy conversations. While you might have swiped

¹1-2 sprays on one wrist, and then rub them together

right on your date because she was hot, you should have a few more reasons prepared before you go into your date.

You may not know a lot about your date, maybe because you met her momentarily or just swiped right on Tinder, but there are some things you can infer. For example, if you have her full name, you can usually guess where her ethnic background is. From here, you can do some research about her ethnicity, such as reading about the history about the country she is from, some common foods they have in that country, and other culture. You don't have to have visited the country to show interest – as long as you show you care, she will be more than happy to hear that. We are taught not to judge a book by its cover, but based on what she looks like, you can make some inferences about her. For example, if her hair is dyed, that can be a conversation topic, or if she owns a certain shirt, that can be something of interest to you. In general, you're looking for signals that can lead to conversation topics to make your date more interesting.

What to watch out for here is not to be creepy and overbearing. Yes, we all can assume that each person in a date is going to stalk each other on Facebook, Instagram and all the social media platforms beforehand, and even do some research about the other person's inferred background, but you should organically step into these conversations. Don't just bring up something that you could not have come up with on your own without prior research. For example:

- **Do:** Hey, I saw your picture on Tinder of you holding your dog. I think it's cute! When did you get it?
- **Do:** Your friend was telling me about how you've been parachuting around the world. I think that's awesome – I also love doing extreme sports. (Because talking to her friend is organic, this is not considered creepy)
- **Don't:** I think you used to work at Goldman Sachs in the city, how was that? (notice that there is no chance that you would be able to just come up with this unless you stalked her LinkedIn)
- **Don't:** Are you from China? (Yes, you can make inferences about her ethnicity, but don't just guess it unless you have confirmation. People can have different last names for a variety of reasons, and even if they are from that country, they may not want to talk about it. If you wanted to talk about the country they are from, you can consider talking about that country first and see if she adds onto it)

Most people like talking about themselves, so if you can carry strong conversations about your date and keep her excited and interested in talking about herself, you will leave a good impression. It shows you care about her, and were engaged in good conversation with her. Overall, if she feels good while talking to you, that's going to give you some bonus points.

4.1.2 Know yourself

As much as you should know your date, you should be able to talk about yourself, both in leading conversations and responding to questions about you.

In general, you should be ready to talk about basic life questions about yourself. Think childhood, things you like to do, upbringing, places you've been, school and work. It's totally fine not super prepare these questions to the point where you are reciting, but you should not have trouble coming up with responses and not have responses that are too short. For example, if she asks you how your childhood was, something like

Yeah – it was good. Got lots of sunshine outside and hung out with my parents a lot.

is going to bore her to death instantly. Coming up with more specific examples is always gonna help you here. Maybe you were a boring child, but there was one time you did something really stupid – that would be a great conversation topic and hopefully an interesting story to tell. Almost all of us have gotten trouble in school at some point, and maybe you can lead into a conversation about that, e.g.

I was generally a goody-two-shoes kid in school, but sometimes I had those moments where I think back and I'm like – what was I thinking?

So I really didn't like my desk partner in elementary school, because he always did annoying things to me. One time I tried to secretly pour as much orange juice into his desk as possible. As you imagine, he found out pretty quickly and told on me, and I got in a lot of trouble with the teacher. It's funny because even though I was good 99% of the time, the few times I pulled shit like this, it got me in trouble and my teacher thought I was a mischievous child.

These examples might sound bland, so that's great, you have way more interesting stories to tell. The point is that you can captivate your date with personal information that's presented in a more engaging way than the objective truth.

4.1.3 Know the Schedule

As a guy, you're most likely the one planning the date. This means you should be expected to know about where you're going, what you're going to do, how to do things, and even a bunch of dumb questions that you might seem obvious. You need to be ok with this, that you're kinda gonna have to carry the date. Think of it this way – leading the date is a privilege, since you will be able to better gauge how it's going, and choose activities to your benefit.

At the very least, you should have an idea of where you're going, and at what time. Maybe the date is “let's meet up at the park and take it from here,” but you should realistically be thinking things like

- Where are we going to meet in the park?
- How long will we be in the park for?
- What is interesting in the park? Are there any paths that are more fun to take?
- What are we going to do after the park?
- When is it dark?
- When will she want to go home?

You don't need to have every scenario lined up, but having a good control of the date and seeming like “a local” will make you look better during the date. Everyone loves someone who looks like they know what they are doing, and leading a date is no different.

In addition, depending on your date, you should think about worst case scenarios. Maybe the restaurant you booked has too many people, or it starts raining, or you are way too late for the event you were supposed to attend. Having backup plans is definitely a must, and it will make you look “smooth” if you can transition from a nearly disaster date to one that worked out.

4.1.4 Getting over Nerves

It can be incredibly nerve wracking to go on a date, especially a first date. There are a couple of things you should keep in mind if you're feeling too nervous before your date:

1. A date is an agreement between two people to meet each other. It's very easy to get mentally lost asking questions like “what if she won't like me?” or “what if I'm awkward?” or “what if she thinks I'm ugly?”. The important thing to remember is the person on the other side of the agreement, your date, is probably asking those exact same questions. The point of a date is not for you to impress your date. Obviously, it's nice if you do manage to impress them, but a date is a two-way evaluation. You're there to evaluate your date as well. If a date doesn't go well, that does not automatically mean that it's your fault.
2. A common fear with dates is that the conversation might be dry and or awkward. It's very easy to automatically blame yourself for lack of conversational quality, but the reality is that conversation is a two person game. If the date is awkward or dry, at least some of the reason for that falls on the other person, not just you. And the reality is that you will not have effortless conversation with every person you go out with. One of the indicators of a good date is that the conversation was good.

Keeping the above in mind, it is still very natural to get nervous before a date. There's a very good reason why you should be a bit nervous before the date; it's a new person you've never met, and you're evaluating each other for what could potentially be a long-lasting relationship. There's potentially a lot at stake. Some people recommend taking a shot before you go on the date to help the nerves. I think that it's a viable strategy for controlling nerves, but it's a dangerous game. The very last thing you want to do is show up to a nice dinner date absolutely hammered. I guarantee that date will not go well for you. In my experience there's not a silver bullet for nerves. The best thing you can do is remember the things mentioned above and realize that if this person agreed to go on a date with you, they most likely have already formed positive initial opinions of you and you're probably just overthinking things.

4.1.5 Exercises

1. *Dress Rehearsal.* Even if you aren't going on a date, go through the checklist in Section 4.1, and feel good about yourself for the rest of the day. Think of this as like dress rehearsal.
2. Be able to answer these basic questions that you may be asked on your date about the girl/date:
 - Why did you swipe right on me / what do you find attractive about me?
 - What are you looking to get out of this?
 - What do you think of these shoes/dress/bag that I got recently?
 - Why did you choose this date spot / idea?
 - How has your dating experience been like?
3. Be able to answer these basic questions about yourself from the girl:
 - What was your childhood experience like?
 - How has school / work been?
 - What are you working to achieve in your life?
 - What are some fun things you have lined up?
 - What are some fun things you do?
 - Where are some good food spots you know in the area?
4. *Just in case.* Look around your area, and think about some good backup options that you can go to for a date if things go bad. Some worst case scenarios are
 - All the restaurants are booked – where can you go that is reliable and good?
 - It is raining – where can you stay dry and also spend a good amount of time without getting bored?
 - Maybe everything is closed for some reason – what nature activity can you do that doesn't need to be “open”?

