

Practical Insights for Developing Healthy Relationships and Successful Life Strategies

# love well

TEEN EDITION

★ **dating** why, how,  
when, where

★ **communication**  
talk, text, truth

★ **bullying** tragedy,  
trials, triumphs

# Healthy relationships and connections are essential to our health and wellbeing.

love well

It's been said, "you don't get to choose your family, but you can choose your friends." The choices you make as a young person can profoundly impact your future. The Center For Relationship Education is committed to helping you learn the skills necessary to develop healthy relationships, build committed lifetime partnerships/marriages and form safe and stable families to increase the health and well being of your future children as well as to increase your chances of building wealth.

Inside this magazine are many thoughts, tips and tools to help you learn and make healthy choices about yourself, your family, your friends and your romantic relationships. It is our hope that you will dive into this publication and challenge yourself to not merely SLIDE through these incredible years of life, but DECIDE on who and what you want to be in the future, and make the type of decisions that will help you reach your goals.

It is so important to have this information at your fingertips because the teen brain has unique limitations regarding executive high level decision making. Researchers have studied the adolescent brain and know adolescence is when the teen brain grows and refines at a rapid rate. That's why you are usually tired. Teens need 9-12 hours of sleep a night and you probably do not know any of your friends who are able to sleep that long. Anyway, the final part of the brain that develops is the prefrontal cortex (front of your brain) where high level, critical decisions are made. YOU are very smart because the place in your brain that stores information is complete. It is the prefrontal cortex that is not and will not be completely developed until your mid-twenties. The "feelings" part of your brain is called the amygdala and it has been said that teens live and act on feelings. This is why you need a strong parent or trusted adult to coach you and assist you in making these high level, critical decisions.



The material in this magazine is an integral part of The Center for Relationship Education's WAIT Training curriculum. If you want to learn more, visit [www.myrelationshipcenter.org](http://www.myrelationshipcenter.org) or call 720.488.8888.



**The Center for  
Relationship Education**

Educate • Equip • Empower

8101 E. Belleview Avenue, Suite D-2  
Denver, CO 80237  
(720) 488-8888  
[www.myrelationshipcenter.org](http://www.myrelationshipcenter.org)

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# Talking or Texting

*Tips for keeping your conversations on track*

Communicating with others can be harder than it seems, especially when you're used to texting 24/7. Understanding verbal and nonverbal cues may help you when you have the need to communicate face-2-face with your friends, family or someone in the general population. Often people avoid talking, because the conversation can go sideways, or you can say something you don't always mean. Take a look at these tips and try them out. Perhaps they'll give you a leg up the next time you're asked, "What do you think?"



## Effective Communication Skills

- ▶ Being sensitive and caring toward others
- ▶ Expressing ideas clearly
- ▶ Being sincere and honest
- ▶ Maintaining eye contact
- ▶ Utilizing "I" rather than "You" statements
- ▶ Being committed to working it out
- ▶ Recognizing the need to feel accepted, valued, respected and heard
- ▶ Taking responsibility for the communication
- ▶ Being available to one another
- ▶ Asking for clarification often
- ▶ Expecting the best of others
- ▶ Accepting what is said as truth
- ▶ Being forgiving
- ▶ Remembering to understand
- ▶ Watching body language and non-verbal communication
- ▶ Expressing respect
- ▶ Avoiding being judgmental
- ▶ Being relaxed
- ▶ Being able to disagree at times without being disagreeable

## Barriers to Effective Communication

- ▶ Dishonesty
- ▶ Insincerity
- ▶ Lack of clarity
- ▶ Uncontrolled emotion
- ▶ Competing or distracting thoughts
- ▶ An uncaring attitude
- ▶ Defensive listening (thinking about a reply rather than listening to what's being said)
- ▶ Being judgmental and accusatory
- ▶ Inflammatory or hurtful language
- ▶ Sarcasm and put-downs
- ▶ Inappropriate body language or facial expressions
- ▶ Poor eye contact
- ▶ Unwillingness to take responsibility for communications
- ▶ Being historical (always bringing up the past)
- ▶ Forgetting to use humor





# Rules of Engagement

*Master the skill of Resolving Conflict and you'll be one step closer to maintaining healthy relationships*

Conflict is not something normal people enjoy. It makes us feel restless, unsure and defensive. Often times, you may be unsure of how you got into the middle of such a heated issue, other times, you may purposefully engage in conflict to exert power. Whatever the reason, conflict can be a healthy part of any relationship. The key is to understand it and use the following tips to resolve it.



## DANGER SIGNS IN CONFLICT

**Escalation** occurs when participants in conflict respond back and forth negatively to one another continuing to “up the ante” causing conditions to get worse and worse. Often negative comments spiral into increasing anger and frustration.

**Invalidation** is a pattern in which one person subtly or directly puts down the thoughts, feelings or character of the other. Invalidation can take many forms. Another subtle way to invalidate a person is to understate or ignore the positive and accentuate the negative.

**Withdrawal** and **avoidance** are different manifestations of a pattern in which one person shows an unwillingness to get into or stay with important discussions. Withdrawal can be as obvious as getting up and leaving or “shutting down” or “turning off” during an argument. Another way to withdraw is to agree with the person you are arguing with just to end the conversation with no intent of agreement at all.

