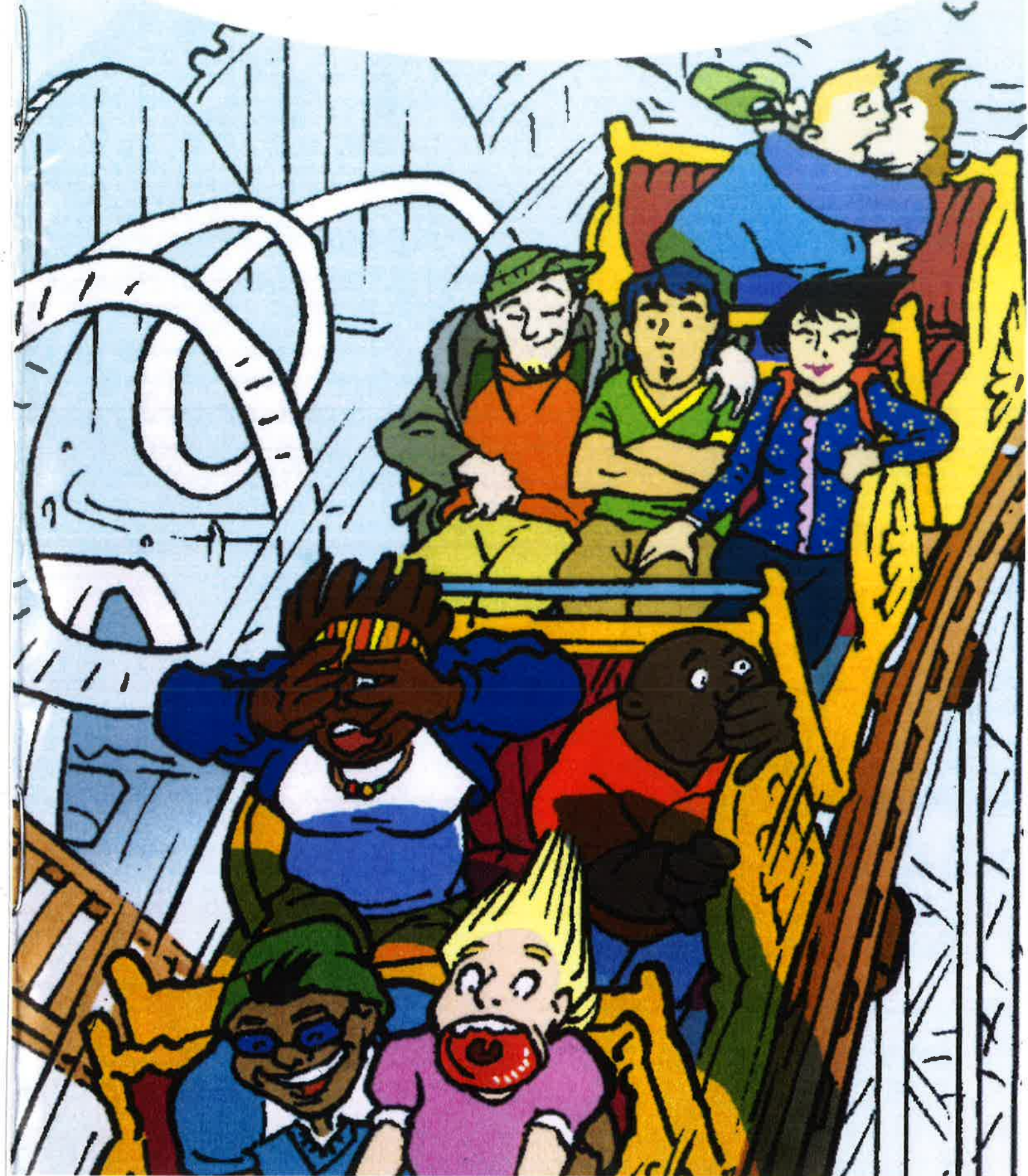


LOVE, SEX RELATIONSHIPS



EMOTIONS

DESIRE

IDENTITY

FAMILY

I
first had
sex when I
was 21...