4.2 The Date Itself

Everything is all lined up, and you just have to show up to your date. Shake your wrists, and relax. Even if you've done a lot of prep, there is no amount of prep that can prepare you for every situation, and that's ok. Once you're on the date, you should just go with the flow, and do the best you can. Don't blame yourself for anything, and if something goes wrong, there's always the future, so don't get too stuck on a single mistake. The best way to conduct your date is just to be yourself and be as comfortable as you can.

4.2.1 Don't be Late

Starting out the date, don't be late. Maybe you have something before, or maybe it's a really far location. Either way, being late is something no one likes. Maybe your date is going to be late, but it doesn't matter. Just be there on time and set yourself up for success. A good way to think about showing up to a date is like showing up to an exam. Going early doesn't exactly give you an advantage, but it can settle your nerves and make you feel better for what's ahead. It also gives you time so get a sense of the area and surroundings so you can mentally plan ahead. If you're late though, you're gonna be frantically scrambling to get yourself together, and feel bad about the exam even if a few minutes shouldn't cost you any points.

What if you're late? Let her know beforehand. Things come up and life happens. However, you should give her a heads up because there is nothing worse than her waiting without a clue of when you will show up. If she knows beforehand, she is able to occupy herself while waiting. If not, all of her attention is going to be that you are late. Be a decent person and apologize for being late, but there's no need to come up with excuses. Just go ahead with the rest of your date per usual, and if you need to adjust the schedule because you were late, that's ok.

Sometimes, you might get stood up. Don't kick yourself too hard for this. You can either try again another time, or just think that this person doesn't care enough and this isn't worth it. Either way, you should just move on, and keep your head up high, king.

4.2.2 Greeting the Girl

Giving hugs is usually a good idea. Makes you seem more open and confident. But don't force it. It is generally more comfortable if you guys have been talking for a bit.

Smile, be excited. Not only will this give off a good first impression, it also sets a tone for the date initially. But don't be too creepy with this or else it makes you seem desperate.

If you guys are going on an outdoor activity like walk in the park, it would be a good gesture if you grab coffee for the two of you or small bites. Food is a little trickier because she might have dietary restrictions so stick to very safe foods, or things that you know she likes from conversations. For coffee, lattes are usually safe or just black coffee and you can grab some creams so she can adjust to her liking.

Even if there is some disappointment, for example you feel a bit catfished because she's not as pretty in person, show some respect and don't show that initially. Try to smile through it and give your date a chance. Even if you do not think she is the one for you, you guys could still click and be friends.

Some conversation starters to get conversation going:

- How was the commute here?
- How your day has been?
- Give her a run down of the plan or just where you guys are going
- If it is a restaurant, tell her a little bit about why you chose the restaurant or any fun facts or interesting things about the restaurant.
- If there is anything interesting or stand out in the area that you are in.

4.2.3 During

Be decisive. Usually, girls like a guy who leads. So don't mope around, be wishy-washy, and ask your date for approval for every single thing. If you're at a museum finishing looking at an exhibit and your date doesn't have an opinion on where to go next, YOU need to choose the next place to go.

Obviously, don't do anything bad or anything sketchy without her consent. Don't tell her that you're going to take her hiking in the woods because you ran out of ideas. Just be decisive when you need to.

Note 4.2.1

Be aware that girls are thinking about safety on dates. It's something that guys don't have to think about very often. But, if you're on a date out in the park or something, make sure to stay within the boundaries of a public and safe area so that your date can feel comfortable and secure at all times, so she can focus on you and the date instead of worrying if you're about to kidnap her.

Another common pitfall to dates is awkward silences and lack of good conversation. I've definitely found myself on dates wracking my brain for things to say and coming up empty, and being silent and awkward instead. It's not a good feeling, and sitting there silently nervous is not attractive either. My solution to this problem is to pretend that you know the other person well²; if you talk to them like they're a close friend, the conversation often comes much more naturally. Talk about your day or what you did last weekend or whatever comes to mind. And ask them those same questions. An easy way to fill the silence is to talk about yourself. However, this makes you look pretentious and full of yourself. Instead, ask her the questions. It shows that you are interested in getting to know her and from her answers, it gives you more material to talk about. If it is later in the date, you might have already talked about generic questions.

The second part of this solution is to not psych yourself out too much. If you're wasting all your brainpower kicking yourself for being awkward, of course you're never gonna think of conversation topics. Remind yourself that this really isn't as big of a deal as it feels like in the moment, and try to relax if you can. Your conversation will probably be a lot less forced and more natural than if you're stressed out about not presenting yourself as awkward or quiet.

4.2.4 Transportation

You have to keep in mind that girls are more likely to wear fancier clothes, heels on their feet, and have makeup on their face. This means that moving around quickly, which requires some sort of athleticism and perhaps sweating if the weather is hot, is not something a girl wants to do too much. This means you should be mindful of how much walking there has to be, if you can take AC-routes or public transit, and to add longer buffer time for transportation relative to how long you would take to walk it yourself.

As a last resort, you can call Ubers everywhere, but try to see if you can use public transit, or walk a little more chill to get to your destinations.

4.2.5 Being Negative

Nobody likes a downer. Even if there are legitimate issues with your life or the world, nobody wants to hear it, especially a stranger who is trying to know you. It might sound obvious to not be negative, but you may find yourself surprisingly judgmental and negative when you talk to others. For example, you might not like the food, think the weather is down, think that other people are not doing well around you, think that people around you are making poor career choices, or even just be pessimistic about your future, even though that's just to be hard on yourself to do better. The list goes on, but be pay attention to how negative you are, and what impression that may give others when you meet them.

In general, being positive is better. You should appreciate how things are, the quality of things, and what people do, regardless of whether or not you fully believe in them. That's not to say you should be superficial and pretend to like everything that appears in front of you, but you should give everything a genuine appreciation, and lower your threshold for things that you find acceptable.

Sometimes, there is an elephant in the room, and it needs to be addressed. For example, the food may be too salty, or the place is really dead. Instead of complaining about it, maybe you can make a joke out of it, or come up with something interesting. For example, if the food is salty, you may say something like

“Damn this food is hella salty, but at least it's giving me a good reason to wash it down with a ton of wine!”

or if the place is dead, you can say

²A pitfall here is also to overshare. While sharing personal things about yourself can be interesting, sharing things that are too deep or troubling to someone on a first date can be intimidating.

“I thought it would be way more poppin’ on a Thursday night. Maybe the restaurant knew we were coming and reserved the entire place for us.”

You don’t always have to be a clown about everything, but it helps in general when you’re trying to bring everyone’s spirits up.

4.2.6 Getting Rejected

You’re going to get rejected, but sometimes, it’s not your fault entirely. Maybe you are still working on yourself, or you haven’t had a chance to prove yourself yet. Therefore, it’s ok to take rejections with a grain of salt. However, the most important thing is that you move on and look for better things ahead.

You may be rejected in the middle of your date, or maybe a few days later, even after she verbally agreed on another date. It’s important to be able to let these things go. There are tons more girls out there, and one girl shouldn’t be putting you in desolation and ruining your entire dating life. It will be feel bad to get rejected, and you may feel desperate to keep her, especially after you’ve worked so hard just to go on a date with her, but you should not waste too much time thinking about rejections and trying to “fix” them. Often, it’s better to just move on and look for someone else.

In addition, if you are a younger guy, especially out of college, you’re not going to do well in the dating market as an older guy. Someone who is older will likely

- Be more emotionally mature
- Have more money than you
- Be better at sex than you
- Dress better than you
- Have more interesting life experiences
- Hold better conversations than you

Therefore, if you’re thinking “but I’m such a nice guy and I’ll treat her well,” just think about all of the assets you lack because you are younger. Even if you think you have all of the things listed above, there is implicit bias in age that will cause you to fall lower on a girl’s priority list.

