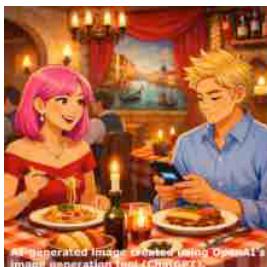


Morning-after texts are best for first dates

12th February 2026



First dates can be romantic and the start of a beautiful relationship. However, many people wonder when the best time is to contact their partner after that first meeting. Scientists studied the best time to send a text after a first date.

Researchers at Leuphana University in Germany asked 500 people about this matter and published their findings in the Journal of Social and Personal Relationships. The researchers found the best time to text is the morning after the date. This shows the other person you are happy and are interested in a second date. They said waiting too long could be a mistake because it sends the wrong message that you are not interested.

The study involved asking the test participants to imagine having an enjoyable first date at a nice Italian restaurant. They then had to rate how much they wanted a second meeting, depending on when they received a text from their date. They had to decide whether being texted the next morning or two days later made them feel happiest. The researchers said a follow-up text the morning after the date made people want to take the relationship further. The Psychology Today website agreed and wrote: "A next-morning text shows you're interested and had a good time." The study looked at texting - the more modern method of communication. It did not look into traditional phone calls.

Sources:
telegraph.co.uk / psychologytoday.com / journals.sagepub.com

Writing

A text is better than a phone call the morning after a romantic date. Discuss.

Chat

Talk about these words from the article.

first dates / romantic / relationships / first meeting / partner / text / a second date / / study / imagine / Italian restaurant / feeling happiest / the morning after / phone calls

True / False

- 1) The article says all first dates are romantic and beautiful. T / F
- 2) Researchers asked 500 people about when to text after a first date. T / F
- 3) The article says 9 am the morning after a date is the best time to text. T / F
- 4) Waiting too long to send a text means you are not interesting. T / F
- 5) The test participants went to an Italian restaurant on a first date. T / F
- 6) Test participants had to rate how much they wanted a follow-up date. T / F
- 7) A text the next morning shows you had a good time on the first date. T / F
- 8) The research also looked at phoning after a first date. T / F

Synonym Match

(The words in **bold** are from the news article.)

1. relationship	a. following
2. wonder	b. conclusion
3. matter	c. entertaining
4. findings	d. issue
5. message	e. investigate
6. enjoyable	f. romance
7. next	g. meaning
8. method	h. chatting
9. communication	i. think about
10. look into	j. means

Discussion – Student A

- a) What do you think about what you read?
- b) What do you think of Italian restaurants for a first date?
- c) Why are Italian restaurants popular for a first date?
- d) Are first or second dates better?
- e) Should people not use their smartphones on a first date?
- f) Have you ever not had a second date?
- g) Is it better to phone or text someone after a first date?
- h) What questions would you like to ask the researchers?

BreakingNewsEnglish - Many online quizzes at URL below

Phrase Match

1. First dates can be	a. morning
2. many people wonder when the	b. is the morning
3. published their	c. romantic
4. the best time to text	d. message
5. it sends the wrong	e. relationship further
6. having an enjoyable first date at	f. of communication
7. when they received a text	g. findings
8. being texted the next	h. from their date
9. the date made people want to take the	i. best time is
10. the more modern method	j. a nice Italian restaurant

Discussion – Student B

- a) What do you think of first dates?
- b) What can you do to make a first date successful?
- c) Have you ever had a bad first date?
- d) When is the best time to contact someone after a first date?
- e) Where is the best place to go on a first date?
- f) What should people write in a text after a first date?
- g) What should you wear on a first date?
- h) What advice do you have for people on a first date?

Spelling

- 1. the start of a beautiful olntipheirsa
- 2. people erwdon when the best time is
- 3. esitsstinc studied the best time
- 4. dhsiblpu their findings
- 5. estterdeni in a second date
- 6. it sends the wrong semaegs
- 7. asking the test itanitsprpac
- 8. having an eajonyble first date
- 9. at a nice Italian usrtenarta
- 10. gylcsyhoop today
- 11. the more modern meodth of communication
- 12. inoritaaltd phone calls

Answers – Synonym Match

1. f	2. i	3. d	4. b	5. g
6. c	7. a	8. j	9. h	10. e

Comprehension Questions

Listen to / read the news article. Answer these questions. (Answers are on p. 27 of the 27-page PDF.)

1.	What does the article say first dates can be the start of?
2.	In which country did this research take place?
3.	How many people participated in the research in the article?
4.	If you text the morning after a first date, how do you feel?
5.	What kind of message does waiting too long to text after a date send?
6.	Where did the participants have to imagine going on a date?
7.	What was the second option mentioned about when to receive a text?
8.	What did a text the morning after the date make people want to do?
9.	What did a psychology website say you'd had if you texted the next day?
10.	What kind of communication did the article not look at?

Speaking – Going on a date

Rank these with your partner. Put the best places to go on a date at the top. Change partners often and share your rankings.

- An Italian restaurant
- A beach
- A museum
- The cinema
- An amusement park
- A shopping mall
- A riverside park
- Karaoke

Answers – True False

1	F	2	T	3	F	4	F	5	F	6	T	7	T	8	F
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Answers to Phrase Match and Spelling are in the text.