**Negative interpretations** occur when one person consistently believes that the motives of the other are more negative than is really the case. This can be a very destructive, negative pattern in a relationship and it will make any conflict or disagreement harder to deal with constructively. Negative interpretations are very destructive because they are hard to detect and counteract after they become cemented into the fabric of a relationship.

## STEPS FOR RESOLVING CONFLICT

The *Speaker/Listener Technique* is a powerful way to communicate safely with respect on tough issues and topics. It is very structured, but in time will become more comfortable and natural once participants practice its use.

*Start this process with topics that are easier to deal with, then once you feel more competent and comfortable, go on to the more intense topics you need to discuss.*

## RULES FOR BOTH OF YOU

### 1. The Speaker is the one with the floor.

Use a real object to designate the floor, such as a pen or a book or a remote control. If you do not have “the floor” then you are the listener. As Speaker and Listener you follow the rules for each role below. The Speaker keeps the floor while the Listener paraphrases until he or she is ready to give up the floor.

### 2. Share the floor over the course of the conversation.

One has to start and may say a number of things, then it is passed to the Listener who now becomes the Speaker. Switch roles and continue.

### 3. No problem solving.

You are going to focus on a good discussion, not trying to come to solutions.

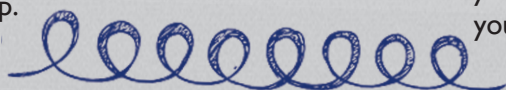
### 4. Stay on one subject at a time.

### 5. You can stop the flow of the Speaker/Listener conversation for a moment if something is unclear or not going well.

Do not stop and get into a big discussion about what each other is not doing right. Just get back on task and follow the rules.

### 6. Stop or take a “time out” if needed.

Choose any signal you both agree on to stop things if you feel the conversation is getting out of hand, you have a question about the techniques or to help you both get back on track with using the rules.





## RULES FOR THE SPEAKER

1. **Don't go on and on.** The Speaker talks about his/her feelings and concerns in small enough bits that the Listener can paraphrase. You will have plenty of time to say all you want.
2. **After saying a bit, stop and allow the Listener to paraphrase what has been said.** If the paraphrase was not quite accurate, the Speaker should restate the part that was not correctly understood. This is not a test. The goal is to help the Listener understand everything the Speaker said. Help each other out.
3. **Speak for yourself.** The Speaker tries to use "I" statements talking about their side of the issue, their own feelings and concerns. "I think you...is not an "I" statement.
4. **You can pass the floor at any time to the Listener to hear their side of the issue.** The Speaker can ask for feedback or the Listener can ask to comment.

*According to research, the inability to work through conflict is the number one cause of relationship dissolution.*

— Drs. Stanley and Markman, Co-directors of the University of Denver Center for Marital and Family Studies.

## RULES FOR THE LISTENER

1. **Paraphrase what the Speaker is saying.** Briefly repeat back what you heard the Speaker say, using your own words if you like. Make sure you understood what the Speaker meant to convey. Try to include only what you have heard just then, not information from other conversations or your own thoughts.
2. **You can ask for examples or explanations about something the Speaker said.** These questions can only be about something the Speaker has already said that you are unsure of, not questions challenging them or getting them off track. For example, "When you said you were upset about what I did, I wasn't sure what part upset you. Could you say more about that?"

3. **Do not offer your opinion or thoughts until you get the floor.** This is the hardest part of being a good listener. Your job is to speak only in the service of understanding the Speaker as well as possible. Any words or gestures to show your opinion are not allowed including making faces! You will get your turn.
4. **Concentrate on what the Speaker is saying and attempt to edit out your internal responses.** In arguments, people are usually not listening, but preparing their next point instead. Focus on the other person's point of view! Validate the Speaker by letting them know you understand what they are saying whether or not you agree.



## GROUND RULES

These are essential to the success of handling conflict. All effective games, sports or management have rules to guide effective behaviors, as well as to make sure all parties are on the same page and feel protected and safe.

1. When conflict is escalating we will call a "Time Out" or "Stop Action" and:
  - ▶ Try it again using the Speaker/Listener Technique
  - ▶ Agree to talk later at a specified time about the issue, using the Speaker/Listener Technique
2. When we are having trouble we will "engage" the Speaker/Listener Technique.
3. When using the Speaker/Listener Technique, we will completely separate Problem-Discussion to Problem-Solution.
4. We can bring up issues at any time, but the Listener can say, "This is not a good time." If the Listener does not want to talk at that time, he or she takes responsibility for setting up a time to talk in the near future (you need to decide on how "the near future" is defined).
5. We will set a time for dealing with issues.
6. We will make time for fun, friendship and relationship building. We will agree to protect these times from conflict and the need to deal with issues.



*The concepts above are derived from PREP, a researched-based approach to teaching how to communicate effectively, work as a team to solve problems and manage conflict without damaging friendships. The PREP Approach is based on 20 years of research in the field of marital health and success. To learn more visit [www.PREPinc.com](http://www.PREPinc.com)*





# Searching for Mr./Ms. Right

*Whether you call it dating or not, having a guide to where you want to go may help you find just what you're looking for.*

Before you start to date, or before you go on your next date, the following pages may help you navigate the terrain of relationships more effectively...because having a clearly defined roadmap will help you achieve your destination.