Another thinking trap to avoid is that you think just because you do something or offer something to the girl, you should be getting something in return. For example, if you help a girl get a job or you introduce her to a lot of friends, it might have a positive impact on your life, but she has no obligation to thank you, and especially not through romantic means. There is no “tit-for-tat” in real life, and you should not feel “cheated” if you feel like some girl is using you.

4.2.7 Exercises

1. *Oversharing.* We talked about how oversharing can be a turn off during a date. To prevent this, a good exercise is to list some talking points about yourself, and see if you can categorize it into oversharing, interesting, or bland. For example, some topics you can start yourself off with are:

- Your ex relationships
- Getting rejected at your dream college
- A medical condition you have
- Why you think the food you’re having right now is good
- An article you read recently
- A difficult music piece you’re trying to learn
- A country you visited recently

2. *Complaining.* As tech-savvy people, we may think that we are elite and we know best. This can make us more judgmental and elitist than we should be, and give us a negative vibe.

In order to appear more positive and friendly to people, let's do the following exercise: come up with the examples below, and try to think something positive about them. The idea is to try to view negative things in a positive light:

- Think about 3 people that you don't like, and see if you can name one good thing about each of the people. It's best to imagine you are asked your date about why you know one of these people, and what you would respond for that question.
 - Buy yourself some food that you don't necessarily like to eat, and force yourself to eat it. While you eat it, think about some positive things to say about it, and try to maintain a positive demeanor despite how much you might be disliking the food.
 - Come up with 3 things that are bothering you in life, or things that you struggle with. Ask yourself, how can you present these things in a positive light?
 - Think about things that you've complained about recently. Did they actually warrant complaining? Were you just overreacting? Could you have not complained and said something neutral or nothing at all about it?
3. Getting rejected is normal, but it can feel really bad and haunt you for a while. A good way to get over a rejection is to journal – write about the date or experience, and why you got rejected. You should tell yourself that there are always other opportunities in the future at the end, and explain to yourself what you will do differently next time. Sometimes, things are out of your control, so don't stress too much about it.

4.3 Date Ideas

Don't try to just invite a girl over to your place on a first date. She'll just reject you, and you have to keep in mind that girls aren't as horny as guys, so they aren't just tryna fuck instantly, and have no reason to do so.

For some date ideas:

- **Museum:** A good place to walk around, and have the luxury of content in the museum to talk about as a conversation topic, just in case there aren't other things to talk about. Museums are often well-constructed and have interesting architecture, so it's a "classy" venue to meet someone, and overall elevates the experience of the date. Depending on the size of the museum and what there is to do/see there, you should usually followup with going to a small food place after, or finding another activity to do. Usually not a place to make moves, as the museum is a very public area.
- **Park:** Good for the views, and serves as an activity, since a park implies that you should at least walk it, or look at things inside the park. Places with kids, dogs, and nature things like interesting plants and fountains help lighten up the mood.
- **Water:** rivers, lakes, ponds are always nice to have. Humans in general are infatuated by water, its aesthetic, and just how interesting it can be in terms of things to talk about and what its function are.
- **Restaurant:** This can be an ok first date, but only if the girl is interested in you and not your wallet, i.e. if the girl is just trying to get a free meal out of you. A restaurant date is typical, but also requires a good amount of attention, content to talk about, and the ability to get out of awkward moments if they happen.
- **Coffee/Boba/Ice Cream:** Can be seen as stingy as a first date, and a signal for "he just wants to fuck." This is not to say these type of dates are to be avoided, but if you ever get rejected, this might be a reason why. These type of dates can be made better by including another activity with it, for example ice skating with boba, or checking out some farmer's market and then getting coffee etc.

- **Nature hike:** not a good first date, girls are afraid of being kidnapped and killed. In addition, this can be physically strenuous and not fun if the girl doesn't want to continue the hike.
- **Interesting stores:** this is more plausible in a city, but if you're in a more sparsely-populated area and you have a car, you can make this into a mini roadtrip, by driving to 2-3 stores, and spending a bit of time in each.
- **Movie:** this is one of those low-effort, but also tough dates. In a movie theater, there is pretty much no talking, and it's hard to figure out what each person is comfortable with without guessing. For example, should you put your arms around the girl, should you cuddle, should you kiss? There are so many unknowns, and the plot thickening in the movie is not going to give you any signals.

Dates that involve eye contact go a lot better than dates that don't. It's pretty easy to be silent and awkward if you're just walking along the street with someone and you're both looking ahead, away from each other. It's a lot more natural to have a conversation face to face, over dinner or coffee or something. All of the above can be fun, and there's no one recipe for a perfect date. Just remember that you both are using the date as a vehicle to get to know one another and judge compatibility. Things like movies where you don't get to talk to each other are probably best reserved for future dates.

Also, it's important to note that usually the date idea is not going to make or break the relationship – your interactions, personality and things to offer to the girl are going to be the conditional for the success of your date. So, if you ask yourself why your extravagant dinner, Broadway show and ice skating at Rockefeller didn't win her heart, it's because she doesn't like you that much.

4.3.1 Do I have to Good At the Date Activity?

While it may seem intuitive that being good at the date activity can be an advantage for you, that is not always the case.

If you and your date are both bad at an activity, it adds more risk – but it can go in your favor. For example, you might look goofy and make a lot of mistakes during the activity, but it's a learning process for both you and your date. In addition, funny moments may elicit some laughs, and make the overall mood more light-hearted. In addition, since you and your date are both learning about the activity, there will naturally be more conversation topics and your date may flow more smoothly. Therefore, if you don't have anything you're particularly excited about, maybe choose something totally unique that you and your date can explore together.

That being said, being good at the activity can also work. The thing to watch out for here is that you don't want to be some overcontrolling coach or strict parent just because you are good at something. For example, if you're a pro at golf, it's ok if the girl is not going to become Tiger Woods after a session at the driving range. In fact, if she doesn't seem like she wants to swing too many times, that's totally fine. Give her some leeway, and lead when appropriate and comfortable. Showing your strengths does not necessarily mean showing off and forcing it on other people.

In general, it's not about being good or not at some activity, it's about how you handle the situation. More positive energy, more leeway for the other person, and being able to handle possibly stressful situations are what give you the appearance of a cool person, not if you're going to hit 300 yard shots at TopGolf on every swing.

4.3.2 Exercises

1. *Exploration.* Maybe you don't know your area that well. Do yourself a favor and go outside and visit some shops, restaurants and culture that your area has to offer. Even if you don't end up going on dates in these places in the future, it's just good knowledge to keep yourself involved and interested in your local community.
2. What are some activities that you've never done before that would be fun to do on a date?
3. Come up with date plans for the following durations:

- 1 hour
 - 3 hours
 - 6 hours
 - Entire day
4. Come up with date plans that fall into \$, \$\$, \$\$\$, and \$\$\$\$ budgets³
 5. There may be a cliché spot in town that everyone goes for dates. Maybe you want to take her – but don't want to be like everyone else. What can you do about this date that is different from other people? How can you sell the experience so it's unique and special?

4.4 Dating FAQ

- **What if my date going downhill?** If you feel like your date is unreasonably cooperative or is being mean to you, maybe it's time to let go. There is no rule that says you can't end a date early, so don't force yourself through a date if you aren't feeling it or you think it's becoming hopeless.

Not everyone is for you. Even if you like the girl a lot, maybe she doesn't like you back. It's ok to have bad dates, and moving on is an important part about emotional maturity in the dating process.