...15...

...18...

...35!

I want
to wait
until I'm
married.

I like
to touch
myself...

...
to walk
around
naked...

I don't
fancy
anyone.

... to
dance...

... to dress
up as a girl.

I like
sexy texts.

Your **sexuality** is part of your personality.
It's how you feel about yourself as a sexual
being and how others see you.

Your emotions, feelings, behaviour, sexual
orientation and culture all help to define
your sexuality.



Like your body and your brain, your sexuality develops throughout your life.

It may take time to find out who you are and what you want, but that's all part of the process. **Take your time.** There's no rush.



I love... my teacher...

... my best friend...

... being cuddled...

...having my neck kissed...

...being stroked.

I'd rather stay home and watch TV.

I don't know what I like.

I came out in my 50s.

Boys... girls....I can't make up my mind.

I think I might be a lesbian.

I don't want to know about this.

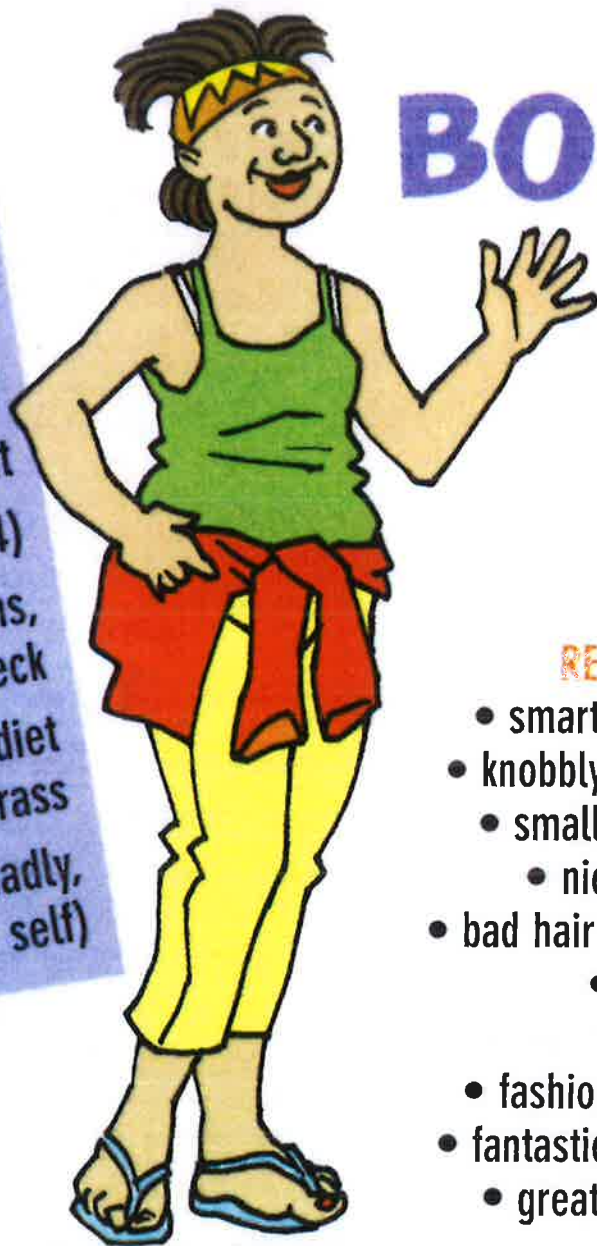
The sad truth about why you will never look like the idealised celebrities of your dreams is that they barely exist in the first place.

MAGAZINE BABE

- Three hours of hair and make-up in order to look fresh and natural
- Legs digitally elongated
- Five hours per day with personal trainer
- Cellulite airbrushed out
- Boob job (x4)
- Liposuction of arms, ankles and neck
- Bad mood from perpetual diet of grapefruit and wheatgrass
- Glow from being madly, desperately in love (with self)



BODY



REAL YOU

- smart, funny
- knobbly knees
- small boobs
 - nice bum
- bad hair month
 - spots
 - farts
- fashion error
- fantastic smile
 - great kisser

The GREAT NEWS for you, me, and pretty much everyone else on earth, is that we're all looking for different things in a friend and in a partner. So why not seek out people who love you for what you are?