## Purposes of Dating

1. Get to know yourself and others' likes, dislikes, values, ways of communicating, etc.
2. Learn to feel more at ease in a relationship.
3. Feel acceptance from another person who chooses to spend time with you.
4. Develop your sense of independence.
5. Choose a marriage partner and prepare for a lasting relationship.

## Setting Dating Standards

1. Have a plan.
2. Set your physical intimacy boundary before you go on the date. Guys and girls are jointly responsible for setting and maintaining limits.
3. Verbally communicate your boundaries to your partner.
4. You can stop at any step of intimacy – physical intimacy does not have to progress.
5. Have self-control.
6. Consider your manner of dress and stay sober.
7. Use non-verbal and verbal refusal skills if needed.



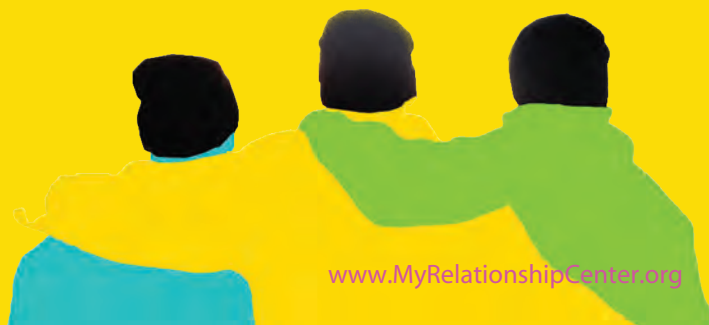
## The Dating Bill of Rights

### I HAVE THE RIGHT:

- ▶ To ask for a date
- ▶ To refuse a date offer
- ▶ To suggest activities on the date
- ▶ To say what I think
- ▶ To have my own feelings and express them freely
- ▶ To tell someone when they are being impolite
- ▶ To tell someone when I feel uncomfortable
- ▶ To have my limits and values be respected
- ▶ To tell my date when I need affection
- ▶ To refuse affection
- ▶ To be heard
- ▶ To refuse to lend out money
- ▶ To refuse sex with anyone just because money was spent on me
- ▶ To refuse sex any time for any reason
- ▶ To have friends and space aside from my partner

### I HAVE THE RESPONSIBILITY:

- ▶ To communicate clearly and honestly
- ▶ To determine my limits and values
- ▶ To ask for help when I need it
- ▶ To be considerate
- ▶ To set high expectations for myself and others I choose to be with
- ▶ To not put myself and others in situations that would lead to something we might regret
- ▶ To dress appropriately and respectfully





# The 10 Keys to Successful Dating

## 1. Get a life of your own.

- ▶ Get grounded
- ▶ Get grouped
- ▶ Get goal-oriented
- ▶ Get giving
- ▶ Get growing

## 2. Use your brain.

Balance romance with common sense, reason, judgment and discernment.

- a. Balance the head and the heart
- b. Refrain from physical intimacy
- c. Analyze your past relationships
- d. Include others in the process
- e. Never neglect opportunities to evaluate along the way

## 3. Seek similarities.

Healthy relationships and marriages have a strong foundation of similarities in background, temperament, goals, dreams, values and the way in which individuals managed and ordered their physical and mental lives.

## 4. Take it slow.

- ▶ You do not get to know a person well in a short period of time.
- ▶ You need time to bond.
- ▶ You need to protect yourself from getting attached too quickly.

## 5. Set clear boundaries.

- ▶ Draw definitive lines in the physical/sexual area of your relationship.
- ▶ Your body belongs to you.
- ▶ Communicate how you feel to your partner. Own your own feelings and be able to separate them from your date.
- ▶ Take ownership of your thoughts—and express them.
- ▶ Take responsibility for your own actions—don't try to change someone.
- ▶ Don't use substances and stay clear-headed.

## 6. Remind yourself that sex is best in a healthy, committed marriage.

- ▶ WAIT for lifetime committed sex—not for moral reasons but to reduce the drama, intensity and attachment with someone you ought not be attaching.
- ▶ Stay alert to clues, learn how to not trust so quickly, be intentional. Don't let things happen ... make things happen. DECIDE rather than SLIDE.
- ▶ Limit yourself to the healthier steps of intimacy. Reserve petting, heavy petting and more intimate steps for marriage.

## 7. Living together before marriage doesn't promote a healthier marriage.

- ▶ Research indicates that couples who live together prior to marriage have a greater chance of getting a divorce than those who don't.

- ▶ Women who cohabitate are twice as likely to experience domestic violence than married women.

## 8. Engage in healthy responses to conflict.

- ▶ Avoid "avoidance," "defensiveness," "invalidation" and "intensification."
- ▶ Fight fair: take time to consider what you really need to express and be respectful to your partner. Be quiet and listen—seek to understand, then to be understood. Use "I" statements. Negotiate and compromise. Reevaluate your solution at a later time.

