



Ben wants to see his mates and play football every weekend whilst Jaz wants to go shopping and hang around the town with her friends.

**Is it ok to spend time away from your boy/girlfriend?**

**Do you have to do everything together?**



When Elisha is with Kadeem he keeps flirting with other girls, this is making her very angry, especially as he gets jealous if she even talks to other people.

**Is it ok to flirt when you are already in a relationship?**

**Is it ok for someone to say you cannot talk to other people?**



All of Jess' friends have boyfriends and they don't spend any time with her any more. She is really hurt by her friends' attitudes and worried that no one likes her or finds her attractive.

**Is it ok not to have a boy/girlfriend?**

**Is it ok to ignore your friends if you have a boy/girlfriend and they don't?**



## Dilemmas



Jack's girlfriend is a different religion to him and he is worried his parents/carers will not accept her, if he takes her home it could be embarrassing.

**Is it ok to go out with someone who is a different religion to you?**

**If Jack really likes his girlfriend, how could he persuade his parents to be nice to her if he does bring her home?**



A group of friends have come over to Naomi's house. Her best friend, Maria has to go home, but Maria's boyfriend Rikki stays with a few others. As people begin to go home Naomi realises that there is only her and Rikki in the house. Naomi has always had a secret crush on Rikki, but she's not sure what Maria would do if anything happened between them.

**What should Naomi do?**

**What should Rikki do?**



John feels like spending the evening with his friends. Chantelle prefers to spend a quiet evening watching movies with him. Chantelle is very disappointed at the thought of spending Saturday evening without John.

**What should John do?**

**What should Chantelle do?**







Stacey has had a crush on Marcus for several weeks. She finds him very good-looking as well as friendly and sociable. Everyday they travel to school together. She would like to ask him out and tell him how she feels.

**What should Stacey do?**

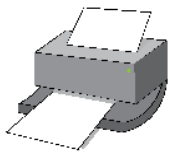
**How might Marcus respond if she asks him out?**



Nathan and Lauren have been friends for a long time; they have recently started seeing each other. When Nathan is on his own with Lauren he is kind and nice to her, he buys her little presents and sends her texts. However when his friends are around he is very abrupt with her, he acts very distant and almost ignores her, preferring instead to look cool in front of his mates.

**Why might Nathan be behaving like this?**

**What could Lauren do about it?**





# Facilitator's points

Ben wants to see his mates and play football every weekend whilst Jaz wants to go shopping and hang around the town with her friends.

Is it ok to spend time away from your boy/girlfriend?  
Do you have to do everything together?

## **Suggestions:**

- If you love someone enough you should not ask or expect them to give up anything for you.
- Love should be unconditional, Ben does not need to prove that he loves Jaz by giving up his friends.
- In a relationship there should be a balance between yourselves and the outside world. It is very important to keep one's own friends and enjoy the company of lots of different people.
- A relationship can easily become very boring if the two people in the relationship only ever do things together. This can be one of the reasons for a relationship to end.

When Elisha is with Kadeem he keeps flirting with other girls, this is making her very angry, especially as he gets jealous if she even talks to other people.

Is it ok to flirt when you are already in a relationship?  
Is it ok for someone to say you cannot talk to other people?

## **Suggestions:**

- How do you know that your partner is flirting and not just being friendly? Have you asked him/her?
- If you have made rules together within your relationship and one included no flirting or talking to other people in a certain kind of way, then perhaps it's time to think about this rule and decide together if it needs changing?
- Rules in relationships are ok if they are made together and both people keep them.
- Breaking the rules can lead to the break up of relationships. One partner may become abusive to the other partner trying to make them do what they want them to.
- Talking about things is the best way to resolve only differences.

All of Jess' friends have boyfriends and they don't spend any time with her any more. She is really hurt by her friends' attitudes and worried that no one likes her or finds her attractive.

Is it ok not to have a boy/girlfriend?

Is it ok to ignore your friends if you have a boy/girlfriend and they don't?

**Suggestions:**

- This is a very sad situation and I can understand that you feel very hurt by it. Friends who have girl/boyfriends should always make time for their own friends.
- Don't worry that no-one has asked you out yet, you have lots of time to get a boy/girlfriend.
- Start to look for new friends, perhaps join a new after school or youth club where you could meet new people.

Jack's girlfriend is a different religion to him and he is worried his parents/carers will not accept her, if he takes her home it could be embarrassing.

Is it ok to go out with someone who is a different religion to you?

If Jack really likes his girlfriend, how could he persuade his parents to be nice to her if he does bring her home?

**Suggestions:**

- It would always be best to talk to parents and carers first before taking a partner home who parents/carers may disapprove of.
- It is important to respect the fact that they do have the right to disapprove of a partner and this is why it so important to talk to them first.
- It may be necessary to accept a compromise that suits both the person and the parents/carers.
- If they continue to disapprove then a person has two choices to either continue to stay with their partner or end the relationship as the parents/carers want them to.
- However, if they choose to stay in the relationship then they will need to accept the negative consequences if the parents/carers do find out.



A group of friends have come over to Naomi's house. Her best friend, Maria has to go home, but Maria's boyfriend Rikki stays with a few others. As people begin to go home Naomi realises that there is only her and Rikki in the house. Naomi has always had a secret crush on Rikki, but she's not sure what Maria would do if anything happened between them.

What should Naomi do?  
What should Rikki do?

**Suggestions:**

- Naomi needs to think about her friend's feelings and their friendship, which she might lose if she does do anything with Rikki. She also needs to think about how she will feel in the morning. Rikki might just use her and go back to his girlfriend.
- Rikki needs to think about his girlfriend and the feelings he has for her.

John feels like spending the evening with his friends. Chantelle prefers to spend a quiet evening watching movies with him. Chantelle is very disappointed at the thought of spending Saturday evening without John.

What should John do?  
What should Chantelle do?

**Suggestions:**

- John should talk to Chantelle and negotiate how they spend their time together. He should consider her feelings and try and discuss that it is good for both of them to spend time apart and with their own friends.
- They might negotiate to do something together on a Friday night and be with their friends on a Saturday night.
- Chantelle needs to think about John's feelings as well as her own. They should talk to each other and explain the reason behind their choices and decisions.

Stacey has had a crush on Marcus for several weeks. She finds him very good-looking as well as friendly and sociable. Everyday they travel to school together. She would like to ask him out and tell him how she feels.

What should Stacey do?

How might Marcus respond if she asks him out?

**Suggestions:**

- Stacey needs to think about how she will feel if Marcus says no. She needs to consider their friendship, if they make it a relationship will it spoil it?
- Marcus might feel flattered if Stacey asks him out. He might say yes or no, it depends on how he regards Stacey.

Nathan and Lauren have been friends for a long time; they have recently started seeing each other. When Nathan is on his own with Lauren he is kind and nice to her, he buys her little presents and sends her texts, however when his friends are around he is very abrupt with her, he acts distant and almost ignores her, preferring instead to look 'cool' in front of his mates.

Why might Nathan be behaving like this?

What could Lauren's do about it?

**Suggestions:**

- Nathan might be behaving like this because he wants to act cool in front of his mates, who might be teasing him. He needs to consider Lauren's feelings and talk to her.
- Lauren needs to understand about Nathan's mates teasing him and give him a wide berth when they are around. She needs to tell him how she feels when he is being unkind to her in front of his mates.