EATING DISORDERS

Sometimes people may have a false image of their body (a feeling that they are fat and need to lose weight, when this isn't the case). Their feelings about food become mixed up with how they feel about themselves. An eating disorder often indicates other problems. Talk to your doctor or a group that can help.

"The degree of thinness exhibited by models chosen to promote products is both unachievable and biologically inappropriate"
British Medical Association report

Take away the photo-manipulation, the retouching, the stylist, and the make-up, and what you're left with is just another (ordinary) pretty face.

IMAGE

REAL YOU

- GSOH
- shortest in class
- lovely eyes
- sticky-out ears
- hates sport
- great dress sense
- nice to old ladies
- tells you you're gorgeous when you feel like a ratbag



MOVIE STUD

- Back, crack and sack wax (forget what it costs, it hurts like *@£?&**!!)
- Spots airbrushed out
- Five hours per day with personal trainer
- Calf implants
- Abdominal 'etching' (fake sixpack)
- Hair implants
- But enough about ME, doll ... does my crotch look big in this?

At the end of the day, if you're going to enjoy spending time together then you need to be able to relax with each other and enjoy each other's company. It can take a while to find your 'soul-mates', but don't despair, it's not a race.

HELP! My girlfriend/boyfriend tells me I'm too fat!

Tell them they're too critical and then tell them to push off. Once they're gone, stick to people who don't make you feel bad about yourself.

BORING BUT TRUE

The easiest way to stay in shape is to increase the amount of physical exercise you do (play a sport, walk to school or college, dance), and keep fizzy drinks, sugar and junk food to a minimum.

OK, NO LABELS. BUT WHAT IS...?

asexual a person who doesn't feel sexual attraction or respond sexually to others.

bisexual a person sexually attracted to both men and women (not necessarily at the same time).

fetishist a person turned on by a particular thought, activity or object, such as the feel or smell of leather.

gender being male or female. A person's **sex** is determined by their chromosomes (tiny thread-like structures that carry genes. Genes determine what sex we are and what we look like). Gender can be expressed in different ways and is influenced by a range of things including culture and society.

heterosexual (straight) a person sexually attracted to people of the opposite gender.

gay a word used to describe people who are attracted to others of the same gender.

gay man a man who is attracted to other men. Some men prefer to use the word 'homosexual'.

lesbian a women who is attracted to other women. Some women prefer to use the term 'gay' or 'homosexual'.

trans or **transgender** an inclusive term for all people who see their own gender in a different way from the gender they were given when they were born. They might decide to change their gender through medical treatment or surgery and also change it legally, but this would be a decision for each individual.

transsexual a person who sees themselves as (and usually wants to become) another sex; transsexual people can be straight or gay.

transvestite a person who likes to dress in clothing usually worn by the opposite sex.



What mix are you?

A 'girly girl' who loves dressing in pink? A 'man's man' who loves lifting heavy weights?

In practice, most of the world falls somewhere between these two extremes.

Some men – gay and straight – love to dress up in outrageous clothing. Some women don't like to wear dresses. Some men make brilliant nurses and love to cook but this does not mean that they are gay. Some women like to play football and rugby but this does not mean that they are lesbians.

Stereotypes – where women and men are expected to conform to certain behaviours – bring everyone down.

It's better to accept the person and treat everyone with respect.

SEXUAL ORIENTATION can take many forms – straight, gay, lesbian, bisexual. Even then, everyone's different.

A lot of people are unsure what their sexual orientation is.



is a mix...