## 9. Notice danger signs and end the relationship.

- ▶ Any form of abuse: physical, verbal, emotional, sexual or financial
- ▶ Addictions
- ▶ Untruthfulness in the relationship
- ▶ Irresponsibility and immaturity
- ▶ No physical/romantic attraction
- ▶ Emotional baggage
- ▶ Denial—you can't admit that this relationship is unhealthy
- ▶ Power struggles, jealousy, control and isolation from family and friends

## 10. Choose your dating and marriage partner wisely.

- ▶ If you date and then marry the wrong person, you will live with significant, negative and lasting consequences of that decision for the rest of your life.
- ▶ Discern their character. Character is who you are when no one is looking. Look back at prior relationships to determine patterns of behavior. Crisis reveals someone's true character. Give your relationship lots of time.
- ▶ Do you feel encouraged, affirmed, inspired and challenged to grow and be a better person when you are with him/her?

### OXYTOCIN RESEARCH

Remember that research tells us that when there is lots of touching and sexual stimulation the chemical oxytocin is secreted causing a chemical attachment or commitment, especially for a female.

- ▶ Oxytocin promotes bonding, attachment and commitment
- ▶ It decreases memory
- ▶ It makes one more sensitive to touch
- ▶ It makes people more trusting

If you desire to stay in control, awake and alert to clues about the health of your relationship be careful with sexual stimulation.



# HOT TIPS on How to Plan a Really Cool Date

## #1 DETERMINE YOUR DATE'S LIKES

Before planning your date, ask: "What interests him/her?" "Does he/she like the outdoors or the performing arts?" "What would make him/her most comfortable and relaxed?" Eliminate the things he/she does not like to do.

## #2 COUNT YOUR MONEY

This often narrows your options. If you have a lot of money, spend it wisely or consider not spending any at all. There are all kinds of fun dates you can enjoy that don't require money (your imagination/creative ideas are more meaningful than your money!).

## #3 MAXIMIZE CONVERSATION

One of the main purposes of dating is to develop your friendship. Structure as much time as possible for talking.

## #4 ENSURE A FUN TIME

Take the time to thoroughly plan your dates. Go over all the details as you plan fun dates. The more your date enjoys the time, the longer he/she will remember it and you.

## #5 KEEP OUT OF A RUT

Try not to plan the same date twice. When it's a big hit, add variety to the plan before repeating it.

## #6 INCLUDE OTHERS

Group dating takes the pressure off and helps you keep the conversation going. It also enables you to develop other relationships and stay out of tempting situations.

## #7 PICK DIFFERENT TIMES

Plan dates for morning and afternoon, as well as in the evenings. You'll see different sides to your date's personality and keep the dates interesting.

## #8 AVOID TEMPTING SITUATIONS

Avoid places or people that put compromising thoughts in your head. Your date is special to you and his/her parents, so take good care of him/her!

## #9 SET YOUR STANDARDS AND LIMITS

Know what's best for you and the other person, both now and in the future. If you have different standards than your date, go with the more conservative limit.

## #10 PUT FRIENDSHIP AS A TOP PRIORITY

Your main goal for the relationship should be to become really great friends.

## #11 ONLY DATE THOSE WHO SHARE YOUR VALUES

If someone has earned a "reputation," avoid dating them!

## #12 FIND PRESSURE-FREE FRIENDS

True friends want what's best for you.

## #13 BE AWARE OF TEMPTATION

What's tempting for you? Romantic movies, dark environments, provocative dress, alcohol? Know what it is and avoid it.

## #14 KEEP AWAY FROM DRUGS AND ALCOHOL

These substances decrease your ability to think clearly and make good decisions, so avoid them and stay in control.

## #15 KNOW ALL THE CONSEQUENCES OF SEXUAL ACTIVITY

Education is the key. Remember that the media does not give a realistic view of the consequences of sexual activity.

## #16 LET YOUR PARENTS BE A SIGNIFICANT PART OF YOUR RELATIONSHIP

Or ask another adult mentor to encourage you and hold you accountable. There's wisdom in experience!

## #17 BE CREATIVE IN YOUR DATING

Make dating fun and pressure-free.

## #18 FOCUS ON NON-PHYSICAL TYPES OF INTIMACY

Share emotional, intellectual, relational and spiritual values/beliefs.





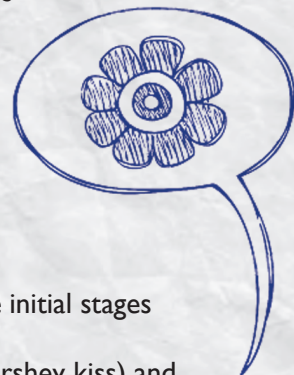
# Creative Dating Ideas

Sometimes figuring out what to do on a night out can be tough. The following list may help jump start your creativity.

