

Dating & Relationships





Love ❤️, Relationships & Dating

1. How do you know if you like someone? Love someone?
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. How do you enforce boundaries in a relationship?
6. How does social media play a role in relationships?
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? What if your partner flirts with others?
11. How do you communicate in a relationship?
12. What should be 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?
17. How do you keep your independence in a relationship?
18. How do you make/keep equality in a relationship?

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 finances
- 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 for one another.
- ♥ **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 for 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.
- ♥ **Passion:** passion for life and the relationship.
- ♥ **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.

Six Red Flags

Signs to Watch Out for when Dating

Often the signs of a future bad relationship are present on the first couple of dates; however, we often ignore these signs or brush them off as unimportant. Often the fantasy of having a relationship is so strong in us that it overtakes reality.



1. They openly check out other people in front of you.

This is incredibly disrespectful.

2. They are controlling.

They may tell you where you are going, where to sit, order your food for you or be rude to wait staff. Being rude to wait staff may mean they think they are superior. A relationship should be equal. This should start while dating.

3. They make fun of or put down everyone around them.

This indicates they either feel incredibly insecure about themselves or consider themselves superior to everyone – either of which is not a good sign. This could also lead to them putting you down.

4. They talk about their X-partner(s) in derogatory ways.

Even if they had a bad breakup or relationship in the past it is disrespectful to discuss it openly in a negative manner. This could also mean they will discuss you and the relationship you have with them in a negative manner.

5. They cheated on their last partner to be with you.

No matter how bad their current relationship is and how great they say you are – if they cheated on someone else to be with you, they will cheat on you to be with someone else. The respectful thing to do is to breakup with their current partner before asking you out.

6. They are overly flattering and excited to be with you.

It's nice to be told you look great but someone can go too far and even make you feel uncomfortable. It takes time to build trust and intimacy; if they are going to fast you should wonder why.

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
- For money, drugs or a place to sleep

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 of some birth control
- Less expensive than purchasing 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 or giving massages
- Texting affectionate messages (not naked pics)

Questions to consider if you are thinking about 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?
- If needed, do I know what type of birth control is going to be used and by who?
- If possible, 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?



If you can't answer these questions or can't talk to your partner about them, you may not be ready to have sex.

To help you decide if you are ready to have sex, make a list of the circumstances that you would like to have before you become sexually active.

Some examples are listed below:

- Committed relationship
- With someone I trust
- With someone I love
- Able to talk about birth control and STIs
- When we have both been tested for STIs
- When I have talked to my doctor/health care provider about the risks and responsibilities of becoming sexually active
- When I know my partner is comfortable and ready
- Not under the influence of alcohol and/or drugs
- Not in the back of a car or at a party
- With someone who is my friend
- With someone who would not tell everyone, start rumours, or post on social media
- Someone that respects me and my decisions
- When I will not regret it the next day
- When I don't expect it to fix a relationship

Readiness for Sex Quiz

This is a quiz to help you get a handle on where you are at with your sexuality and whether you are ready to start exploring it with others. This quiz is not meant to be scored. Instead it is meant to give you a better idea of how comfortable you are with your sexuality and how prepared you are to engage in sexual activity with others. Give yourself a goal of what you would like your answers to be before you engage in sexual activity with someone else or move further with someone you are already dating. Circle the answer that most accurately reflects your feelings about each statement on a scale from 1 to 5.

I know how to stay safe while expressing my sexuality.

1	2	3	4	5
Strongly Disagree				Strongly Agree

I am afraid of what others would think/say/do if they knew how I felt about sex.

1	2	3	4	5
Strongly Disagree				Strongly Agree

I can tell when sexual activity is making me uncomfortable.

1	2	3	4	5
Strongly Disagree				Strongly Agree

I can tell when sexual activity is giving me pleasure.

1	2	3	4	5
Strongly Disagree				Strongly Agree

I feel comfortable telling a potential sexual partner that something they are doing is making me uncomfortable.

1	2	3	4	5
Strongly Disagree				Strongly Agree

Readiness for Sex Quiz – Continued

I feel comfortable telling a potential sexual partner what to do in order to give me pleasure.