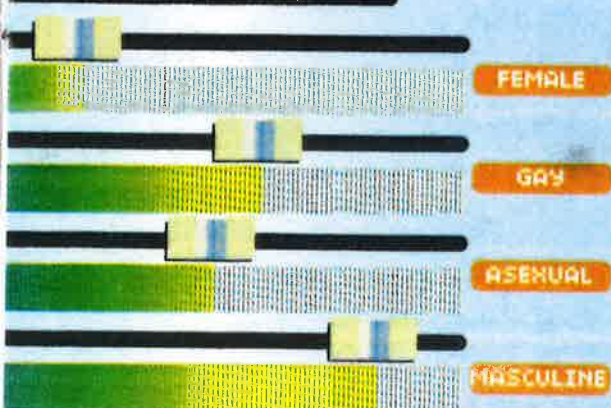


You don't choose your sexual orientation – to be straight or gay, lesbian or bisexual – any more than you choose to be tall or small, black or white. It's just the way you are.

Many parents and friends will support you, whatever your sexual orientation. If yours aren't supportive, there are plenty of people you can turn to who are (see p16).

Your sexuality may change throughout your life. Confusion and uncertainty may be difficult, but at least you can be certain you're not alone. Give yourself time.

GENDER BLENDER



HOMOPHOBIA

Hating, abusing or bullying people because they are gay or lesbian, or using 'gay' as an insult to mean 'stupid' or 'crap', is stupid and crap. So don't do it.

BULLYING

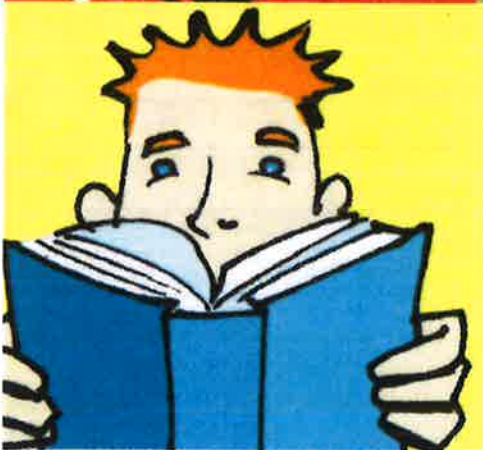
Pushing, hitting, name-calling, persistent teasing, tormenting someone or deliberately making someone feel stupid – whether online or in person – can make people feel scared and powerless. But you can do something about it. If you see it, report it. If you're being bullied, tell someone – a parent or carer, teacher, your doctor or the police. Call a helpline (see p16). Write a note if you can't talk about it. But don't suffer in silence.

BULLIES

If you've ever bullied someone, think about why. Some people bully because they are upset, angry or afraid. So talk to someone about what's bothering you – bullying won't help.

THE LAW
Bullies (and their families) can be taken to court and prosecuted – as can schools who know about it and let it go on.

No one deserves to be bullied. Help people out and stick up for one another. You'll sleep better at night knowing you've contributed to someone else's happiness.



A T T R A C T I O N

Who would you choose as a best friend/partner? Ask 20 people the same question and they'll all give you different answers. What does this say? We all have different tastes in people!

Excellent – and extremely reassuring.

At this stage in your life you might be happy with a few friends. Or you might be starting to think about a partner of the opposite sex. Or the same sex.

You might feel you're **ready for anything**. Or maybe just a little bit of experimentation. Or sex may be something you'd rather not think about yet.

You might have **fantasies** about people you barely know. Film stars. Teachers. Or your best friend.

Your **hormones** may be telling you to *go go go* one minute, *cry cry cry* the next, and run away and hide after that.

There is no ideal progression through sexuality and relationships, any more than there is an ideal partner or body shape.

Relationships take time to explore, and mistakes are part of the journey.



QUIZ: Are You Compatible?

1. Does your friend/partner look at you like you're insane when you pour out your most intimate feelings?
Yes ☐ No ☐
2. Do they shower you with support when you're feeling insecure or unsure of yourself?
Yes ☐ No ☐
3. Do they make loud and unpleasant comments about you around other people?
Yes ☐ No ☐
4. Can you really relax and have a laugh together?
Yes ☐ No ☐
5. Do they pressure you for sex you don't want or things you don't want to do?
Yes ☐ No ☐
6. Are you worried that they might someday discover the hideous truth about what you're really like and then slag you off all over town?
Yes ☐ No ☐

SCORE Do you really need us to score this quiz for you? The whole point of relationships is to choose someone who genuinely likes and respects you for what you are. It's easy to get so twisted up trying to please other people that you forget what makes you you (plus, it doesn't usually work).