- ▶ Ride bikes on a variety of trails
- ▶ Go sledding or tubing
- ▶ Go to a state fair
- ▶ Hike a mountain trail
- ▶ Go skiing
- ▶ Check out funny films from the library
- ▶ Volunteer at a service organization together
- ▶ Go out for a Coke and talk
- ▶ Walk or jog together
- ▶ Swim in a lake, river or pool
- ▶ See a concert
- ▶ Cook a meal together for one of your families
- ▶ Swing, climb and play at a park
- ▶ Walk in the park
- ▶ Watch people in the mall
- ▶ Go for a drive and explore new places
- ▶ Go ice-skating
- ▶ Run errands for your parents
- ▶ Take your younger brother/sister out for ice cream
- ▶ Go to the zoo
- ▶ Take creative pictures and then make an album together
- ▶ Plant a garden
- ▶ Take a "coin flip trip." Every time you come to a stop, flip a coin to decide which way to turn. (Tip: You may need a map to get back!)
- ▶ Look at old family photo albums
- ▶ Visit a ghost town
- ▶ Take your dog for a walk
- ▶ Visit an elementary school and play on the playground
- ▶ Get dressed up and have a candlelight dinner in your family room
- ▶ Look for cards at a card store that express your sentiments to each other; then "give" the cards to each other to read
- ▶ Go to a nice restaurant with live musicians and order appetizers or dessert
- ▶ Visit a museum
- ▶ Go to a historic site
- ▶ Explore a nature trail
- ▶ Gaze at the stars, look for constellations, use a telescope to see even more
- ▶ Chat beneath the stars about your hopes and dreams
- ▶ Bake cookies
- ▶ Surprise your guy/girlfriend by fixing him/her dinner and inviting him/her over



- ▶ Wash your parents' cars
- ▶ Go to school plays, musicals and games
- ▶ Play board games or card games
- ▶ Put a puzzle together
- ▶ Pick apples at an orchard
- ▶ Carve pumpkins
- ▶ Go horseback riding
- ▶ Learn to play a sport together
- ▶ Read a book together
- ▶ Fly a kite
- ▶ Take a picnic to the mountains
- ▶ Group date — especially in the initial stages of a relationship
- ▶ Bury a treasure (like a giant Hershey kiss) and send the other person on a hunt to find it
- ▶ Throw a surprise party for a special occasion
- ▶ Take dinner into a movie theatre
- ▶ Watch a sporting event on TV
- ▶ Go to a ballet or play
- ▶ Make a creative audio recording
- ▶ Make a video
- ▶ Attend a political rally together
- ▶ Volunteer to help a political candidate together
- ▶ Weed and care for a garden
- ▶ Go on a scavenger hunt
- ▶ Go waterskiing
- ▶ Go snorkeling
- ▶ Go to an amusement park
- ▶ Take a behind-the-scenes tour at a food factory
- ▶ Serve meals to the homeless
- ▶ Create your family trees
- ▶ Eat a progressive dinner
- ▶ Explore old neighborhoods
- ▶ Play golf
- ▶ Babysit together
- ▶ Create a web page together
- ▶ Make a photo album
- ▶ Create a video of your friends
- ▶ Learn a new computer program
- ▶ Write a story
- ▶ Publish a book
- ▶ Go to the gym
- ▶ Shoot hoops
- ▶ Dress up in fancy clothes and eat at a fast food place
- ▶ Plan a dream vacation
- ▶ Take \$10 to the mall and see what you can buy



Add Your Own Ideas:

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# Ways to Be Intimate *Without*

## Having *Sex*

*Despite what the media says, diving into bed is not the best way to grow your relationship.*

Contrary to cultural myths, sleeping with someone you love is not going to make your relationship stronger. In fact, it may be the one thing you can do to end it before it has a chance to grow. Listed below are proven ideas that will help your relationship grow stronger and develop the closeness you may really be looking for.