1	2	3	4	5
Strongly Disagree				Strongly Agree

I know how to stay safe; I know what safer sex practices work for me and feel comfortable using them.

1	2	3	4	5
Strongly Disagree				Strongly Agree

I feel comfortable talking about safer sex practices with a potential partner.

1	2	3	4	5
Strongly Disagree				Strongly Agree

I have people in my life I feel comfortable talking to about sex.

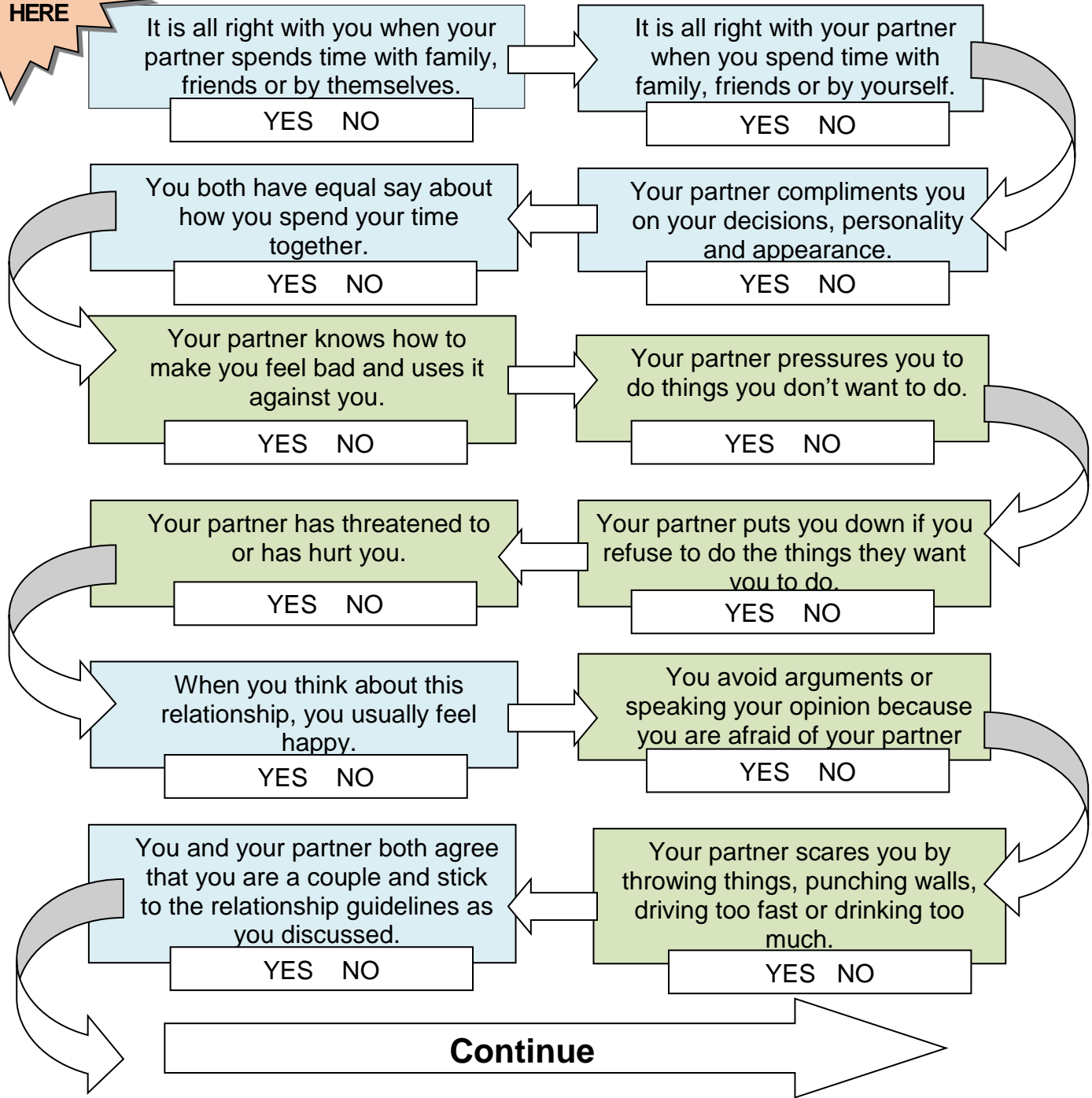
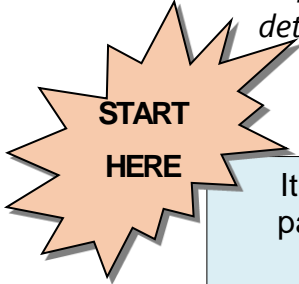
1	2	3	4	5
Strongly Disagree				Strongly Agree

