

An Intergalactic
Guide to

RelationSHIPS



Young people from around NSW helped design this booklet.

This booklet is about relationSHIPS. RelationSHIPS are as different as the people who are in them! Whether it is getting on with your parents, meeting new friends, getting to know yourself or hanging out with someone that you like, they can make you happy and cause stress.

No matter who you are attracted to girls, guys or both. Whether you want a relationSHIP, are in one already, or just want to fly solo, this booklet is for you. It may provide you with some useful information about getting to know yourself, how to find someone that you like, how to form a relationSHIP or how to get out of a relationSHIP. It also has some useful information

on possible places to go if you are feeling down.

KEY



UFO

Scattered throughout this booklet are "UFO'S", words people use to describe themselves to help them feel like they belong, to try out an identity they think fits, or to give themselves permission to experiment.



Fuel Pumps: Here you will find helpful contacts.

Information in this booklet might not be about you and your situation now, but you might use it if your situation changes or to help your friends and family.

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PREPARE FOR LIFTOFF



Do I Want a relationSHIP?

There's no hurry. Remember, it's OK to be "single", take the time you need.

Only you can decide if you want a relationSHIP.

Knowing what you want from a relationSHIP isn't easy at first. It takes time, sometimes years to figure out what you want and what you want usually changes over time. For some, enjoying friendship, closeness, love and romance are the important things. For others, it's an opportunity to have sex. Others want both or neither.¹

"To state the obvious, different people want different things out of relationSHIPS. It's important to think about what YOU want and expect in a relationSHIP."



What do I want
on board my
relationSHIP?

romance

friendship

EXCITEMENT

closeness

sex

honesty

affection

fun

respect

love

SAFETY

to be listened to

happiness

trust

commitment

LOVE SHIP

What does a "love SHIP" look & feel like?²

- "She accepts and encourages me to be myself"
- "We're friends too, we get to do fun stuff together, I still feel I'm me. He accepts me for me"
- "I feel close; loving towards her and loved by her"
- "I spend time doing things I like, sometimes alone, sometimes with my friends"
- "I trust her. I feel happy and more confident"
- "Even when things are difficult, we still talk and listen to each other, saying what we want and don't want. We try to understand and be as fair as we can"
- "We're quite different, we're OK with our differences, I think this makes our relationship strong"
- "Safe! I know he's not going to say or do anything I don't want, so I feel safe"
- "Special! That's how I feel being with her, like I'm really special - I feel worthwhile"



LOVE means a whole lot of different things for each of us.

YOUR MISSION: is to find out what it means for you.

TRAVELLING SOLO

Some people prefer to be a solo traveller. Not everyone wants to be in relationships.

What if I just want to be a solo traveller at the moment?



UFO

Celibacy: People who are celibate are not sexually active. Some people experiment with celibacy at different stages in their lives. There are a number of reasons for being celibate including religious and spiritual ones.³

It's OK to be a solo traveller!

What some young people say about TRAVELLING SOLO:

- "More freedom to do what I like, when I like"
- "I want to find out who I am first"
- "I feel independent"
- "Gives me more time for friends"
- "I just want to get through my studies. To tell you the truth, I haven't got time to put into a relationship"
- "I'm not ready for a relationship with another person yet"
- "Relationships, they are more trouble than they are worth"

You have better relationships if you know yourself.

Understanding yourself will help you understand your relationships with others.

Spend time getting to know yourself:

Spend time alone. Give yourself a chance to get to know yourself better. This can be scary at first, but over time it becomes less weird and more enjoyable. Start by doing something you really enjoy and just enjoy your own company.

Being by yourself doesn't mean you're alone, you're with yourself.⁴

Spend time thinking about what and where you want to go in life and who you might want to take with you.

TAKING OFF

IS ANYONE OUT THERE?

I WANT A RelationSHIP!

The development of emotional & sexual relationSHIPS is an important part of our lives so most of us want to be in a relationSHIP, regardless of who we're attracted to, guys, girls or both.

What some young people say about being in a relationSHIP:

- "I feel secure and loved"
- "I feel less lonely and more satisfied"
- "I'm starting to plan ahead with my partner in mind"
- "We've talked about sex & stuff and we think we're ready"
- "I'm learning heaps about myself and my partner too, it's not easy, but it's worth it"

The important message here is that when it comes to relationSHIPS and sex, don't feel pressured to be in a relationSHIP or not to be in a relationSHIP.



IT'S OK TO
TAKE YOUR
TIME.

How do I MEET a bright star, LIKE ME?

playing sport
painting/art
volunteering
library
playing an
instrument in
a band
social clubs
navy cadets
computer club
learning dancing
horse riding
youth centres
surf life
saving club
soccer
absailing
community theatre
taking the dog for
a walk

• You can meet someone by doing things you enjoy. Chances are, that someone special you are looking for likes doing these things too, so you'll have something in common to share.

• Some people are using the internet to find friends or partners. Chat rooms give you a chance to talk to people.

Be aware of giving out your personal details, where you live, your phone number, etc. If you do decide to meet with someone, always do so in a public place and take a friend with you. Some people lie a lot and send false photos or don't have your best interests at heart.