RELATIONSHIPS

How to tell the difference between love and a crush

A crush can be emotionally all-encompassing, exhausting and often totally unrealistic. The object of your passion may not know you exist or how you feel.

If they are a celebrity or your teacher, that's the way it's likely to stay, and that may suit you just fine. If it's your sister's best friend, however, you may have a chance of it becoming real.

You need to talk, find out if you have things in common and get to know each other better. A crush becomes love when it becomes real – when you tell the other person how you feel and find out that they feel the same.



How to get a relationship

If you're looking for love and can't find it, work on developing other relationships. People who make and maintain close friendships learn valuable skills to apply next time around to a different kind of love.



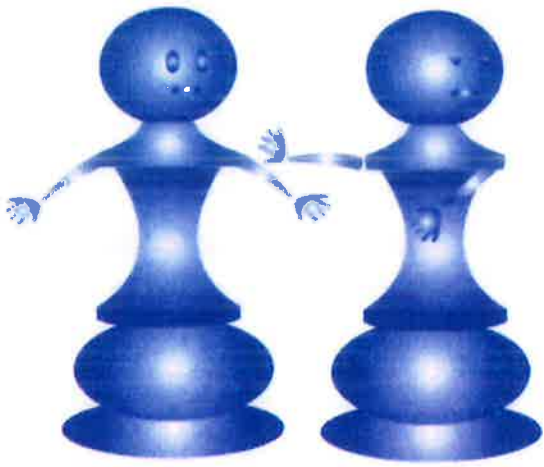
Everyone talks about 'raging hormones', but you may find the science reassuring.

Extreme feelings of creativity, love, rage, and despair are typical of the teenage years because your body is producing high levels of the natural chemicals responsible for these feelings. Some people barely notice the ups and downs; others may swing between exhilaration and despair.

By your 20s, many of these swings will settle down and you're likely to feel more in control. If you're worried about how you feel, talk to someone who can help (see p16).

Don't forget your friends

Sexual attraction may lead to love – or disappointment. So treat your friends well. Real friends will stick around long after your current object of passion has crawled back under its rock.



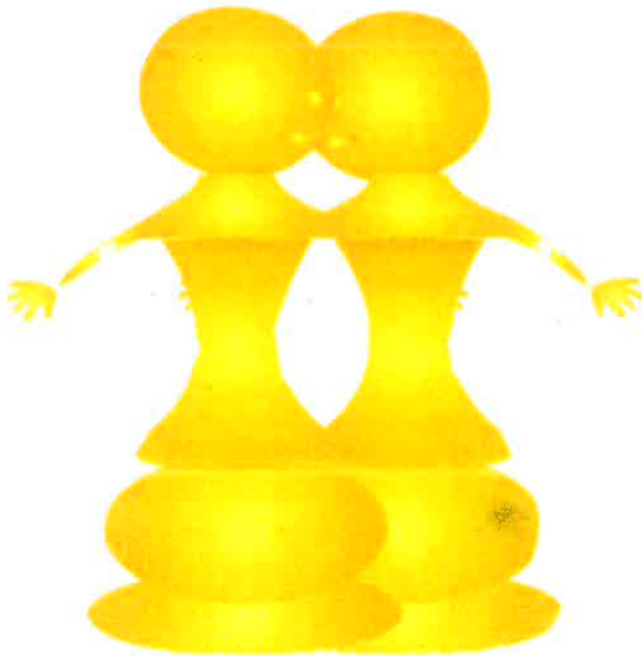
How to tell someone you're not interested

Try to be kind and put yourself in the other person's shoes. "I just don't think we're right for each other," or "I'm sorry I don't feel the same way," is generally a better response than "You must be joking."