- **Should I pay?** Most (but not all) dates involve paying for something at some point during the date, whether that be movie tickets, dinner, drinks, coffee, etc. Traditionally, the guy will pay for these things. It's not so clear anymore, and sometimes that's a source of confusion. In my experience probably 50% of the time girls will insist on splitting the bill, and the other 50% they'll let you pay for it. The takeaway is that it really doesn't matter, just offer to foot the bill when it comes. And definitely don't go on dates you can't afford, no one wants to date a broke peasant. You may only have \$35 dollars in your bank account, but as long as your date costs < \$35 you could be a millionaire for all she knows.
- **When can I hold her hands?** There is a much lower bar for holding her hands, and this is usually welcomed in most cases in *the right scenario*. When when is it *right*? Usually this is at the "peak" of the date, for example if you take her to somewhere romantic or sightseeing somewhere exciting, or if it's just part of the date, like strolling through a park. The only general rule is that you can't just start holding hands at first contact, because you don't even know each other yet. There should be some point where you just take her hand, or offer to take her hand, and then you can go on your lovely walk.
- **Should we kiss at the end of a first date?** This is a pretty common question that you may find yourself wondering as the date comes to a close. The simple answer is that it really does depend. If you think the date went well and there's a good opportunity, go for it. From personal experience, if you don't, you'll just spend days kicking yourself for not nutting up and just going for it. This doesn't mean that all good dates end in kisses, nor does it mean that all dates that don't end in kisses are bad. The name of the game is remembering that you have a pair of balls attached to your body that you've been carrying around all these years, and an end of date kiss is the time to use them. So if the date went well, fucking nut up and kiss her. Obviously don't force yourself upon her or you'll be the wrong type of cuffed. Like dating, kissing is a two-person activity. If you've hit it off with her, she probably wants to kiss you too.
- **How do I get her to come to my place?** In general, a girl coming over to your place is a signal to smash, so most girls will not be willing to come over on a first date if they don't want to smash or give the impression that they are too easy. Therefore, as expected, asking this question is dependent on the girl and how things are going, but do keep in mind that coming over usually implies more consent, so it's harder to earn that level of trust from the girl. For example, if you haven't been able to give her a kiss, inviting her over might be too much to ask for.

³Up to your discretion for what each bucket of money means

Chapter 5

Real Sex Ed

Tips for when you finally get laid. Gratz buddie.

Sex is a very taboo subject in many countries, and as a result, proper education about sex is seldom found, if at all. Even public school curriculum standards for sex ed is awful. While sex ed might cover topics such as reproductive anatomy or risks of sex, there are many real and practical factors about sex that are not covered at all. For example, in school we never learn about what having sex is actually like, what it looks like, what porn is, what hookers are, what dangerous scams there are out there, etc... These topics don't have to go untold – they can be taught just as systematically as anything else in school, and are very important.

We'll cover topics about what sex is, what techniques are commonly used, and some things to think about to mentally prepare yourself for sex. Overall – don't sweat it! Sex is not everything, and it's not a big deal if you're late, you don't know what's going on, or if you are having trouble understanding it.

5.1 Getting over Nerves

You're about to get laid for the first time. And you're nervous, because you're afraid of how you're going to perform. Honestly, you probably don't even care about how good the sex is for you, you just want to make sure that the person you're about to get nasty with gets a good dicking.

It's understandable. We've all heard the jokes and seen the memes about the guy nutting in record time...and unsurprisingly, you don't want to be this guy. So you're nervous about your first time because you're scared of getting slapped with the label of being a two pump chump.

Your strategy? Jerk off three times in the twelve hours leading up to the sex so your dick can't feel a goddamned thing when you're doing the deed so you can last up to four hours. Obviously you don't want to go above that because, well, you read somewhere to call the doctor if your erection has been sticking up for that long.

Well, let me tell you this. Chances are, if you've been spending the last ten years of your life tugging away at your meat at 2AM watching Fortnite porn after being reminded of how your crush wore that sundress that one time, the nerves on your dick have been thoroughly blunted.

It's a lot more likely that you won't be able to keep up your erection from your performance anxiety than it is that you'll pop off prematurely. And trust me, your dick needs to be harder than you might think in order to even penetrate.

So, take my word of advice and do NOT jerk off before you're about to have sex. Go in guns fully loaded. And if you nut early, my friend, be glad that you were even able to get your shot off. And think about it. If you nut in 0.2847 seconds, the girl will probably take that as a compliment. It means she's so hot that you blasted off in milliseconds. Think about it. Would you rather make a girl cum instantly or not be able to do it at all?

Note 5.1.1

Whether or not you're about to have sex, stop deathgripping all the time. You'll thank me later.

5.2 Techniques

We'll start with the basics – your own hands, and what they can do, and go all the way to the ultimate goal of penetration. While you can learn all of these things “naturally,” there's no shame in taking these step by step or just reading about them. Also, the usual way you learn about these things other than doing is through word of mouth, which can be super unreliable and incomplete. Having a source of truth and written down can help you learn these topics more effectively.

You may be overwhelmed with all of the techniques there are to sexual interaction, and find yourself thinking too much during sex. In the beginning, that's ok. Over time, you'll understand the motions more, and be able to perform them without thinking too much or being nervous. As with anything you learn, you'll mess up and be nervous in the beginning, but after you've done it enough, it will be more familiar and easier to do.

5.2.1 Porn is a bad portrayal of sex

Thanks to the internet, most of us have watched porn at obscenely early ages – maybe even in the single digits. Watching porn a few times is not terrible, but the worse part is that we've also been accustomed to using and relying on porn as a means of sexual satisfaction – by starting young and teaching our malleable brains that porn is the secret sauce to a dopamine rush. If you watch too much porn – which is hard to quantify, but as a base line almost everyday is most likely too much – you should make an effort to stop watching porn as much. See the Exercises for some plans to help you along this way.

Although obvious, there are some images portrayed by porn that you should make an effort to shut out and not believe. Porn often exaggerates sexual characteristics, and believing in it too much can make you feel inadequate or unsatisfied by sex in real life.

- **Dicks are not that big:** While the guy himself isn't too important in a porn film, there is a large¹ focus on a guy's dick in porn². Many pornstars boast 7 inch penises, and other big names even carry 9 inch swords in their pockets. While this is cool and all, and especially for film, dick sizes realistically are not that big.

The average penis size is around 5.16 inches³. The thing is, even if you aren't that big, you shouldn't worry about it, because sex has so many other aspects to it. I know it's cliché to say that, but just listing some of the many other things that are arguably just as important as penetration – oral, kissing, mood, ambiance, finger techniques, sex toys, etc.

- **A lot of porn sex positions don't feel good:** Since porn is an entertainment industry, they have to make films that attract the attention. In the videos, you as the viewer can't tell or feel what the position you're looking at feels like. It could be dick-bending and awfully uncomfortable, but as long as the actors fake it, you'll think it feels good and you'll get a kick out of it. For example, when guys just flutter their tongue at a girl's pussy, the girl probably doesn't feel shit⁴. Therefore, it's good to remember that even if a position in a porn film looks pretty lit, it might just be super impractical in real life. However, these bizarre porn positions can be fun if you want to try them out.
- **Most girls are not as promiscuous as pornstars:** Girls on camera are paid specifically to do certain acts, but girls in real life have no such incentive, unless you're at a strip club or a brothel. Therefore, you should not think that casual situations lead to sex all the time. For example, girls are not going to take sex as bribes, you aren't going to have sex in bizarre locations like in a grocery store or on a bus, and most girls aren't gonna fuck you because you pulled your dick out.

