

RELATIONSHIPS





What is this booklet about?

This booklet is all about romantic or intimate relationships!

You will find useful information on:

- relationships
- intimate relationships
- same sex relationships
- dating and starting a relationship
- how to talk to your parents about dating and relationships
- what to expect when you have sex for the first time
- consent
- fighting in a relationship
- digital drama
- how to handle break ups
- where to go for more information

This booklet is written for you, but it does not mean that you will need this information right now. This booklet is for anyone who:

- is in a relationship
- is not in a relationship but wants to be at some point in the future
- wants to learn more about relationships

**ENJOY EXPLORING
ALL ABOUT
RELATIONSHIPS!**

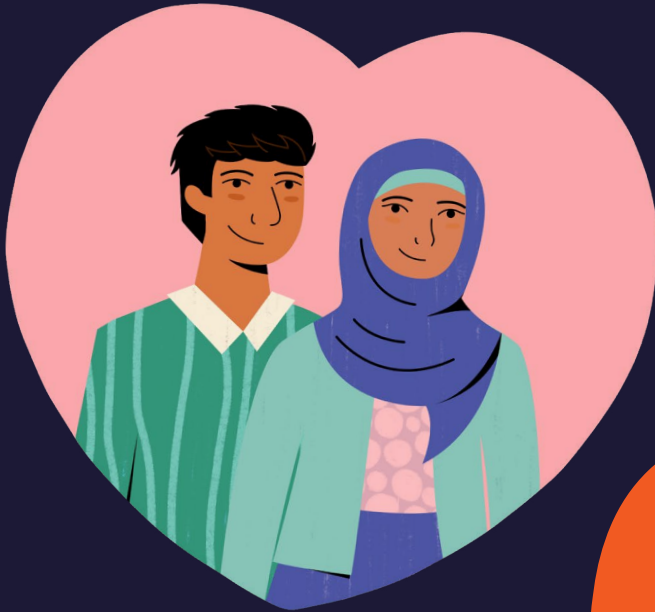
Relationships

Relationships are an important part of life. Not all relationships will be the same. Some relationships will last a long time and some will end. You might stop seeing someone and then become friends again. This is all normal.

There are many different types of relationships. These can be:

- family relationships
- friendships
- relationships at school
- work relationships
- intimate relationships

Intimate Relationships



Sometimes you might like someone as more than a friend. You might want to spend a lot of time with them or think about them in a romantic way. Sometimes they might feel the same way as you and sometimes they might not.

An intimate relationship is a special relationship. It is a relationship you have if you really like someone and they feel the same way. Both people must agree, or give their consent, to be in an intimate relationship.

An intimate relationship can be between:

- people who are dating or 'going out'
- people who are seeing each other or a 'hook-up'
- a married couple
- people of the opposite sex
- people of the same sex

People in these different relationships might call each other boyfriend, girlfriend, husband, wife or partner. The word "partner" will be used in this booklet to refer to boyfriend, girlfriend, husband or wife.

What if I like someone as more than a friend?

As you grow up, you will meet more and more people. You might meet people through school, through family, friends or social groups or on social media.

As you meet more people, you might start to like someone as more than a friend. You might start to like them more and more and grow bigger feelings for them. This is okay. People can have these feelings at different stages in their lives.

When you start to like someone a lot, you might feel all kinds of emotions. You might feel:

- happy
- excited
- shy
- nervous
- butterflies in your tummy (these are not real butterflies. This is the fluttery feeling you get in your stomach when you see someone you like a lot)

You might feel excited about starting a relationship. You might also feel worried or afraid of getting hurt. It's okay to feel this way. Taking the first steps to start a relationship can be hard. But before you can start a relationship, it's important to know how the other person feels about you.

What if I like someone who is the same sex as me?

If you are a girl and you like another girl, this is okay. It's also okay if you are a boy and you like another boy. People might like people of the opposite sex, the same sex, or both sexes. This is okay. No one should feel ashamed of their feelings or the type of relationship they want to have. Whoever you choose to have an intimate relationship with is up to you.



Do they like me too?

It can be hard to tell if someone likes you as more than a friend. Sometimes you feel comfortable asking them how they feel, but sometimes you might not. That is ok.

You can try telling the person how you feel. You can then ask them how they feel about you. It might make you scared or nervous to talk about how you feel. This is normal. If you are not sure how to tell someone how you feel, here are some things you can say.

- I really like talking to you
- I really like spending time with you
- I really like you



They like me! What next?

They like you and you like them! That's a great place to start for developing an intimate relationship. For many people, the next step is dating.

Dating is when two people who like each other as more than friends go out together. They might do this so that they can get to know each other better or spend time together. People may go on lots of dates together and start a relationship, or start a relationship after only a few dates. Other people might go on only a few dates and decide not to go out together again. This is okay.

Asking someone out on a date might make you feel nervous. This is normal. If you are feeling nervous, try asking them to go out with a group of friends.

Remember when you ask someone out, they might say yes. They might also say no. Both people must agree to go out on a date.