How to tell someone you fancy them

"I worship and adore you!" can be off-putting. It's generally better to build up to it slowly.

Try talking about something shared – food, a film, a game, a favourite band. Eat lunch together. Text each other a few times. Get to know one another. If the object of your passion won't lend you a pencil, they're probably not interested in having a relationship either.



Is it possible to survive rejection?

It is, but nobody will say it's easy. In case of rejection, fall back on the people who really do love you – your family, your friends, your cat, your dog. Rejection is part of life and, if you learn from it, can help your next relationship to be smarter and stronger.



How to tell if someone really likes you

Do they talk to you, ask your opinion, listen to your answers, want to be with you and treat you nicely?

R-E-S-P-E-C-T is always a good start. No good relationship works without it. Anyone who can't remember your name and/or avoids you like the plague is probably not attracted to you.



FREQUENTLY ASKED QUESTIONS

How can I tell if I'm ready for sex?

Ask yourself these questions:

- Do you want to have sex (for you, not for someone else)?
- Do you like, trust and respect your partner?
- Are you prepared to take responsibility for having safer sex?
- Are you prepared for the possible emotional rollercoaster of rejection or break-up?

Don't be pressured into sex, and don't put your future at risk by having unsafe sex.

What is masturbation?

Most women and men masturbate (touch, stroke and rub their genitals in a way that feels pleasurable). It's a good way to get to know your own body and your own sexual responses. Once you know what turns you on, you can let your partner know too.

What is 'having sex'?

Having sex, or making love, includes any activity that sexually arouses you and your partner. It's not just about the penis penetrating the vagina. It might include talking and flirting, kissing, looking, touching, stroking each other, kissing using tongues (french kissing), removing clothes, touching each other's genitals, putting on a condom. Whatever your sexual orientation, you can have sex in all sorts of ways – there's no magic formula.

Is it OK to say NO?

Don't do anything you don't want to do and don't pressure someone into doing something they don't want to.

It's fine to change your mind – if you start having sex and want to stop, it's not being a tease.

Having sex once doesn't mean you have to have it again. You might worry about upsetting the person you're with, but it's better than doing something you might regret.

How do I say what I want?

Sometimes we find it hard to say what we want, such as asking your partner to wear a condom or telling them what turns you on. Perhaps we're not sure what we want, or we put our partner's needs first.

Often we don't say what we want for fear of being rejected, laughed at, hurt or ignored. But the more we don't say what we want, the more resentful we become, and the harder it is to talk. Think about what you want and how to say it. Practise on your own. Pick your time. If people can't respect your needs, they don't deserve your time and attention.

THE LAW In the UK, the age at which young people can agree, or consent, to have sex is 16. This is the same whether you are gay, straight or bisexual.

ABOUT HAVING SEX



What is safer sex?

Safer sex is taking steps to reduce the risk of pregnancy and sexually transmitted infections (STIs).

Practising safer sex (using condoms) is the single most important step anyone can take to help prevent getting or passing on STIs.

Am I the only one not having sex?

In the UK, the average age for men and women having sex for the first time is 16. Many wait until they are older.

What is an orgasm?

Some experience orgasm (coming) as a feeling of muscular spasms or contractions that feel really good. Others feel tingly all over. Each orgasm feels different, but most men and women know when they've had one!

How do I turn someone on?

If two people fancy each other, they're probably already turned on. A lot of being turned on happens in your head – flirting, eye-contact or a touch can cause you to feel faint with desire. Kissing, stroking, licking can all be turn-ons. The real secret is to be aware of what gives the other person pleasure.

Can I be good at sex?

No one is born sexually experienced. Most of the fun is learning. Talk to your partner. Ask what they like. Be aware of their feelings as well as your own pleasure.

Does sex hurt?

Some people experience pain, for example, when a penis first penetrates the vagina or anus. Take it slowly and sensitively: yet another reason to make sure you trust your partner.

What is oral sex?

Licking, sucking and kissing each other's genitals. Often called a 'blow job' when done to a man, and 'going down' when done to a woman. Some people enjoy it; others aren't interested.