¹Yes, pun

²The other more important focus being the girl

³<https://bjui-journals.onlinelibrary.wiley.com/doi/abs/10.1111/bju.13010>

⁴Most of the vagina is not that sensitive, so if you just randomly flick your tongue at it, you're probably not doing shit

In general, if there's something that you feel bad about yourself or want from watching porn, you should fact check⁵ it and see if it's cap, because the porn industry is just so fetish-ized and extremely sexualized that almost nothing is realistic except on the screen itself.

Note 5.2.1

There are many scams in ads on porn sites online. Some classics are pills or tools that claim to make your dick bigger or make you cum more. They are all fake. These things don't exist. If anything, Viagra is probably the only thing that actually does what it's advertised for – make your dick hard for an ungodly long time. The other scam that comes up often are women that claim they want to hook up with you, or perform sexual acts for you on camera. Think about it, why would anybody willingly do that, let alone for free?

Just make sure to double and triple check any nonsense you see on porn sites, so you don't end up on the wrong side of a dirty transaction.

5.2.2 Masturbation

Fortunately, you don't actually need a girl to masturbate, so this is one of the first sexual actions that we learn and perform. There are some guidelines to remember while you jerk yourself off:

- **Masturbate properly:** There's only one real trap you have to avoid here, and that's lying stomach down, and rubbing your dick against your bed or whatever surface you're lying on for stimulation – this is known as **prone masturbation**. This will lead to your dick getting numbed out since there is a great deal of pressure when you're putting your body weight on your penis. Some people fall into this trap because they think it more closely simulates sex in terms of the position (guy on top), but it's not good for your penis so just make sure you aren't doing this.
- **Don't death grip:** pretty self explanatory – if you have to squeeze your dick pretty hard in order to get off, you're going to desensitize your penis and make it much harder to get pleasure from a vagina, which is not going to be tighter than a tight hand grip⁶.
- **Refrain from watching more and more hardcore porn:** this is a feedback loop where you create tolerance in your reward system by making your brain only derive pleasure from more and more hardcore porn. This will likely make it harder for you to appreciate and derive pleasure from normal sex. Although this is technically fine if your lifestyle matches the porn you watch, in general it's better to be on the safer side and control your desires.
- **Avoid porn addiction:** As mentioned earlier, your reward system gets numbed out if you keep on rewarding yourself with jerking off. This can make real sex harder. Another issue with porn addiction is that it can be very time consuming, as you can spend lots of time trying to find the porn you want to watch, and also spend a lot of time just jerking off to random stuff on the internet.
- **Have good hygiene.** Although this doesn't really matter for masturbation, it is good to keep hygiene standards in general, and it will matter in every other area of sex.
 - **Stank dick:** if you touch your dick and smell some funky aromas on your finger, you should consider a good shower cleanse in your pubic area.
 - **Avoiding smegma** buildup under your foreskin – only applicable to uncircumcized penises. If you have never peeled your foreskin back before, this will be very painful to clean, since your penis head will be very sensitive; fight through the pain and give your dick head some fresh air by removing all the yellowish coagulated buildup.

⁵This can be research, or just you doing it yourself

⁶A common fallacy is that vaginas get loose if they get fucked too much. They loosen up during penetration, but will tighten up pretty much right after sex. Don't blame your girl if you can't get off because of a not-tight vagina.

If you're reading this guide, chances are – like the authors – you're a chronic masturbator that's death-gripped themselves into the shadow realm for some more dopamine. You might be wondering what you can do to regain some semblance of sensitivity in your poor abused dick. The authors of this guide unanimously support the “don't jerk off for a while” tactic. It can take some will-power, but if you abstain from beating your meat in every waking moment, and concentrate on not clamping down on your dick like an anvil, you should be fine. As long as you're cognizant of the risks of death-gripping, it's pretty easy to fix.

5.2.3 Sexting

Not for everybody, but this can be a major turn-on for some people as a build-up, or as the main activity for sex. Sexting is pretty loose in definition, but in general involves some sort of communication about sex, which can be

- Suggestive flirting
- Fantasy portrayals
- BDSM or role play
- Nudes

If you're curious why anybody would do anything online, after COVID, you might see why. If not, besides location, it's just a fun way for some people to express themselves sexually in a way that is not achievable in person. It is also a fun way to build up excitement until the next time you see each other.

Warnings

This is a reiteration of getting blackmailed, see Section 3.2.6.

- Don't send a dick pic or nudes to someone you don't know. You might get blackmailed, which is when someone will threaten to send your dick pic to your friends and family, in return for money. It's not cheap, can be hundreds of dollars per pic, and they don't stop doing it, and will squeeze all the money they can out of you.
- Don't put your face in the nude, you'll get murked. AKA you might get blackmailed. See above.
- Make sure that the girl is conformable with sexting before you start, especially if you are sending nudes. Otherwise it can make her very uncomfortable and report you.

Note 5.2.2

Sexting can be dangerous, leading to claims of sexual harrasment or you getting blackmailed, so always be careful who you are sending sexually explicit messages and media to.

5.2.4 Kissing

Kissing is often the first step into more sexual interaction. It does not however mean that if someone kisses you, that you are definitely scoring for the night. Instead, kissing is another step towards intimacy, and can lead to more.

There are several types of kissing, including:

- **Basic peck:** lip to lip, and no tongue. Optional, but you can suck in a little bit to make the classic kiss sound. Good for quick contact.
- **Interlocking lips:** no tongue, but just leaving lips on each other. This can be weird if performed by high schoolers, who look like they are mashing their faces together without doing anything. But you can make this more fun by smooching your lips around each other and making purposeful motions.

- **French kissing:** usually defined as a kiss when the tongues “interlock”, or have any sort of touch with one another.

Kissing is an essential part of dating. Some scientists even theorize that kissing serves as some sort of fitness evaluation⁷ for each other; similarly to how wild animals will sniff each other as a cursory evaluation, humans and their weak af senses kiss instead. The point is that being a bad kisser can certainly have negative consequences in courting women. Defining what makes a “good kisser” is tricky, but there are certain things you should avoid which will help you not be a bad kisser:

- **DON'T HAVE BAD BREATH:** this should be obvious, but it's probably the #1 turn-off for most people. If you think you're going to be doing any kissing, carry breath mints or gum and for the love of god brush your teeth regularly. Also, avoid naturally pungent foods (e.g. excessive garlic, onions, kimchi, strong spices).
- **Apathy:** it's no fun to kiss someone who's barely moving their mouth and doesn't seem like they're putting much effort into the kiss.
- **Too much tongue:** No one wants to choke on someone else's tongue. Less is usually more.
- **Over-aggression:** The opposite of apathy. Rushing things and aggressive kissing can definitely be a turn-off if the other person isn't into it. Feel the pace your partner is at, and try to follow that.

Tips that you can take to spice up your kissing game

- **Being unpredictable:** when your partner is reciprocating a kiss from you, you can pull away at the last second, and temporarily “blue-ball” them. Only do this enough where you aren't seen as annoying.
- **Breathing heavily:** can be seen as passionate. If you sound like you have asthma then this may not be your move.
- **Be aggressive:** During a make out session, slowly and slowly be more intense and more aggressive. This is a big turn on for a lot of girls and shows that you are into her. Take turns of who is on top, different positions, and move her around.

5.2.5 Foreplay

It is cliché to say to focus on the foreplay, but nonetheless, men still heavily ignore this part of the sexual experience. The purpose of foreplay is to move on from just kissing, to an anticipation stage for sex. While there is no formal category for what is foreplay and what is kissing and then oral/penetration, in general this step is considered the transitory stage where you aren't full on balls deep yet.

