

	<i>Love Statements...</i>	TRUE	FALSE	NOT SURE
1	Love comes and goes			
2	Loving someone means agreeing with them on everything			
3	Love is being able to talk about everything and anything and not having to worry about saying the wrong things			
4	Loving someone means letting go of them sometimes so that they can go off on their own and do their own thing			
5	Love means caring about someone even on bad days			
6	It is easy to say that you love someone without meaning it			
7	People are expected to fall in love			
8	It is only possible to truly love one person			
9	Liking and friendship are just as important as love			
10	Men and women see love differently			

Facilitator's Notes:

Students may give different answers; this will depend on their own feelings and experiences. In most questions there are no definite answers, only discussion points aimed at giving the students 'food for thought'.

Love comes and goes

Love does come and go; it is a sad fact of life. Many people do not stay in their first loving relationship; they may fall in love a few times, before, settling into a long term relationship. Some people do find a love that lasts forever and their relationship can last. Unfortunately being in love is not enough in a relationship other things are equally important – respect, trust, sex, commitment, caring and sharing. Good relationships can and do exist without love, but there does need to be a fondness or liking in the relationship.

Loving someone means agreeing with them on everything

Loving someone does not mean agreeing with them on everything they say or do. People do not always agree when they are in a relationship; however it is important that both parties are able to express their opinions/preferences. A relationship should be a partnership between two people based on equality, respect and compromise. These are qualities of a relationship that should never be taken for granted.

Occasionally one person can take excessive control in a relationship and the other does as they are told to do by that person, this could be a form of domestic abuse. Love is being able to talk about everything and anything and not having to worry about saying the wrong things Good communication between people is essential. Sometimes the wrong things will be said – in arguments, temper, frustration. Partners who communicate well will know how to 'read' the other person's words and understand what and how something is being said.

Loving someone means letting go of them sometimes so that they can go off on their own and do their own thing

A good relationship should be built upon trust. If trust does exist in the relationship, each partner will have the freedom to do their own thing and still enjoy times together with their partner. Both partners need to keep their own identity. Where there is not trust in a relationship both partners may find it difficult to allow the other person to have independence/freedom.

Love means caring about someone even on bad days

Love means that partners should care about each other even on bad days. Bad times and days can be testing for a couple, if the couple do not work together to support each other at all times those bad days can pull the couple apart.

It is easy to say that you love someone without meaning it

Some people find it difficult to express their emotions; therefore they would find it very difficult telling someone that they love them. Other people find it easy to tell someone that they love them. It is easier to tell if someone loves you from their behaviour and communication than the words they say. Sometimes people feel pressured into saying they love someone especially if their partner has said it first. You should never tell someone you love them if you don't, or are not sure, as it can cause hurt in a relationship.

People are expected to fall in love

In society there is an expectation that people will fall in love, live together or marry and start a family. However, everyone is an individual and has the right to choose their own path in life, if this does not conform to society's path then so be it. In the same way society expects a female to grow up, fall in love, get married and have children, it is important that females remember that they do have a choice and if they choose not to have a baby either in a relationship or as a single person then again it is their choice.

It is only possible to truly love one person

All people love more than one person, there are different types of love. There is a love that leads to sexual attraction. There is also a platonic love where people are just good friends and there is also the love of family members. i.e. parent/carer, siblings or grandparent.