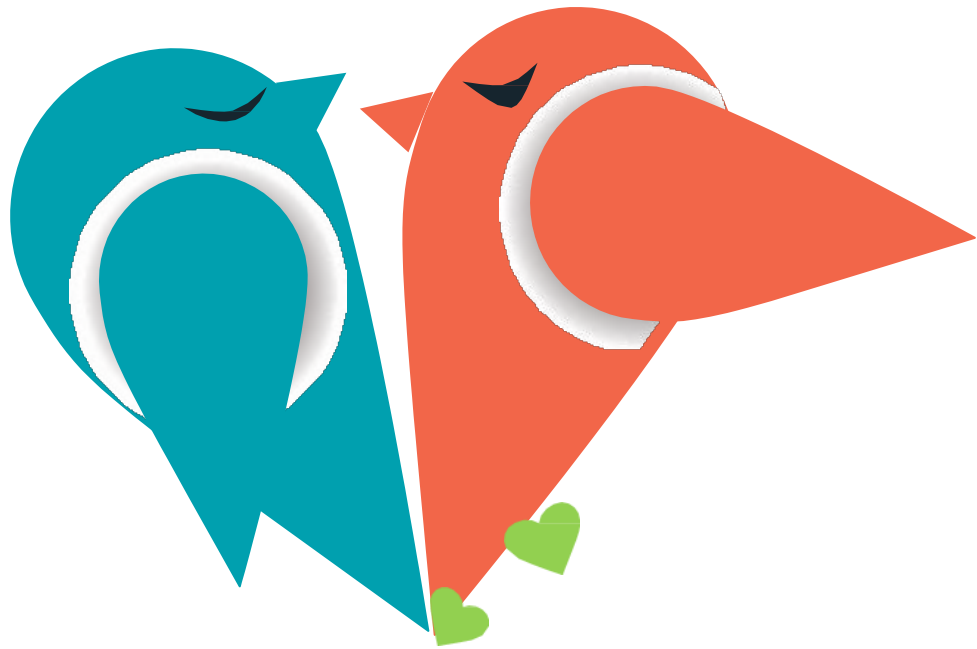


# Dating & Relationships





## Love ❤️, Relationships & Dating

1. How do you know if it is true love?
2. How do you keep a relationship going?
3. What are the signs that your partner is cheating on you?
4. How do you deal with being cheating on, with being hurt?
5. What are some boundaries people have in a relationship?
6. How do you enforce these boundaries?
7. How should you be treated in a relationship?
8. What are some advantages to being single?
9. What are appropriate displays of public affection?
10. How do people flirt?
11. How do you communicate in a relationship?
12. What should be some topics of conversation in a relationship?
13. How do you ask someone out? Where can you go on a date?
14. If you feel uncomfortable in a relationship how do you deal with it?
15. How do you end a relationship?
16. How do you know when someone likes you?

# Healthy Relationships

## Look for someone who...

- Is **respectful** and kind
- Is comfortable with themselves
- **Listens** to what you have to say
- Doesn't twist your words
- Takes responsibility for their own behaviour and feelings
- Shares common interests with you
- Has a **sense of humour**
- Enjoys other friends and interests
- Enjoys the fact that you have other friends and interests
- Can be intimate and romantic without sex
- Respects your values
- Is genuine and **honest**
- Can show affection in front of others
- Supports your goals and activities
- **Encourages** independence
- Is flexible
- Can say no
- Is realistic about your relationship
- Enjoys their personal time and space
- Does not have a problem with drugs or alcohol
- Is not afraid to have **fun** in life
- **Appreciates** you just the way you are



## Healthy Relationships

### Watch out for someone who...

- Is **violent**, mean or hurtful
- Thinks that they are too good for you
- Is constantly offering to take care of you
- Always wants to do things their way
- Doesn't want to talk about what is bugging you
- Does not compromise
- Has too much "charm" or is too good to be true
- Attacks your behaviour and/or your personality
- Is sneaky or **manipulative**
- Makes plans without consulting you
- Expects you to give up your family and friends to be with them
- Belittles you and things that are important to you
- Puts you on a pedestal
- Tells you what to do, say, eat etc.
- Wants to know where you are and who you are with at all times
- Puts you down or pulls you down
- Constantly blames other people and does not take any responsibility
- Uses silence as a **punishment**
- Is **jealous**
- Is not comfortable with themselves
- Makes you do things you do not want to do
- Tries to rush the relationship
- **Lies** or twists the truth
- You feel you can rescue, change or fix
- Threatens suicide if you talk about breaking up
- Has **ever hit you** – no matter how sorry they were afterwards
- Has ever **threatened** to hit you
- Does not listen to you, talks over you, pretends not to hear you
- Tries to make you feel **guilty** if you resist their sexual advances
- Puts you down when you are feeling good