For techniques, in general, you can kiss any part of the body, which at varying levels of intensity are:

- **Lip contact:** just put your lip on a part of their body, and maybe rub back and forth. More of a tease.
- **Kiss:** a little section of air anywhere on the body. Also more of a tease, and can be cute because of the kissing sound.
- **Lick:** more nasty, but also more sensual, as your tongue is both wet and also creates significantly more physical contact than a kiss. But do not lick her entire face like a dog.
- **Hickies:** usually defined as a sucking on a body part long enough or hard enough so that it starts bruising. Don't do this on purpose just for the sake of leaving a mark. Sometimes girls don't like hickies either, especially on parts of their body where they will have to reveal in their outfit. Technically they can cover it up with concealer, but that's annoying.

⁷<http://www.bbc.com/earth/story/20150714-why-do-we-kiss>

As a natural extension to kissing any part of the body, you can also squeeze or rub any part of the body. The typical areas to squeeze are the boobs and but, but you should use your imagination and just let your passion flow to your hands. However, be smooth with it. Do not do it just because it is a thing to do and very robotic with the movements. The point of this is to bring more tensions and turn her on more. Slowly slide your fingers and brush them along her body. If you want to get even spicier, you can start slapping different parts of the body as well. Just be mindful that you aren't hurting the girl too much.

Just to give some examples, places you can kiss or squeeze are

- Anywhere on the face:
 - Ears, behind the ears, dirty talk
 - Forehead, head scratches
 - Cheek, Chin, Under the chin
 - Neck, Behind the neck
 - Shoulder
- Breasts, Stomach
- Pubic area, Butt

These should give you ideas, but the more important part is just to make sure you experiment if you find yourself doing the same thing all the time.

5.2.6 Oral

Giving a girl head

This can be hard, and a bit disgusting at first since she will have fluids come out (otherwise you're doing something really wrong and **ggs**). We should acknowledge that men in general do not like to give head, and would rather receive. This has led to many mainstream portrayals of men being selfish. With this in mind, if it is in the beginning of your sexual relationship with someone, you should offer to give head first, before receiving head or having sex. It's just good manners and makes you more likable.

When you are giving head, there are two main areas you can aim for

- **Clitoris:** Colloquially known as the "clit," this is the female penis head of sorts, and is super sensitive. You can imagine the clitoris as a penis head, but condensed down, yet with the same number of nerves. I.e. the clit is just a more sensitive penis head. With this in mind, the clit is both something that can help stimulate the girl if at the right time, but can also hurt her if stimulated at the wrong time, or done too rough.

In general, a good way to work with the clit is to first lick it, since it will be dry, and because the tongue is more gentle. Once the clitoris and vagina are more wet, then you can rub them with your fingers. Alternatively, you can use lube to get it wet.
- **Vagina:** The vagina has many parts to it, but fingering usually goes into a few techniques.
 - **G-Spot:** This is the area towards the belly of the female in the vagina, which is well-known to have sensual properties in most girls. The most common way to stimulate this part is to insert your fingers, and stroke the front wall of the vagina.
 - **Stretching the vagina:** If you stretch the vagina with multiple fingers, this simulates the presence of a penis and leads to stimulation. There are a few ways to stretch, but the easiest is to use more fingers when you go in. Maybe 2-3 fingers. If you wanna go ham, you can try to put all your fingers in, and give a little push ⁸. This will be like a mega girth cock, and can give some intense stimulation. In general, stretching the vagina is less directly stimulating than the G-spot, but it is good to use once in a while to vary your fingering technique.

⁸It is possible to fist a vagina, but you probably shouldn't do that unless the girl really wants it

If you want a tighter vagina, you can give the girl an orgasm before you move onto penetration. After orgasm, the girl's vagina will often have the muscles still be quite tight from all the stimulation, and that can help you feel her more during sex.

Receiving head

You can technically just sit back and enjoy the show, but most girls would like you to be a bit more than just a moaning, otherwise reaction-less rock. Some things you can do while she's doing her work is to

- **Stroke her hair:** also head scratches, but give her some return for her work
- **Dirty talk:** good for any stage of sex, but can help a lot here since the girl's mouth is occupied, so if there's any talking, you're going to have to lead it. This can turn her on more and you will feel better too.
- **Finger her:** There are positions that work better for this, include 69, and also if she can contort her body a bit towards you so you can access her vagina.

You should give feedback if you don't like what you're getting. Some things to look for:

- If you like getting licked on your penis head, and not the rest of your dick shaft, you should let your partner know, because it's easy to perceive the dick as a uniform surface of pleasure, when in fact nerves are more concentrated in the head than other areas.
- If your partner is using too much teeth, beyond the point of playful or what you like, you should mention it
- If your partner is sucking too hard, you can let them know. Same goes for if they are not applying the pressure you want.
- If your partner is doing the same thing over and over again and you don't feel more stimulation, you can ask her to switch it up with some hand strokes in between, or maybe change positions for receiving head.

5.2.7 Dirty Talk

Besides all the physical things in sex, the talking can spice things up a lot. There is a reason why people like phone sex. The point of dirty talk is to give more visuals and imaginations. The tone of your voice also makes things sexier and get both parties more into it.

Dirty talk can be at all stages of sex. Some examples include:

- **Ear kisses:** when you are giving ear kisses and kissing around her ear/neck area, whisper things into her ear. You are right there anyways and the soft, raspy whisper makes it more promiscuous.
- **Making out:** Even just during a make out session, the times when you are taking a break to catch a breath, that is a chance to say things
- **Penetration:** During penetration, both of you are already in the mood and feeling things. Make it spicier.
- **Foreplay:** perfect time to prepare her and give her a sneak peek of that is to come. The anticipation can make you seem very attractive

Overall, the use of dirty talk can serve many purposes and add some different flavors. Sex is a very physical thing, but it is also a very emotional intimate act. Part of sex is feeling closer and more connected.

Now you might be shy of what to say during sex because it can be very embarrassing. Here are some suggestions that you can go off of:

- What do you want to do to her. This is where you can say the imaginations and fantasies that you have had of her

- How you want her to feel
- What you will do
- How does she look
- How she turns you on

5.2.8 Penetration

The pinnacle of the sexual experience, dicking her down.

Some men may have sexual performance anxiety because they think their dick is small, or they don't know what they are doing. While this may be true, you should remember a few things

- Porn is a bad portrayal of sex
 - We've gone over this, but porn dicks are massive, and represent the $< 1\%$ of the population. If you aren't the 1% of the population, that's just how it is, and there's nothing you can do about it. Plus, you don't need to have a big dick to have good sex. It's mostly for you anyway, so if you can get off, you should be happy.
 - Lots of porn sex positions are not comfortable, and are probably not something you want to recreate or try. Did you know a lot of actors behind the scenes just jerk themselves off, just to get ready for scenes? That shows how uncomfortable some scenes are.
- Size *kinda* matters, but there are other things you can do. This is cliché for sure, but what do we mean exactly by technique?
 - Penetration isn't the only thing in sex, there is licking, touching, slapping, talking etc. See all the techniques leading up to this section.
 - There are different types of positions that may benefit your dick shape or size.
 - If you think the girth of your dick isn't enough, you can use your fingers as well. Fisting might be extreme, but sticking 3+ fingers might just make up for your girth temporarily.