What is anal sex?

Penetration of the anus by the penis. Some people think that only gay men have anal sex – but it's not true. Many gay men never have anal sex. You can be gay, straight or bisexual. Some people enjoy it; others aren't interested. Some find it uncomfortable or painful.

You can get and pass on sexually transmitted infections through oral sex and anal sex as well as vaginal sex. Make sure you cover the penis with a condom or the female genitals or male or female anus with a dam – a latex or polyurethane (soft plastic) square.

You have the right to...

- **CLEAR INFORMATION** about sex
- express and explore your sexuality
- **NOT BE JUDGED** because of your sexuality

- **SAY NO** to sex that you don't want
- **CHANGE YOUR MIND**
- have access to sexual health services
- confidentiality



STAY SAFE...

Certain behaviour is not ok – under any circumstances.

- **Telling lies or using anyone else to get what you want.**
- **Taking 'no' to mean 'yes'.**
- **Putting pressure on somebody to get what you want.**
- **Threatening behaviour of any kind.**

Use common sense to figure out what's not ok. Does it make you (or someone else) feel bad or uncomfortable? Is it dangerous? Illegal? Or just plain stupid? Will it get you pregnant? Give you an infection? Are you scared if you don't, someone will laugh at you? Think you're not cool? Not love you?

Believe in yourself. If someone tries to make you feel bad about what you do/say/wear/like/are, tell them where to stuff it.

ALL OF THESE ARE AGAINST THE LAW

GROOMING – when an adult tries to gain the trust of a young person with the aim of using them for sex. This may be through the internet, texting, phone or meetings.

INCEST – sexual contact or intercourse between family members. Incest often involves abuse (for example, father with child).

RAPE – a man having sex with another person (male or female) without their consent. It is still rape even if the perpetrator and victim know each other.

SENDING photos of a sexual nature of someone who is under 18.

HELP! I've met someone online and I think I'm in love!

It's fairly common to meet online, but if you're going to meet in person, it can also be dangerous. Always take a friend.

Tell a third person (preferably an adult) where you're meeting. Meet in a public place. Be suspicious of an older person who wants to be friends with a teenager.

Don't accept lifts in cars. Trust your instincts.

If you feel funny about something, get away fast. Don't worry about looking foolish, it's better to be safe. Never send photos of yourself to someone you don't know and trust in real life.



If you've had sex without contraception, or your contraception failed, or if you think you've risked getting an STI, act quickly.

The emergency contraceptive pill, **Levonelle**, can be taken up to three days (72 hours) after sex. It is more effective the earlier it is taken. It is available with a prescription, or to buy from a pharmacy if you are over 16.

LOOK AFTER YOURSELF



HELP! My boyfriend doesn't want to use a condom!

Condoms are the only form of contraception that help protect against pregnancy and most sexually transmitted infections (STIs) such as HIV and chlamydia.

Don't let anyone push you into doing something risky.

HELP! After a few drinks I can't say no!

Sex can seem like a great idea when you're drunk, stoned or high, but the risks you take when you're not in control can put you in danger.

One-third of 15–19 year old girls and more than one-quarter of boys regretted having sex that happened when they'd been drinking.

HELP! I'm only 15. Can I get contraception without anyone knowing?

You can get confidential free advice from a young people's service, contraception, sexual health or genitourinary medicine (GUM) clinics and your doctor or nurse (see p16). Nothing will be said to anyone unless you are at risk of serious harm, or of harming others. Nothing should be passed on before it is discussed with you.

CHECKLIST FOR A GOOD, SAFE NIGHT OUT

- Tell someone where you're going.
- Keep your phone charged up.
- Go home with a friend.
- Work out how to get home and keep aside enough money.
- Have the number for a taxi firm you know and trust.
- Agree a signal with friends in case of unwanted attention.
- Carry condoms if you think there is the slightest chance you might have sex. Make sure you know how to use them.

The emergency contraceptive pill, **ellaOne**, can be taken up to five days (120 hours) after sex. It is only available with a prescription.

