

Scenario 1

Jake wants to go out with Natasha but he doesn't know how to ask her out. He really likes her. Natasha wants to go out with Jake too, but she doesn't know how to tell him she really likes him. They flirt with each other at school, but they don't know how to take their friendship any further.

- What might Jake and Natasha say or do to communicate that they like each other?
- Why doesn't Jake/Natasha just tell the other one how they feel?
- Is flirting harder for males or females?
- Who should make the first move and how?

Scenario 2

Emily and Nick are both 15 years old. They have been friends since primary school. They have both had male/female friends and they enjoy hanging about together in a big group. Recently Nick has started to show more affection towards Emily than she likes. Her friend has confided in her that Nick really likes Emily and wants to go out with her. Emily likes Nick as a friend but only wants their relationship to be a friendship. She is worried that she will hurt or lose Nick and doesn't know what to do.

- How could Emily discuss Nick's feelings about her without hurting him?
- Why do you think Nick has suddenly started to like Emily in a sexual way?
- If Emily does tell Nick she only likes him as a friend, how might this affect their friendship?
- In what ways is being in love different from being a friend?

Scenario 3

Helen thinks she is in love with Paul. She does not want to tell him in case he does not feel the same way as her.

- How would Helen know she is in love with Paul?
- How might Helen communicate her feelings to Paul?
- Why is she worried telling him how she feels?
- Can someone help falling in love?
- How would Helen know if Paul feels the same way about her?

Scenario 4

Tom and JW are both 16 years of age, they have been seeing each other for 5 months, and they are both virgins. They have kissed and heavy petted but they always stopped before having full sexual intercourse.

- What fears might Tom and JW have about having sex for the first time?
- Why might Tom and JW want to have sex for the first time?
- What do Tom and JW need to discuss before having sex for the first time?
- Are there different fears for males/females when it comes to sex for the first time?
- What is a good reason for having sex the first time?
- What is a bad reason for having sex the first time?

Scenario 5

Ben and Roxanna have been going out together for several months. They often declare their love for each other. They consider their relationship to be a serious one, but they both wonder if it will last.

- How and when does a relationship become serious?
- Can people control whether they stay in love with their partner?
- Why does it help if you are good friends?
- Why is trust so important in a relationship?
- Why might a relationship end?

Scenario 6

Sophia is very upset; she has broken up with Mandip. She felt that during the 11 months they had been going out together, they had developed a really good relationship but now it's over. All she does is cry and cry.

- How might Mandip have ended the relationship with Sophia?
- How does Sophia feel?
- What could Sophia do to make herself feel better?
- Why do relationships end?
- Is it difficult to end a relationship, if so, why?
- Why is being dumped so horrible, especially by phone/text?
- Why are some relationships more difficult to get over?

Facilitator Notes:

Scenario One - Flirting

- Natasha or Jake might ask one of their friends to find out if they like them.
- One of their friends might invite them both out to 'hang around' together.
- One of them might decide to be brave and suggest they go somewhere i.e. pictures or bowling.
- Go out together as friends and see where it leads; once they are together outside school, it may just happen.

Scenario Two - Liking someone who doesn't feel the same way

- This will be hard to solve; it is never easy liking someone in a sexual way if they do not like you back. It might have been easier if Nick had tried to talk to Emily about his feelings first before he told her friend.
- Obviously they like each other in a platonic way, and have a very good friendship which they would not want to spoil. They will need to communicate their feelings for each other and try to salvage their friendship.
- It would not be a good idea for Emily to pretend she likes Nick and lead him on, as this will hurt him at a later stage.
- On the other hand, it could be that once Nick expresses his feelings for Emily, she realises she likes him in a sexual way as well.

Scenario Three - Falling in love

- It is difficult to know what love feels like and also to tell what the other person is feeling.
- If a person feels they are in love they should just say it at an appropriate moment, perhaps when they are in a special place, or listening to special music, or doing something nice together.
- A little gift to show their affection might also be an appropriate way of saying I love you.
- Once a person has said I love you, how the person responds might indicate their feelings too. Some people are much more touchy feely than others and for some people, sayings trip off their tongues more easily, for others it is a lot harder. The person's response may be a good indicator of their feelings, and whether it is reciprocated.

Scenario Four - First sex (This could be two males)

- They should decide if the time is right to have sex, they could talk to each other and discuss contraception and previous partners if there were any?
- If they both feel ready, then they should just let it happen on the understanding that if they change their mind that is still ok. They might decide to have a special evening so the first time is special for both of them.
- Having sex for the first time should be mutual consent for both partners. A good reason to have sex is because you like each other and have strong feelings and want to show each other how you feel. Bad reasons for having sex are because 'everyone else is doing it', 'you want to lose your virginity', 'you want a baby', 'peer pressure'.

Love Scenarios

- A male might be worried about whether he's doing it right, if he can get an erection and sustain it, putting a condom on, if his penis is big enough. He might not like it/she might not like it, he cannot please her, he ejaculates prematurely.
- A female might be worried that it will hurt, she might not like it, she is not ready, his penis is too big, he will ask her to do things she does not know how to do, or does not want to do, getting pregnant, her parents/carers finding out, being labelled easy, getting a reputation, losing her virginity (which she should keep because her religion states she must be a virgin/bleed on home her wedding night).

Scenario Five - Staying in love

- It is very difficult to predict how long some things may last. For some people forever is precisely that, for others it is just a word. People change and so do their feelings for each other. People meet new people, develop new interests and sometimes move to a different place where they will meet new people. This might be starting a new job, new college/school, or moving house. No one can really predict their future.
- A relationship becomes serious when two people commit to each other, maybe doing everything together, meeting family and friends, being recognised as a couple, getting engaged, wearing a friendship bracelet, having a special piece of jewellery, living together.
- If people are trying to control their partner, this may, not be a healthy relationship; people should think about why someone is trying to control them and is it a good thing?
- Being good friends helps because, if two people know each other and are comfortable with each other, it can help to make their relationship stronger and sustainable. Friendship is a good quality to have as it helps to develop trust, which is very important in any relationship; in fact it is one of the essential qualities which help to sustain any relationship. If you cannot trust your friend/partner it will make the relationship harder. People may question their partner, tell lies, not trust each other, not tell their partner things or keep secrets.

Scenario Six - Breaking up

- This is very similar to the previous one. No one can predict how they will feel in the future. Sometimes parents, friends or family can disapprove of a relationship and these negative feelings can impact upon the relationship and the people in it. Breaking up in a relationship is like bereavement, it hurts deeply and the person who is hurting has to grieve for what they had and have lost. Eventually over a period of time and with the support of family and friends, people will get over break ups and start to form new relationships.
- Mandip might have ended the relationship by talking to Sophia, or he may have just sent her a text or email.
- Sophia feels devastated, she needs the support of her family and friends.
- Being dumped is horrible as it can be unexpected and if it is not by mutual agreement it can be a shock for the other person.