Vaginal

Different positions you can do

- **Missionary (guy on top):** the classic. The girl is on bottom, and the guy is coming from above.
- **Doggy:** another classic. Girl crouches down, and the guy hits her from behind. This usually gives deeper penetration, so it will help out the smaller dick fellas.
 -
 - You can adapt to a pronebone position if the girl starts moving her body more down.
- **Cowgirl (Girl on top):** girl can reverse to face away from you to do the reverse cowgirl. This is the least amount of work for a guy, as he can pretty much just lie there.
 - If the guy sits up, he can often get deeper penetration into the girl.
 - You can have the girl on top, lean towards you, and then you thrust from the bottom: this is good if the girl gets tired of riding you, and you can continue the penetration with your own strength while the girl takes a break.

Making sure you have the stamina to do the positions properly. While it may look easy to do sex positions, a lot of positions require upper body strength to stay above the girl, unless you wanna crush the girl, or sustained hip movement, which requires a good core. Hit the gym so you can keep hitting these sex positions all night long.

Anal

Anal sex moves into the more taboo area of sex, since some religions and cultures forbid it, and some people just view it as disgusting. However, at least for the guy, it's pretty much an extension of vaginal penetration. Some things to keep in mind:

- This is not for everyone.
- This can be uncomfortable if not done properly. Make sure you do your research for what you need to prepare beforehand, usually lube, and make sure the girl is ok with it.
- This can be messy if the girl poops, so be ready to clean up messes if they happen.
- This might not even be fun for the guy if it is too tight.

5.2.9 Exercises

1. *Quitting Porn.* It's hard to quit porn, but a good way to start is to control when you watch porn. Try to
 - Limit yourself to watching porn once every other day at a scheduled time, and limit your jerk off session. Work your way up to once a week.
 - Once you've limited yourself to once a week, see if you can jerk yourself off at the scheduled times, but without porn.

It will be very hard to fight the built up horny frustration, but we are rooting for you. Having less horny cravings and less porn will make you mentally more strong and help you do more in life.

2. Practice some **dirty talk**, if you're into it. Talking the nasty can build up the anticipation for an extra glorious sexy time.
3. Choose a body part of your partner, and see if you can make a 5 minute kissing / foreplay routine out of it. It will help you learn your partner more, and also introduce some more variety in your sex life.
4. Research some sex positions and ask your partner if you can try them in your next session.

5.3 Other ways to have Sex, Sex Toys and Add-ons

To enhance your sexual experience, people often turn to toys to try out new things. It should be noted that using sex toys is not an indication that you are not "naturally" good at sex. Rather, sex toys are an enhancement to the sexual experience for some, as it brings variety, and may be able to stimulate both partners in a way that is not achievable naturally.

5.3.1 Sex Toys

There are a few ways to view and use sex toys. Some people see them as independent objects from sex, and should not be used in conjunction, but others view them as enhancements to sex, and should be combined with normal sexual experiences to create an overall elevated sensation.

Some common sex toys are:

- **Vibrators:** As the name implies, these are devices that vibrate. They are often used for clitoral stimulation on girls, but sometimes they are used for anal stimulation for girls and guys alike.
- **Dildos:** These are phallic shaped objects that mimic the function of penises. Some men are insecure that if their girl gets a dildo that's larger than their penis⁹, the girl will never be satisfied by him ever again. With a strong relationship and trust, that shouldn't be something that is too worrisome. Plus, if anything, limiting your girl's sexual expression is probably going to do worse things.

In this category are also anal plugs, which some people enjoy as a supplement during sex.

⁹There are actually services and kits you can buy to make a mode out of your penis if you really want one.

- **Fleshlights:** Even though fleshlights are a joke now as a device only used by virgins, it's totally fine to use it once in a while for masturbation. In fact, some fleshlights are designed to closely mimic a vagina, so it's a good trainer to get away from deathgripping all the time. Fleshlights come in many forms – the most compact form is something like the TENGA Egg, which literally comes in an egg shaped container, and there are automatic large fleshlights that exist as well.
- **Lingerie:** Not really a sex toy, but lingerie can make sex more fun, because the girl is dressed different and looks sexy! There are many varieties of lingerie out there, so buy whatever

Role play

A large part of sex is mental. With the same physical stimulation, if you aren't in the mood, you might not orgasm because you aren't feeling it. The point of role play is to elevate sexual experiences by putting your mental state in a place that is more exciting for you, so that you can get a bigger kick out of sex. Usually the girl dresses up, but the guy can dress up too. There are some common role play ideas, but as always, you can experiment however you want:

- Police officer¹⁰
- Maid, Nurse, Student
- Employee at a restaurant, real estate, business firm
- Strangers
- Watch some porn with your partner to get some inspiration

A great place to buy costumes for role play is **AliExpress**. While the quality might be awful, you usually don't use sex costumes that often, and if it doesn't work out, you won't feel bad about throwing it out. One thing to be mindful of AliExpress is that they often take a month to ship at least, because the items are coming from China.

BDSM

There is a whole culture of BDSM, so some might be offended that this falls under the category of sex toys. Nonetheless, there are many supplements to BDSM that involve equipment, including ropes, gags, handcuffs, whips, etc. Most people have seen or heard of *50 Shades of Grey*, which is a good way to get some mainstream inspiration.

While BDSM is seen as taboo to some, if it fits your vibe and your partner is ok with it, it's totally fine to play around with it. On the other hand, it's also totally ok to not enjoy it that much, and only mildly go with it, e.g. use some BDSM equipment, but not necessarily go into roles of S and M.

5.3.2 Risky Sex

While playing roles can spice up your sexual experience, putting yourself in public and in danger of getting caught having sex can also be hot. While public often doesn't mean literally fucking in front of strangers in a very public area, it usually involves a somewhat public area, that carries some risk of discovery by strangers or someone you know.

For example, even though your family home may not be a public location, maybe you get a kick out of it by having sex while your parents are kinda around, or leaving the door open and hoping nobody finds you doing your business. Some other ideas for locations to have risky sex are

- **Park:** If you can find a more secret and less frequented area in a park, you might just have found a place to make a little love.

¹⁰handcuffs!

- **Library:** Students often do this because they are stressed by school and spend long hours in the library. There is an added excitement that because the library is so quiet, you have to keep your noise level down.
- **Bathroom:** This happens at “trashy” parties, like clubs or frat parties, but is usually not a very sanitary experience. Nonetheless, people get a kick out of this.
- **Mile High Club:** Probably uncomfortable unless you have first-class, but having sex on a plane.

In general, if you find you and your partner alone in a location for a long time, you might consider getting jiggy.

5.3.3 Exercises

1. Go buy some sex toys, and try them out with your partner. One of the most important things to watch out for is material, since you will be using these toys on very sensitive parts of your body. Some reputable stores are
 - **SheVibe:** Very comprehensive store with lots of choices, and great customer service.
 - **PeepShow Toys:** Only carry 100% Body-Safe toys, and have discreet shipping.
 - Local Stores are also great, but can be hard to find, and can be located in sketchy areas. Just stay safe, and see if you can ask questions to the store owners for your needs.
2. Try to set up a time to do some role play. It might be embarrassing at first, but own your role and try to get a kick out of it!
3. If possible, go to a new place to have sex. This can be something as planned as a hotel room, all the way to some public location that you want to risk. As always, stay safe!

5.4 Staying Safe

5.4.1 Avoiding Pregnancy

- **Pull-out:** AKA raw-dogging, this is a very risky endeavour, as not only may you not be able to time your orgasm correctly, but you may end up impregnating the girl with your precum. This is best done if you are sure the girl is at a low fertility risk.
- **Timing it:** Girls have periods, and depending on where she is on her period cycle, she will have different fertility percentages. Girls are least fertile around their period, both before, during, and after. As always, these are all estimates of chances, and a girl can get pregnant whenever.
- **Condoms:** The classic contraceptive product for men. The basic idea of a condom is that it’s a bag that goes over the penis, so when the penis cums, the semen will stay in the bag and not impregnate the girl. This is usually the most common contraceptive device because they are cheap, readily available, and easy to use.