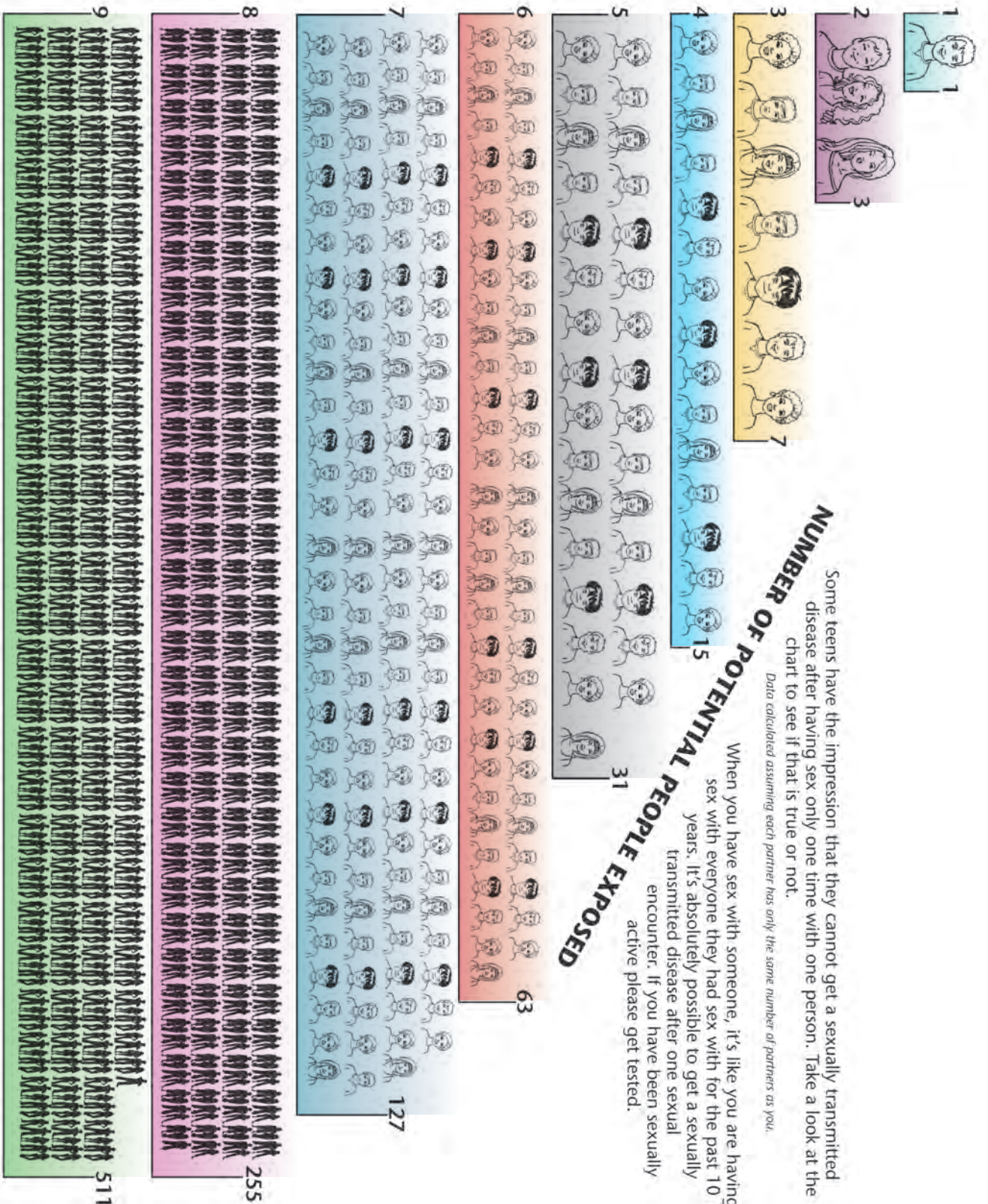
- ▶ Bake a cake
- ▶ Pack a surprise picnic
- ▶ Hold hands
- ▶ Window shop together
- ▶ Encourage each other to get in shape
- ▶ Wash each other's cars
- ▶ Give compliments
- ▶ Plan adventures
- ▶ Buy tickets for a sporting event
- ▶ Write poems to each other
- ▶ Make videos for each other
- ▶ Share special songs with each other
- ▶ Give creative nicknames to each other
- ▶ Read books out loud to each other
- ▶ Teach each other a new hobby
- ▶ Wink
- ▶ Talk on the phone
- ▶ Make a voice recording of special messages
- ▶ Dance together
- ▶ Take a class at a community center
- ▶ Share secrets
- ▶ Make meals for each other
- ▶ Plan a surprise party for each other
- ▶ Share your dreams
- ▶ Write songs to one another
- ▶ Say "I love you"
- ▶ Make eye contact
- ▶ Whisper to each other
- ▶ Listen to each other
- ▶ Forgive quickly and often
- ▶ Think the best of each other
- ▶ Show respect
- ▶ Be kind
- ▶ Lighten each other's loads
- ▶ Get involved with each other's families
- ▶ Take walks
- ▶ Do homework together
- ▶ Dine by candlelight
- ▶ Trust each other
- ▶ Find a secret spot to call your own
- ▶ Plant things
- ▶ Send flowers
- ▶ Take drives together
- ▶ Keep each other company
- ▶ Be vulnerable
- ▶ Talk openly
- ▶ Send candy
- ▶ Surprise each other
- ▶ Talk about your future
- ▶ Say "I love you" in different languages
- ▶ Encourage each other
- ▶ Take family members to the movies
- ▶ Play cards together
- ▶ Write notes
- ▶ Send cards
- ▶ Remember special events
- ▶ Share private jokes
- ▶ Have special signals to communicate
- ▶ Get to know each other's friends
- ▶ Walk side by side
- ▶ Be patient
- ▶ Make homemade gifts for each other
- ▶ Play footsies in a restaurant
- ▶ Share an ice cream cone
- ▶ Sit next to each other on a train
- ▶ Visit a pet store
- ▶ Say "I'm sorry" often
- ▶ Be there for each other





# I Only Had ~~SEX~~ One Time

## NUMBER OF SEXUAL PARTNERS



10 PARTNERS=1023

11 PARTNERS=2047

12 PARTNERS=4095



# How Sex Is Misused

- 1. Sexual behavior as a “duty.”** When sexual behavior is viewed as a “chore,” the joy and interaction that should result from the intimacy usually becomes resentment.
- 2. Sexual behavior to get or payback a favor.** Sex is used to “soften up” one’s partner. There is a sense of coercion and threat if the favors cease.
- 3. Sexual behavior as a “hook.”** This is typical with people suffering from low self-worth. It is frequently seen with people who are promiscuous and those who need to be needed.
- 4. Sexual behavior as proof of loyalty.** Sex doesn’t create loyalty, but rather can create guilt, thereby keeping that partner sexual with that same partner for fear they are not attractive to anyone else.
- 5. Sexual behavior as proof of masculinity and power.** Men who feel acceptable only because they have scored with several women fit into this category. This misuse of sex is described as conquest over friendship or relations.
- 6. Sexual behavior as proof of maturity and sophistication.** This behavior is characterized as a rite of passage into adulthood. More often this behavior is associated with low self-esteem and an inability to mature gradually.
- 7. Sexual behavior as punishment of others.** Examples of this are young women becoming pregnant to get back at their parents or even punishing themselves due to low self-worth or an attitude of hopelessness about their future.
- 8. Sexual behavior as self-punishment.** In this situation, sexual behavior occurs with unloving partners in an unloving manner with a blatant disregard for the consequences to themselves.
- 9. Sexual behavior as a way to communicate.** In this scenario a person feels unable to verbally communicate the depth of their feelings or their emotions. The biggest problem with this behavior is that it makes verbal



communication next to impossible for a teen. Sex then becomes an addiction and the only way to communicate with one another.