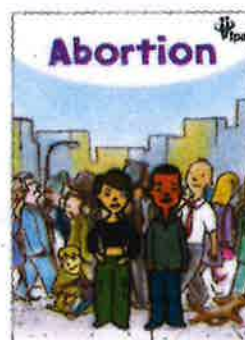
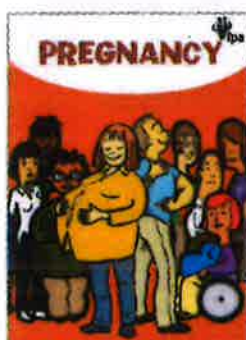
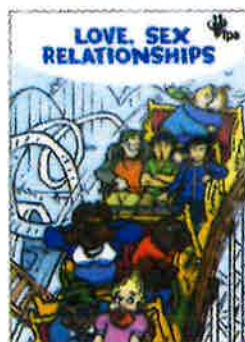
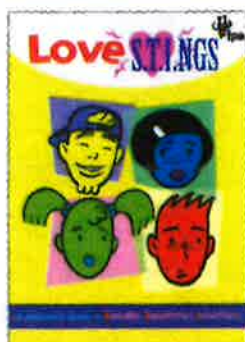
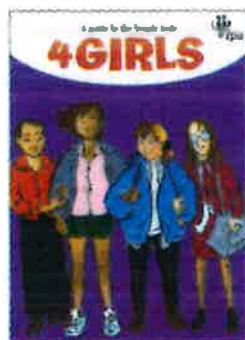
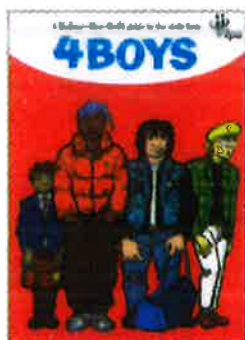
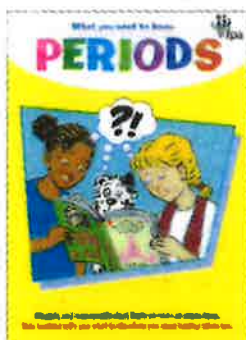
An **emergency IUD** can be fitted up to five days after sex, or up to five days after the earliest time you could have released an egg (ovulation).

Ring for an emergency appointment at your doctor's surgery, a contraception or sexual health clinic or a young people's service (see page 16).



WHERE TO GET MORE INFORMATION

For information on sexual health, sex and relationships visit www.fpa.org.uk or check out these FPA booklets.



LOVE, SEX, RELATIONSHIPS © FPA July 2014

ISBN 978-1-908249-85-2

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The Family Planning Association is a registered charity, number 250187. Limited liability company registered in England, number 887632.

Text MEG ROSOFF Illustration ED HILLYER

Design CORINNE PEARLMAN (Comic Company)

Printed by McCorquodale

The information in this booklet was accurate at the time of going to print. Booklets are reviewed regularly. Next edition available in 2017. If you would like information on the evidence used to produce this booklet or would like to give us feedback email feedback@fpa.org.uk



The Information Standard

Certified member

This organisation has been certified as a producer of reliable health and social care information.

www.theinformationstandard.org

These organisations can also give you confidential information and advice.

BROOK

www.brook.org.uk

For sexual health services and advice for young people.

CHILDLINE

0800 1111

www.childline.org.uk

24-hour helpline for young people with any problem.

FRANK

www.talktofrank.com

For information on drugs.

GET CONNECTED

www.getconnected.org.uk

0808 808 4994

Free, confidential helpline and advice service for young people.

LONDON LESBIAN & GAY SWITCHBOARD

www.llgs.org.uk

Support and information for gay men, lesbians, bisexuals and trans people.

RAPE CRISIS

www.rapecrisis.org.uk

For girls and women who have been raped or assaulted recently or in the past.

SURVIVORS UK

www.survivorsuk.org

For boys and men who've been raped or sexually abused.

YOUTH ACCESS

www.youthaccess.org.uk

For your nearest counselling service.