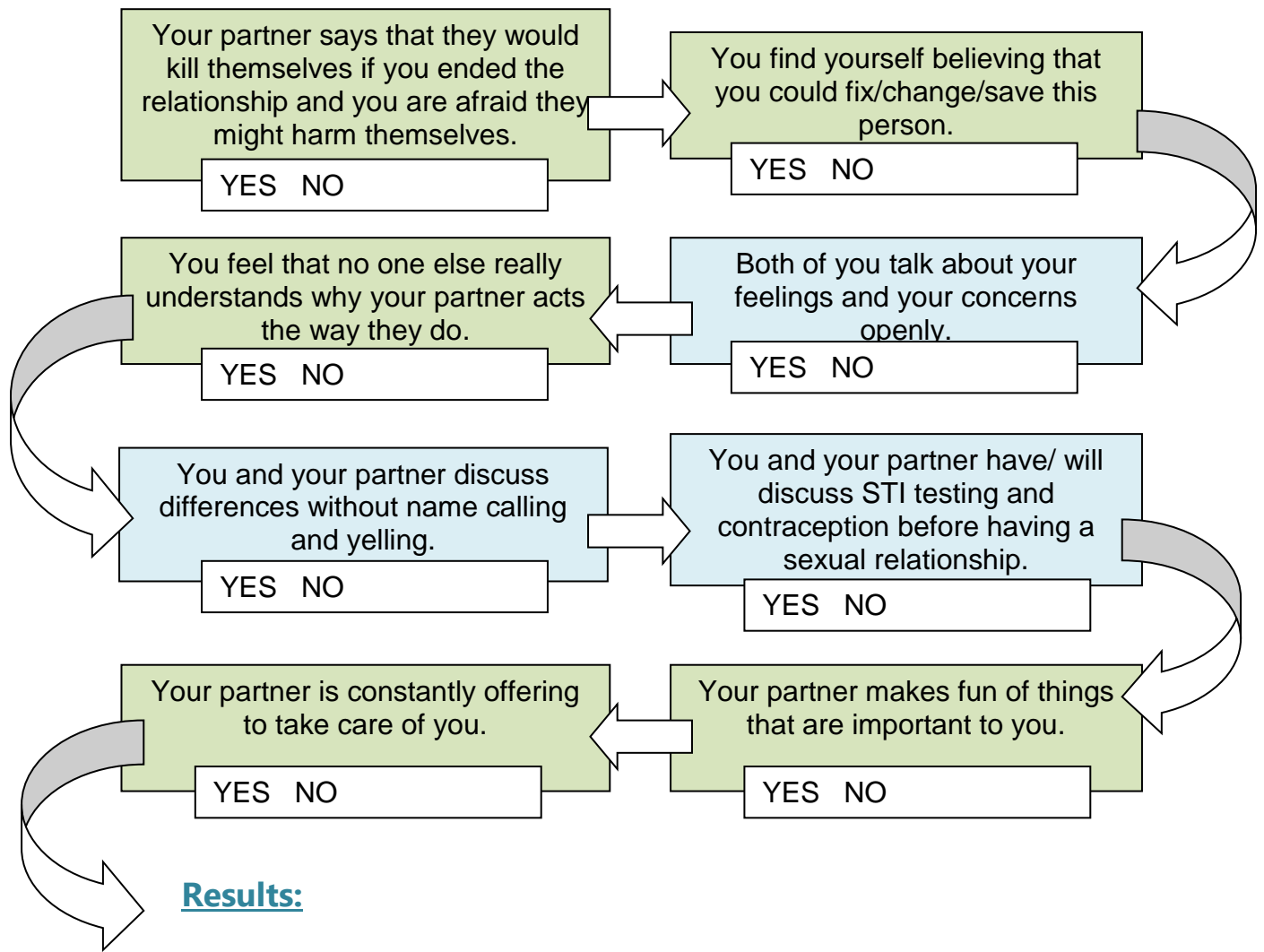
I often do sexual things that feel okay at the time, but I feel bad about them afterward.