- 10. Sexual behavior as a way to obtain warmth, comfort, loving feelings, contact and connection.** This is especially dangerous for teens because of the high degree of disappointment that occurs when this behavior is all that the couple now has together.
- 11. Sexual behavior to become pregnant.** Many teens are articulating a desire to have a baby. This is especially problematic because of their idealized viewpoint that a baby will belong to them and will love them back; thus, solving their many problems of hopelessness and despair. This only makes these problems worse.
- 12. Sexual behavior that is characterized as the only way to show love.** Many sexually abused children experience this. They have been sexualized by someone they loved and trusted and this became the norm to show affection.



# RELATIONSHIP RED FLAG WARNING INVENTORY



In the process of dating, you may find yourself in the wrong relationship. Review the following list and see if you need to re-evaluate the person you're spending time with.

**Mark each statement that may apply to your relationship:**

- ☐ I am pulling away from my friends.
- ☐ My friends think I am obsessed with this person.
- ☐ My attitude towards my future plans and goals are changing.
- ☐ I can't stand to be away from this person.
- ☐ There is a lot of possessiveness in this person.
- ☐ I can't stand to see this person talking to another guy or girl.
- ☐ We are always doing what he/she wants to do.
- ☐ We can't seem to keep our hands off each other.
- ☐ All I can concentrate on is how this person looks and dresses.
- ☐ I am not myself with this person.
- ☐ This romance started very quickly.
- ☐ I think this person is perfect.
- ☐ I have unresolved conflict with this person, but it doesn't matter.
- ☐ We seem to be very serious with each other.
- ☐ We are frequently alone and physical with one another.
- ☐ This person frequently embarrasses me or makes fun of me in front of others.
- ☐ This person makes me feel there is no way out of this relationship.
- ☐ This person uses intimidation to make me do what they want.
- ☐ This person seldom takes responsibility for their actions and blames others for problems.
- ☐ This person seems to have a short fuse and gets angered easily.
- ☐ When I am around this person, I often feel guilty or inadequate.
- ☐ This person usually takes charge.
- ☐ At times this person is extremely charming and tells me how much he/she loves me but
- ☐ other times this person is demeaning and disrespectful.
- ☐ Most of my family and friends disapprove of this person.
- ☐ I don't get along with this person's family or friends.



**If any of these red flags describe your relationship, talk to your parent or a trusted adult to discuss and plan how to exit the relationship successfully.**



411

# Drugs, Alcohol, Tobacco, & Sex

Information you should know, but may have forgotten.



# QUIZ



Throughout your education you have probably been overwhelmed with classroom presentations about avoiding drugs, alcohol, tobacco and sex. Take this quiz, and see if you really know your stuff.

## DRUGS: Fact or Fiction?

1. ☐ Fact ☐ Fiction Steroids affect your heart.
2. ☐ Fact ☐ Fiction Alcohol use does not contribute to youth suicides, homicides and fatal injuries—the leading cause of death among youth after auto crashes.
3. ☐ Fact ☐ Fiction Cocaine does not affect your emotions.
4. ☐ Fact ☐ Fiction Methamphetamine affects your self-control.
5. ☐ Fact ☐ Fiction Marijuana is safe for your body.

## ALCOHOL: Fact or Fiction?

1. ☐ Fact ☐ Fiction Underage drinking is a factor in nearly half of all teen automobile crashes, which are the leading cause of death among teenagers.
2. ☐ Fact ☐ Fiction Inhalants can cause sudden death.
3. ☐ Fact ☐ Fiction Alcohol abuse is linked to as many as two-thirds of all sexual assaults and date rapes of teens and college students.
4. ☐ Fact ☐ Fiction Alcohol is not a major factor in unprotected sex among youth, increasing their risk of contracting HIV or other transmitted diseases.

## TOBACCO: Fact or Fiction?

1. ☐ Fact ☐ Fiction Every eight seconds someone in the world dies from a tobacco related illness/disease.
2. ☐ Fact ☐ Fiction Smoking is the #1 preventable cause of premature death in the United States.
3. ☐ Fact ☐ Fiction Smokers have the same life expectancy as nonsmokers.
4. ☐ Fact ☐ Fiction In the U.S., smoking kills more people than cocaine, heroin, alcohol, fire, automobile accidents, homicides, suicides and AIDS combined.

## SEXUALLY TRANSMITTED DISEASES: Fact or Fiction?

1. ☐ Fact ☐ Fiction Over 19 million people contract a STD each year.
2. ☐ Fact ☐ Fiction STDs are easy to detect.
3. ☐ Fact ☐ Fiction Chlamydia is the most common bacterial sexually transmitted disease.
4. ☐ Fact ☐ Fiction Gonorrhea is the fifth most common bacterial sexually transmitted disease.
5. ☐ Fact ☐ Fiction Human Papilloma Virus (HPV) can be treated with antibiotics.
6. ☐ Fact ☐ Fiction One in five Americans over the age of 12 has Genital Herpes.
7. ☐ Fact ☐ Fiction Trichomonas is a parasite that causes genital infections.