What if I like someone who doesn't like me?

Sometimes when you like someone, they may not return your feelings. This means that they do not feel the same way you feel about them. This might make you feel sad. This is normal.

If someone does not like you the way that you like them, this does not mean that something is wrong with you. That person just might not be the right match for you.

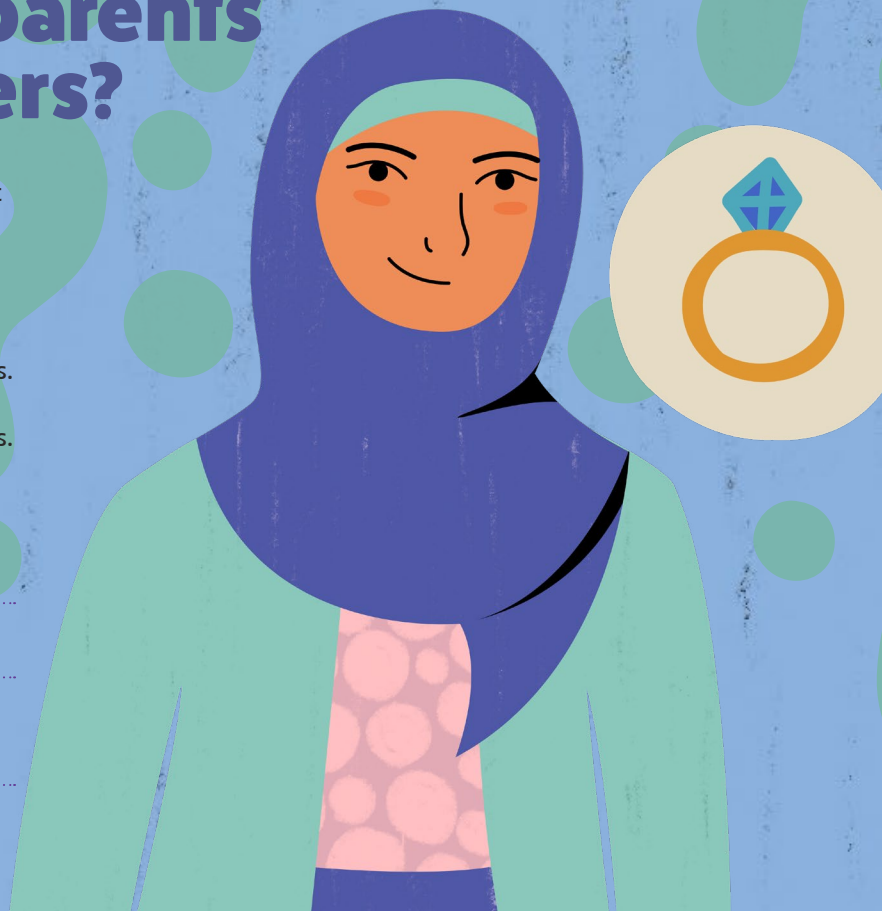
If someone does not feel that same way as you do, you need to respect their feelings. This means that you need to listen to them when they say no. This could be saying no to going on a date, spending time with you or talking on the phone.

I'm ready to date but how do I tell my parents or family members?

It can be hard to tell your parents or family members that you are ready to start dating. You might be worried that they will get angry or upset. You might also be worried that they will not let you date someone. This is normal.

It's okay if you do not feel comfortable talking to your parents or family members about dating and relationships. Here are some things to think about when talking to your parents or family members about dating and relationships.

- If you are not sure where to start, you can ask them about what age they think is okay for you to start dating. This will give you an idea of whether they think you are ready to date.
- Pick the right time. It's a good idea to talk to them when they are in a good mood.
- You might think about dating differently to your parents or family members. Your hopes and their rules might not match up perfectly. This is okay.





Sometimes you may not be allowed to have a relationship even if you want to. This can be difficult. If you want to talk to someone about your feelings and relationships you can call Kids Helpline on 1800 55 1800 (24 hours/7 days).

What if my parents do not let me date?

There are lots of reasons that parents might not let their children date. These can be:

- not thinking that their child is ready to date someone
- not thinking that their child is with the right person
- wanting their child to wait until they are married to have a relationship
- cultural or religious practices and beliefs

Here are some tips if your parents do not want you to date:

- talk to your parents about why they do not want you to date
- try to understand why they do not want you to date
- talk to them about why dating is important to you

It's also okay not to date someone! You may choose not to be in a relationship or to wait until marriage and this is okay.

Let's talk about consent



Consent is when one person gives permission to another person to do something, like sexual activity. This means that you need consent to:

- kiss
- hug
- touch your partner on the genitals/private parts, breasts or anus
- have oral, vaginal or anal sex

Both people always need to give consent to any sexual activity. You can ask for consent by saying:

- are you feeling alright?
- do you want to do this?
- do you want to stop?