## Important Characteristics of a Mature Relationship



- ♥ **Intimacy:** closeness and the ability to love and care for each other.
- ♥ **A sense of humour:** willingness to laugh at oneself and the world.
- ♥ **Honest Communication:** openness when expressing oneself, good listening skills which include reinforcement, encouragement, eye contact, and responsiveness.
- ♥ **Common goals:** shared ethical, spiritual and life goals or beliefs and/or the ability to accept each other's different views.
- ♥ **Equality:** respect for each other as equals in a partnership, not being limited by gender stereotypes.
- ♥ **A sense of adventure:** a desire to keep the relationship fresh and exciting, creating new and interesting ways to express affection
- ♥ **Shared experiences:** spending time together in activities, conversations, celebrations, rituals and traditions. However, this does not mean you should not do activities apart, this is also healthy.
- ♥ **Respect of the other person's feelings and wishes:** even if you do not feel the same or do not understand or agree – respect that you are different and that is ok.
- ♥ **Commitment:** the desire to want what is best for the relationship, the other person and for yourself. Willingness to work hard at the relationship.
- ♥ **Self-love:** before you can love another you must learn to love yourself.

## Friendship

1. Is it important to have friends?
2. Is it better to have lots of friends or one or two close friends?
3. Who do you consider your friends?
4. If someone is not your friend does it matter how you treat them?
5. Who is more important – your friends or someone you date?
6. Can you break up with a friend?
7. Is it important that a friend can trust you with a secret?
8. Is it ok to spread rumours about people who aren't your friends?
9. Can you be friends with someone of the opposite sex?
10. How does the Internet (Facebook, Twitter etc.) affect friendships?
11. Do friendships deserve and require effort and attention?
12. Is trust and honesty important in friendships?
13. Can self-esteem affect friendships?
14. Do you think the people who are your friends will change over your life?
15. What qualities do you look for in a friend?
16. Do you think you are a good friend?

# Relationship Quiz

If you are in a relationship, this quiz will help you determine whether or not your relationship is healthy and safe. If you are not in a relationship, this quiz may help you determine what qualities or type of relationship you would like to have.

**START  
HERE**

It is all right with you when your partner spends time with family, friends or by themselves.

YES NO SOMETIMES

It is all right with your partner when you spend time with family, friends or by yourself.

YES NO SOMETIMES

You both have equal say about how you spend your time together.

YES NO SOMETIMES

Your partner compliments you on you decisions, personality and appearance.

YES NO SOMETIMES

Your partner knows how to make you feel bad and uses it against you.

YES NO SOMETIMES

Your partner pressures you to do things you don't want to do.

YES NO SOMETIMES

Your partner has threatened to or has hurt you.

YES NO SOMETIMES

Your partner puts you down if you refuse to do the things she/he wants you to do.

YES NO SOMETIMES

When you think about this relationship, you usually feel happy.

YES NO SOMETIMES

You avoid arguments or speaking your opinion because you are afraid of your partner's temper.

YES NO SOMETIMES

You and your partner both agree that you are a couple and stick to the relationship guidelines as you discussed.

