

# FIRST LOVE

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It is during adolescence that most of us fall in love for the first time, and sometimes get our hearts broken for the first time. Parents need to take their teens falling in love seriously. It is extremely important to your teen and therefore should be important to you. You will also need to be there for your teen if the relationship does not go as they had planned.

Take a moment and think about *your* first love.

What was their name?

What did they look like?

How old were you?

How old were they?

How did you feel about them?

How did they feel about you?

How did it feel when they called you on the phone?

How did it feel when they smiled at you or noticed you?

How did it feel to hold their hand?

How did it feel to kiss them?

Do you remember liking someone who did not like you back?

How did that feel?

Do you remember breaking up with the person you loved?

Did you break up with them, or did they break up with you?

How did that feel?

How did your parents deal with the teenage you in love?

Would you like to deal with your teenager in the same way or in a different way?

Most of us can remember our first feelings of love quite intensely. Remembering these feelings can help parents communicate and interact with their own teens who may be in love. You may realize looking back as an adult that your first love was not “real” or mature love, but at the time you sure thought it was!

Adapted from: Debra W. Haffner, *Beyond the Big Talk: A Parent’s Guide to Raising Sexually Healthy Teens*