1	2	3	4	5
Strongly Disagree				Strongly Agree

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.





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

If you answered **sometimes** to blue boxes, then you are probably 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.

What's the Difference between Love and Infatuation?

People of all ages get mixed up between love and infatuation. It's hard to tell which one you are feeling when you are caught up in the excitement! A relationship between two people usually starts with infatuation. However, if they work at it, this attraction can grow into mature love.

Love ♥	Infatuation
<ul style="list-style-type: none"> • Develops slowly, naturally and sincerely • You are able to be an individual apart from the other. Neither depends on the other to feel important. • You continue to grow as an independent human being, while the relationship becomes stronger and deeper. • Both of you can accept the fact that neither is perfect; they don't try to change each other. • The relationship remains as strong in painful, difficult times as in happy times. You share fears and tears as easily as happiness and laughter. • Each of you continues in other parts of your life; family, work, ideas, friends. • The two of you are close friends. The physical attraction is only one aspect of all the feelings you share. • Each of you gets as much joy from giving to the other as from receiving. • There is honesty and trust between you. • You think of the other person as well as yourself. 	<ul style="list-style-type: none"> • Comes suddenly, after meeting once or twice. The individual may believe it is 'love at first sight.' • One or both of you may depend on the other to feel important. • One of you may become jealous of the other's activities or friends. • The relationship is usually built on physical attraction. • The relationship may cause you to function less well than usual at school, work or home. • The two of you spend most of your time together. • One of you may have more to get from the relationship than to give to it. <p>You may find that the relationship you are in at present does not perfectly match either set of characteristics. That's normal. Most relationships lie somewhere between the two, and this may change from day to day. Even people who have a mature love do not experience it all of the time. But the more often the mature love characteristics appear, the more likely it is that the love will last.</p>

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 a different gender?
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. Why are your friends your friends?
16. What qualities do you look for in a friend?
17. Do you think you are a good friend?

Using Condoms

Many people chose to use 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!"



“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



Resources

Websites

sexandu.ca

doinit.ca

teenhealthsource.com

scarleteen.com

loveisrespect.org

sexetc.org

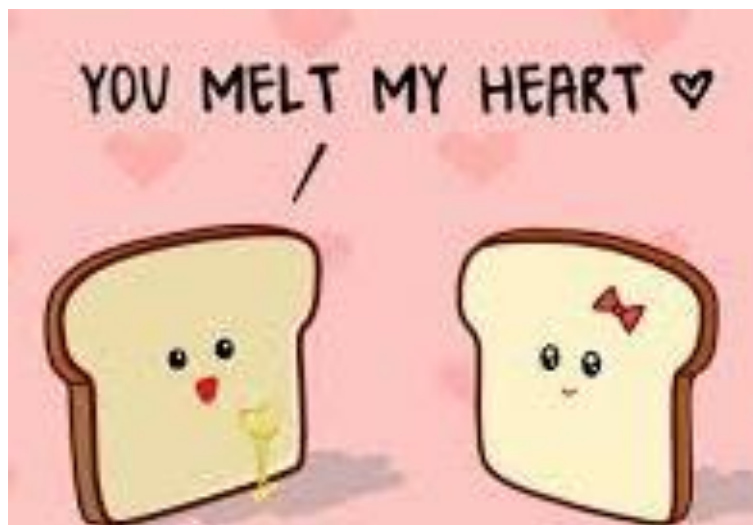
goaskalice.columbia.edu

YouTube

Tea Consent - www.youtube.com/watch?v=fGoWLWS4-kU

Cycling Through Consent - www.youtube.com/watch?v=JwIKjRaUaw

The Line - www.youtube.com/watch?v=dNvt_zSilkg



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

Website: shorecentre.ca

Phone: 519 743 9360



SHORE CENTRE

SEXUAL HEALTH • OPTIONS • RESOURCES • EDUCATION