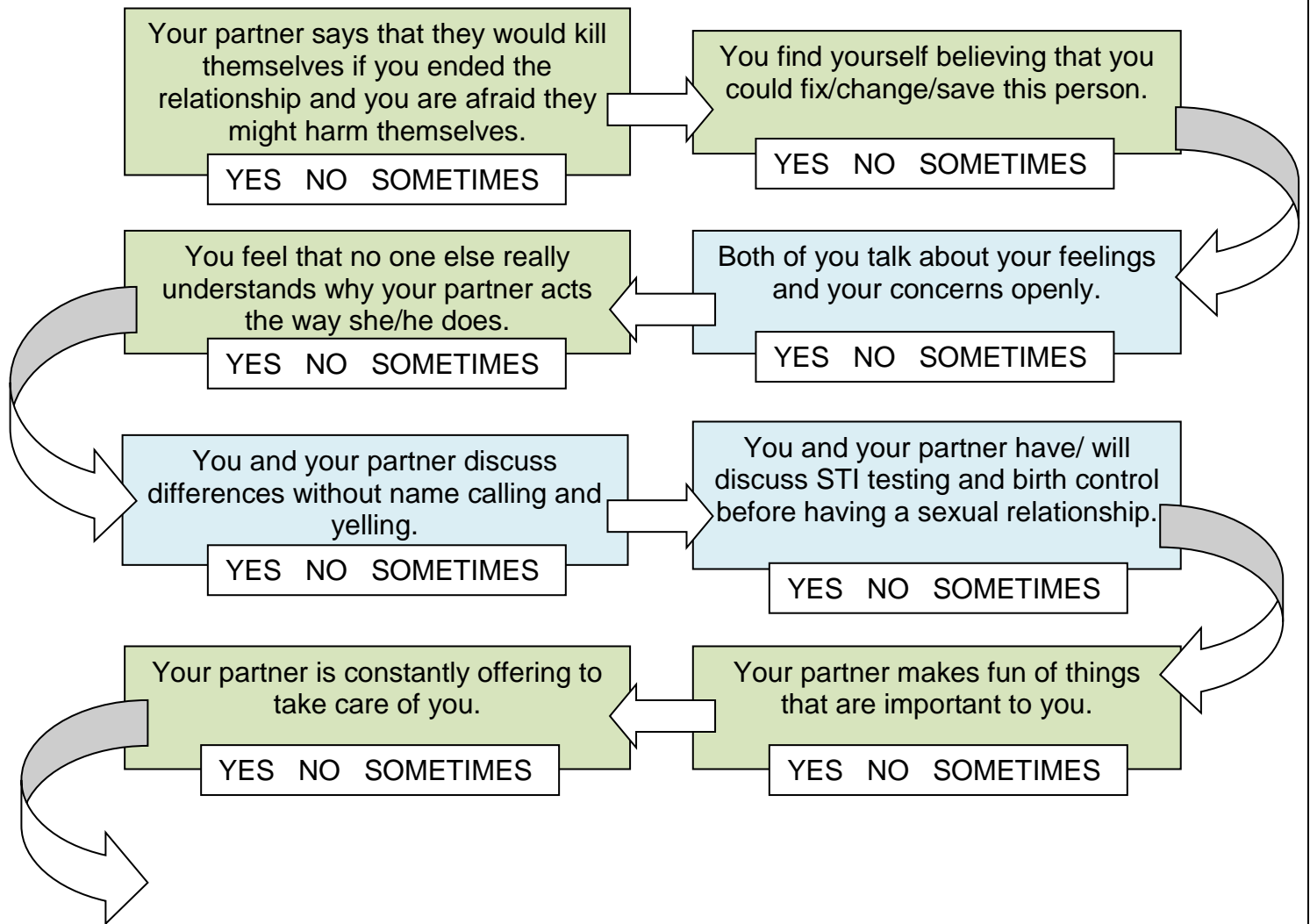
YES NO SOMETIMES

Your partner scares you by throwing things, punching walls, driving too fast or drinking too much.

YES NO SOMETIMES

**Turn over to continue**





## Results:

If you answered **yes** to blue boxes, you have a healthy relationship.

If you answered **sometimes** to blue boxes, then you are in a fairly good relationship, with room for improvement.

If you answered **sometimes** to green boxes, then you need to seriously consider whether this is a relationship that you want to continue.

If you answered **yes** to green boxes, then you may be in a dangerous relationship.

# Decisions & Boundaries

## Why might someone choose to become sexually active?

- Peer pressure
- Curiosity
- Because it feels good
- In hopes of strengthening the relationship
- To make them feel attractive
- To feel more mature
- To express their love
- Because they are bored
- Because they are using/abusing drugs and alcohol
- To maintain/keep a relationship
- To gain a reputation
- To make someone jealous or for revenge

## Why might someone choose to abstain from sexual activity?

- It conflicts with their values and beliefs
- They have not found the right person
- They are not in a relationship right now
- They don't want to worry about pregnancy and STIs
- They don't want to jeopardize their future (sports career, scholarships etc.)
- They are not sure they can, or want to, handle the increased intimacy
- Think/know they are not ready
- To avoid the side effects or cost of some birth control
- No worry that the relationship is based on sex
- Only have to worry about pleasing themselves and no one else

## How can you express affection without becoming sexually active?

- Talking and listening
- Respecting each other's choices, supporting each other through difficult times
- Appreciating people, dreams and things important to the other
- Treating each other with kindness, patience and care
- Being considerate of the other persons needs
- Kissing, hugging, holding hands
- Texting affectionate messages (not naked pics)

## Questions to consider before becoming sexually active:

- Do I feel the same about the relationship as the other person?
- Does the other person know how special having sex is to me?
- Have I taken the steps to help prevent STIs?
- Have I or my partner been tested for STIs?
- Am I in a monogamous relationship?
- Am I in love? Does this matter to me?
- Do I know if I need to bring/ use a birth control method?
- Have I considered what to do if an unplanned pregnancy occurred? If my choice about handling an unplanned pregnancy is different from my partner's am I ready to accept the possibility of parenting, placing for adoption or arranging an abortion?
- How will I feel about this decision tomorrow?
- Am I making the right choice for me or someone else?
- Do I feel pressure from my partner, friends or society?
- Am I comfortable communicating with my partner?
- Does my partner respect me? Do I respect them?
- Have we discussed what we say about our relationship to our friends and family?
- Have we discussed what we say about our relationship on social media?