There are two types of consent:

- verbal consent
- non-verbal consent (sometimes called body language)

Your partner can give consent by:

- saying 'yes'
- saying 'that feels good'
- pulling you closer
- nodding to say 'yes'

Your partner may not give consent. If they have not given consent they might:

- say 'no'
- say 'I want to stop'
- say 'I am not sure'
- not say anything when you ask them for consent
- push you away
- turn or look away from you
- hold their arms tightly around their body
- stay very still

It is good to get both verbal and non-verbal consent. This will help you know if your partner is comfortable or not. If your partner is not comfortable or unsure, you should stop. They may not be ready or they may have changed their mind. You should not make your partner feel bad if they are not ready to have sex, if they do not want to have sex or if they change their mind.

You can find more information on consent here: www.fpnsw.org.au/know-your-health/youth-sexual-health

Having sex for the first time?



SEX

Spending time with your partner can be fun and exciting. There are lots of things you might try in a relationship. Having sex can be one of them. Sex is a natural part of life and relationships!

Having sex for the first time can make you feel many different things. You may feel:

- happy
- nervous
- unsure
- excited

It's totally normal to feel this way! You can talk to your partner about how you're feeling. You might decide that you are ready to have sex, but you might also decide that you are not ready yet. It's okay to change your mind if you think you are ready but are not sure later on.

There is a lot to think about before you have sex for the first time. You might be wondering how you will know when you are ready to have sex. Some signs that you might be ready to have sex are:

- you feel comfortable to have sex with your partner
- you do not feel pressured to have sex with your partner
- having sex is something you want to do
- you are comfortable talking to your partner about practising safe sex
- you are comfortable having sex considering your personal, cultural and religious values

You can find more information on safe sex here: www.fpnsw.org.au/know-your-health/youth-sexual-health



Safe sex is when:

- you and your partner give consent
- you use a condom to prevent:
 - sexually transmitted infections (STIs)
 - unintended pregnancy

Fighting in a relationship



Disagreements and arguments happen in all relationships. This is normal. It's okay for you and your partner to disagree about some things. Everyone thinks about things differently. Even partners don't have to agree all the time; it's normal and healthy to disagree sometimes.

If you have an argument or disagreement with your partner, here are some things you can do:

- talk about the argument later when you have both calmed down
- talk to your partner face to face. Do not send texts or argue over social media
- think about the problem from your partner's point of view
- talk about the problem and come to a decision that you and your partner are both happy with

It's important to know when fighting is becoming unhealthy. You can find more information about the signs of an unhealthy relationship here: www.fpnsw.org.au/health-information/individuals/under-25s/you-me-us

Digital drama



Yes, digital drama is a thing!

Digital drama is when arguments happen online or via text message. Sometimes digital drama can lead to fighting in person. This can happen between you and your partner, your friends or even your family members.

You might know some of these types of digital drama:

- someone changing their relationship status to 'single' after a fight with their partner
- someone leaving a hurtful comment on someone else's social media post

Here are some tips on how to deal with digital drama:

- do not respond to it
- take a break from social media
- talk in person. People may say things on social media which they would never actually say in real life
- ask for help if digital drama is affecting your wellbeing. This could be talking to a parent or someone you trust. You could also call Kids Helpline on 1800 55 1800 and talk to someone about how you feel.

Break-ups

A relationship break-up, or just a break-up, is the end of a relationship. Relationships can end for lots of reasons. Sometimes things just don't work out and it is not anyone's fault. Sometimes people make mistakes and hurt each other. Sometimes people can get back together later after a break up. Sometimes this does not happen. Breaking-up is normal and nothing to be ashamed of.

A break-up can be tough whatever the situation is. Dealing with a break-up can be hard. If you are feeling down or sad, this is okay. Lots of people feel this way after a break-up.

Here are some important things to remember when going through a break up:

- there is nothing wrong with you. This was just not the right relationship
- it's better not to be in a relationship at all than to be in a bad one
- it's okay and normal to feel hurt, angry or to miss the other person.
It's even okay to feel this way if you were the one that broke things off
- these feelings won't last forever. Give yourself some time to get over the loss of the relationship

If you are breaking up with someone:

- be honest about your feelings
- talk to your partner in person. Do not break up over text message or social media, as long as you feel safe doing this
- give each other some space while you both heal

If you are feeling really down or finding it hard to cope with a break up, it's a good idea to talk to someone about it. This could be a trusted friend, family member or a counsellor.



Hey, I want to talk to you about something, can we meet tomorrow after class?



Yeah, sure

If you want to talk to a counsellor about how you feel, you can contact:

- Kids Helpline on 1800 55 1800 (24 hours/7 days)
- eheadspace on 1800 650 890 or www.eheadspace.org.au
- Reachout at www.reachout.com

More information

If you want to find out more about sexual health and relationships you can:

- visit the Know Your Health website at www.fpnsw.org.au/know-your-health
- visit www.bodytalk.org.au
- visit www.headspace.org.au
- call Family Planning NSW Talkline on 1300 658 886 (Monday to Friday, 8:00am-8:00pm)

To talk to someone in your language, call the Translating and Interpreting Service (TIS) on 131 450. Ask them to connect you to Family Planning NSW.

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