



- Travel to school together or walk home together.
- Put your arm around his/her shoulder.
- Dance together.
- Cuddle in front of the TV.
- Kiss.

It is important to be thoughtful about physical approaches as some people do not want to hold hands, hug or be kissed. It may be too soon or they may not like it.

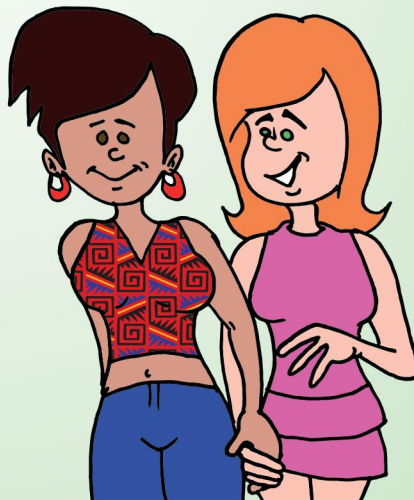
**Think carefully about what you tell your friends about your relationship. Some people may later regret sharing private information.**

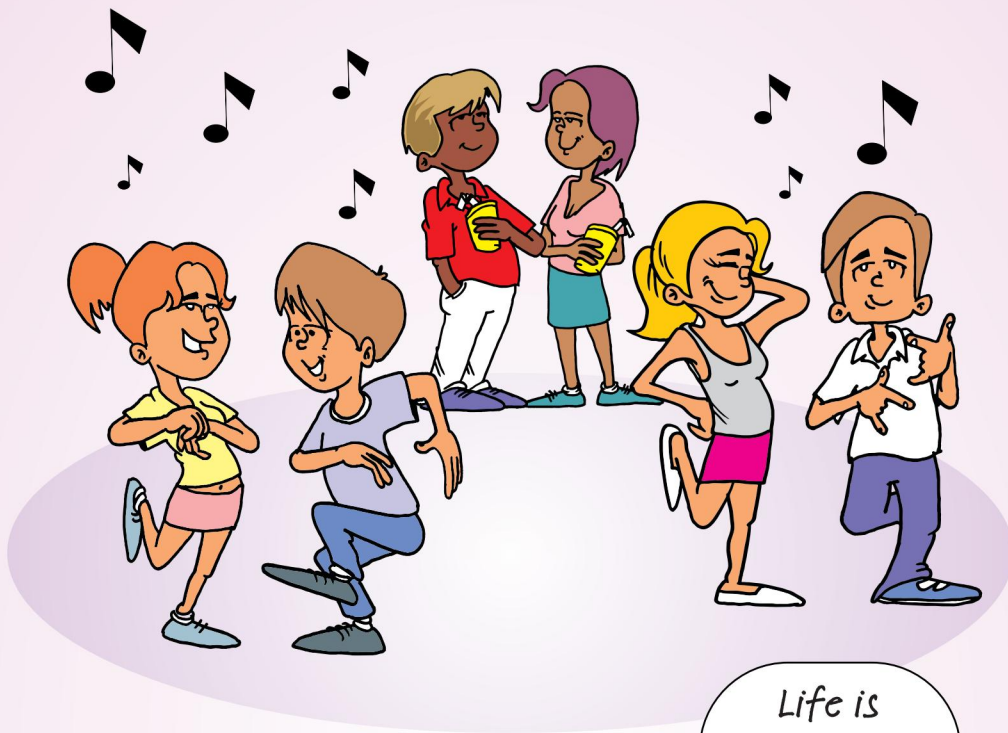


# BEGINNING A ROMANTIC RELATIONSHIP

If your friend is romantically interested in you, you could:

- Arrange to spend more time together.
- Phone, chat online or send text messages.
- Hold hands.
- Sit close together for a private chat.
- Go to the movies together.
- Do homework together.





Some people take time to form friendships while others make new friends quickly.

Many young people find it easier to form friendships while participating in group activities such as chess club, team sports or part-time work.

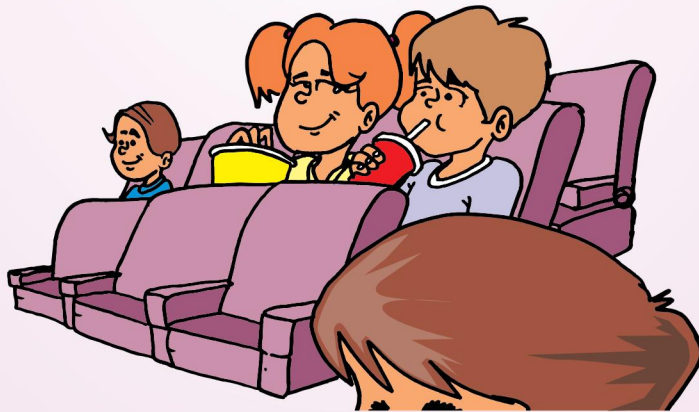
It is normal to sometimes feel lonely or awkward when joining a new group. Some groups are easier to join because the members are welcoming and friendly.

*Life is interesting when you have different friends.*



# Friendships

During the teen years it is usual to have some old friends and some new friends, and to move in and out of friendship groups. It can be good to have two or three friends because people who spend all their time with one friend can feel lonely if that friend is not around. Getting to know different people helps us learn how to understand and get along with others and makes our lives more interesting.



Some helpful questions are:

'Is this OK?'

'Do you like me doing this?'

'Do you want me to stop?'

Be sensitive to non-verbal cues and body language:

- Is your partner's body tense or relaxed?
- Are they holding you or pushing you away?
- Are they looking happy, upset? Turned on or disinterested?



# Consent

Consent means to agree to, give permission, or allow something.

People in a relationship should feel free to say what they like, or want to happen, and what they don't like or don't want to happen. This is giving consent. It's OK to say 'Stop, I don't like it!' This is their right, and a caring partner will respect this.

Ongoing consent for any sexual behavior is essential. Check with your partner often. People may agree to try something but then want to stop. They may feel OK about doing some things today but not tomorrow and that is OK.