## **“NO” Means “NO”**

**“Not Now” means NO**

**“Maybe Later” means NO**

**“I am in a relationship” means NO**

**“No Thanks” means NO**

**“You’re Not My Type” means NO**

**“#\*%! OFF” means NO**

**“I Want To Go Home” means NO**

**“Don’t Touch Me” means NO**

**“I Really Like You But...” means NO**

**“Let’s Just Go To Sleep” means NO**

**“Let’s Just Be Friends” means NO**

**“I’m Not Sure” means NO**

**“I’m Not Ready For This” means NO**

**“You’ve/I’ve Been Drinking” means NO**

**SILENCE means NO**

**“ \_\_\_\_\_ ” means NO**

## Using Condoms

Many people chose to wear condoms when having sex. Condoms help prevent pregnancy and Sexually Transmitted Infections (STIs).

How do you tell your partner that you want to use a condom?

What if your partner does **not** want to use a condom?

What do you say to your partner if they say:

1. "Let's do it without a condom, just this once."
2. "It does not feel as good with a condom."
3. "I don't have a Sexually Transmitted Infection, I just got tested."
4. "I don't have a condom."
5. "I'm not using a condom!"

## Resources

### Websites

[sexandu.ca](http://sexandu.ca)

[doinit.ca](http://doinit.ca)

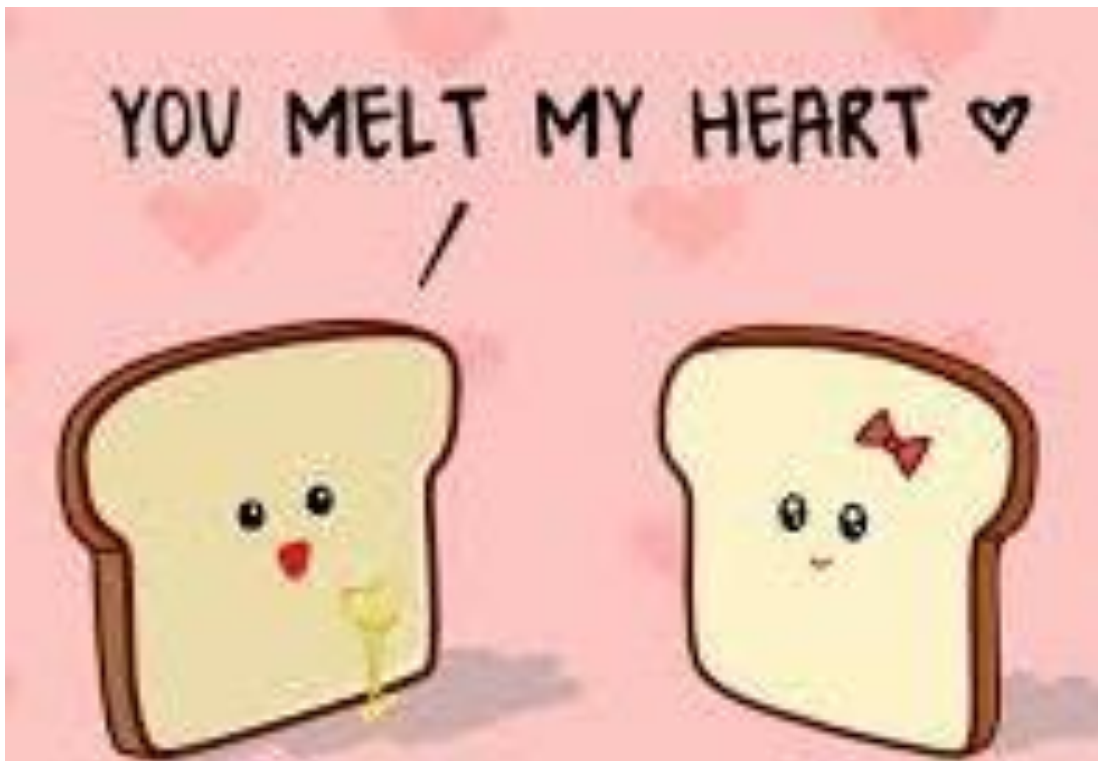
[teenhealthsource.com](http://teenhealthsource.com)

[scarleteen.com](http://scarleteen.com)

[loveisrespect.org](http://loveisrespect.org)

[sexetc.org](http://sexetc.org)

[goaskalice.columbia.edu](http://goaskalice.columbia.edu)





For more information contact:

Stacey Jacobs, MSc

Community Sexual Health Education Manager

# SHORE Centre

Sexual Health Options, Resources & Education

235 King Street East, Suite 130  
Kitchener, ON N2G 4N5

Email: [education@shorecentre.ca](mailto:education@shorecentre.ca)

Website: [shorecentre.ca](http://shorecentre.ca)

Phone: 519 743 9360



**SHORE CENTRE**

SEXUAL HEALTH • OPTIONS • RESOURCES • EDUCATION