One interesting thing about condoms is that there are many varieties of condoms in smell, shape, flavor, that pretty much do nothing for the sexual experience – i.e. they are scams. The only important factors in a condom are the fit, material, and lubricant. Some people prefer thicker condoms, as it might squeeze their penis more, and others prefer thinner condoms because they want to feel like there’s nothing there. In addition, most condoms are way too large for the average penis size, sizing at around 7.5 inches and up, compared to the average penis size of 5.16 inches.

- **Birth control:** There are many forms of birth control (BC) for girls. One of them are pills, which is what BC normally refers to. These are hormone-shifting pills that essentially stop eggs from being released. For other BC types, see Section 5.4.3.

- **Plan-B:** A last resort for girls, usually when girls are worried about pregnancy after sex. This pill causes a ton of hormonal changes in the girl that will make pregnancy much more difficult. However, since this can be very damaging to a girl's body, this should be taken only in emergency situations.
- **Vasectomy:** If you're a true champ, you can get a vasectomy and never have to deal with the possibility of kids ever again. You will have the tubes that connect to your testicles cut or blocked off, so you will never have sperm leave your penis. This can also be reversed, in case you want to release sperm again, but the chances of fertility after a vasectomy decrease over time. Many men choose to do this after they are sure they don't want kids anymore.

5.4.2 STDs

One aspect of sex ed that is covered well in school is about STDs, because they are the "danger-zone" of sex, which grown-ups want to stress more about. In addition, STDs can spread pretty quickly among people, because sex happens fairly often, and that facilitates the spread of disease.

In case it wasn't clear, getting STDs is not cool. Nobody wants to have sex with you if you have chlamydia or gonorrhea, and you will have a very different life if you end up getting HIV/AIDS.

Therefore, it is ok to ask someone if they have STDs before you have sex, and you probably want to. If you're asking yourself that the tradeoff might be that your partner has some STD and that means no sex for you, you should be glad that you didn't put yourself at risk of contracting a disease that you don't want to deal with. In terms of asking for proof of STDs or not, most people will not lie about it. If you want to be sure, you can request an STD test from someone. This is more common for a girl to ask, as she usually is the consent barrier to sex. In general, it's a good idea to get an STD test once in a while if you have multiple partners, because it protects both you and all of your partners as well.

Most planned parenthoods allow you to get tested for free, especially with health insurance. In addition, since they respect confidentiality, there are options to not report any information to your parents, even if your insurance policy is through your parents. The only downside of planned parenthood is that they are often quite busy, so getting an appointment can be hard. If you are time-pressed, there are usually clinics that you can pay a fee to get tested for STDs. Another bonus of planned parenthood is they often have free condoms, albeit shitty ones, that you can snag in case you need them.

5.4.3 Birth Control

There are many many different forms of birth control out there, from pills to implants and hormonal or non hormonal. Though you might prefer to not use a condom because it feels better, be aware that it comes with a lot of risk and side effects for girls to go on birth control of any form. It is also a decision completely up to the girl whether or not she will go on birth control.

There are five main types of birth control:

1. **Barriers:** These are more physical methods like condoms, cervical caps, and contraceptive sponges. This is the easiest to get a hold of and the least amount of risk.
2. **Short-acting hormonal methods:** These are hormonal injecting methods such as birth control pills, vaginal ring (NuvaRing), skin patch (Xulane) and contraceptive. These are taken on a regular basis, daily, weekly, or monthly. The pills are the most common but also tedious because should be taken at the same time every day.
3. **Long-acting hormonal methods:** similar to the short term, these are injecting hormones into the body. Examples include copper IUD (Paragard), hormonal IUD (Mirena), and contraceptive implants (Nexplanon). These are long lasting because after injection, it can last between three to ten years.
4. **Sterilization:** this is a permanent method of birth control.
5. **Fertility awareness:** Girls generally have monthly cycle periods. During these cycles, certain days she is more fertile than others.

These are the main categories, but it can get a lot more complicated. The easiest to understand are the barriers like condoms and planning it around her period. The short term and long term hormonal methods are more complicated to understand.

A very common method are the birth control pills but not all pills are created equal. There are two main types of pills: combination pills (both estrogen and progesterone) and minipills (progesterone only). Combination pills are mainly to prevent the ovaries from releasing an egg, slowing an egg's progress through the Fallopian tubes, and thinning of the lining of the uterus. The minipill slows the egg's through the fallopian tubes, thinning of uterus, to prevent the sperm from reaching the egg. Each pill pack comes with different mixtures of active and inactive pills. Generally there are 21 active pills and 7 inactive pills to ensure that she still has her period. This is why you hear girls talking about altering the dates of when their periods are.

Vaginal rings like NuvaRing is a soft plastic ring placed inside of vagina that continuously releases estrogen and progesterone into the bloodstream to prevent pregnancy. These rings are changed every 21 days.

The patch is just like the NuvaRing but it is like a sticker that you stick on to your skin and needs to be switched out every month or so.

Long-acting hormonal birth controls are all essentially doing the same thing but stays in the body for longer. However, the copper IUD is a non-hormonal form in with the T shaped plastic frame has copper wires coiled around the device producing an inflammatory reaction that is toxic to sperms and ovaries. The hormonal IUD is the same shape but releases estrogen and progesterone into the body. The Nexplanon is an arm injection that lasts for 3-5 years releasing hormones.

Overall, there are a lot of birth control options out there and it is a trial and error to find which one works for the girl, which form, what dosage, and frequency. Understand that because these are hormonal, there are many side effects that come with all forms of birth control. Some side effects include irregular periods, mood swings, constant bleeding, weight gain or loss, acne, pain, and thinning hair.

Educate yourself of the different types of birth controls and its side effects to help her. It is not easy to have hormonal changes.

5.4.4 Exercises

1. Buy a condom and masturbate in it. This should give you some ideas of how it feels and how it works. Also this is a good time to learn what different condom brands are like, their sizing, and what works best for you. Condoms are notoriously large for the average penis size, and also don't always tell you how big they are.
2. Go to **ONE** condoms and buy a custom fitted condom that works best for you. They also have samples where you can try different sizes in case you aren't sure about your size!
3. Educate yourself about the various types of birth controls. Girls are upset when guys are very oblivious about how birth control works and their side effects. E.g. if you say "just take plan B if something goes wrong" as an excuse to raw dog everytime, you're gonna look like an asshole.
4. Read about some STDs, what the symptoms are, and how they are transmitted. You've probably already done this in school, but hey, always good to know more. To get you started, here are some topics you can research:
 - Mono
 - HPV
 - Herpes
 - Hepatitis A/B/C
 - Gonorrhea
 - Syphilis
 - Chlamydia
 - HIV/AIDS
5. *Stay safe.* Go to planned parenthood and get an STD test.

What's Next?

We hope you've been able to implement some of the exercises we've packed together in this Dating for CS Majors guide, as well as gain some fresh motivation for improving how you feel about yourself and how to conduct your life.

As comprehensive as Dating for CS Majors is, we still wanted to write more. For the First Edition, we wanted to give readers a taste of the unique perspective one can have on self improvement and the dating process. We are in the process of writing more content, drawing pictures, and coming up with even more ideas that can help you become closer to the ideal person you hope to be in the dating world.

If you felt like there was content that could've been included in this book, feel free to email us at viridity.capital@gmail.com, and we'll try to include your suggestions for the next editions.

Stay tuned for updates, and keep your head up, king.