## DRUGS: ANSWERS

### 1. **FACT—Steroids affect your heart.**

*Steroid abuse has been associated with cardiovascular disease, including heart attack and stroke. These heart problems can even happen to athletes under the age of 30.*

### 2. **FICTION—Alcohol use does not contribute to youth suicides, homicides and fatal injuries—the leading cause of death among youth after auto crashes.**

### 3. **FICTION—Cocaine does not affect your emotions.**

*Using cocaine can make you feel paranoid, angry, hostile and anxious, even when you're not high.*

### 4. **FACT—Methamphetamine affects your self-control.**

*Meth is a powerfully addictive drug that can cause aggression and violent or psychotic behavior.*

### 5. **FICTION—Marijuana is safe for your body.**

*It affects your lungs. There are more than 400 known chemicals in marijuana. A single joint contains four times as much cancer-causing tar as a filtered cigarette.*

## ALCOHOL: ANSWERS

### 1. **FACT—Underage drinking is a factor in nearly half of all teen automobile crashes, which are the leading cause of death among teenagers.**

### 2. **FACT—Inhalants can cause sudden death.**

*Inhalants can kill you instantly. Inhalant users can die by suffocation, choking on their vomit or having a heart attack.*

### 3. **FACT—Alcohol abuse is linked to as many as two-thirds of all sexual assaults and date rapes of teens and college students.**

### 4. **FICTION—Alcohol is not a major factor in unprotected sex among youth, increasing their risk of contracting HIV or other transmitted diseases.**

## TOBACCO: ANSWERS

### 1. **FACT—Every eight seconds someone in the world dies from a tobacco related illness/disease.**

### 2. **FACT—Smoking is the #1 preventable cause of premature death in the United States.**

### 3. **FICTION—Smokers have the same life expectancy as nonsmokers.**

*On average, smokers die nearly seven years earlier than nonsmokers. Smoking is responsible for one out of five American deaths.*

### 4. **FACT—In the U.S., smoking kills more people than cocaine, heroine, alcohol, fire, automobile accidents, homicides, suicides and AIDS combined.**



## SEXUALLY TRANSMITTED DISEASES: ANSWERS

### 1. **FACT—Over 19 million people contract a STD each year.**

*Approximately 25% of those infections occur in people under age 25.*

### 2. **FICTION—STDs are easy to detect.**

*Sexually transmitted diseases aren't like personality flaws; you can't see them from miles away. Most STDs don't have any symptoms at all, but many of them can impact your health for the rest of your life.*

### 3. **FACT—Chlamydia is the most common bacterial sexually transmitted disease.**

- ▶ *Men and women can both get it.*
- ▶ *You can get chlamydia by having sex (oral, anal or vaginal) with an infected person.*
- ▶ *People with chlamydia often don't know they're infected because there are usually no symptoms. When symptoms are present, they're most commonly in the form of pain while going to the bathroom and discharge coming out of the penis or vagina.*
- ▶ *It can be treated with antibiotics.*

### 4. **FICTION—Gonorrhea is the 5th most common bacterial sexually transmitted disease.**

*It's the second most common bacterial sexually transmitted disease.*

- ▶ *Men and women can both get it.*
- ▶ *You can get gonorrhea by having sex (oral, anal or vaginal) with an infected person.*
- ▶ *People with gonorrhea often don't know they are infected because there are usually no symptoms. When symptoms are present, they're most commonly in the form of pain while going to the bathroom and discharge coming out of the penis or vagina.*
- ▶ *It can be treated with antibiotics.*

### 5. **FICTION—Human Papilloma Virus (HPV) can be treated with antibiotics.**

*There is no cure for HPV, although a new vaccine that protects against several strains has recently been released.*

- ▶ *It's a sexually transmitted viral infection that affects the skin around the genital area.*
- ▶ *It cannot be treated with antibiotics.*
- ▶ *HPV causes over 90% of all cases of cervical cancer!*
- ▶ *HPV is contracted by skin-to-skin contact with infected body fluids.*
- ▶ *HPV is most often spread by sexual play or sexual intercourse.*
- ▶ *Avoiding all types sexual activity is the best way to not become infected.*

### 6. **FACT—One in 5 Americans over the age of 12 has genital herpes.**

*It's the most common infection caused by the herpes simplex virus.*

- ▶ *Most people with genital herpes don't know they're infected.*
- ▶ *Symptoms of genital herpes may include blisters or sores in the genital area, or pain/burning while going to the bathroom.*
- ▶ *Medication is available to suppress outbreaks.*
- ▶ *Avoiding all types sexual activity is the best way to avoid being infected.*

### 7. **FACT—Trichomonas is a parasite that causes genital infections.**

*It's passed through contact with infected bodily fluids.*

- ▶ *It can be treated with medication.*
- ▶ *Symptoms include watery vaginal discharge, vaginal irritation, pain during sex and burning while going to the bathroom.*
- ▶ *Avoiding all types of sexual activity is the best way to avoid being infected.*



# CONFUSED ABOUT HOW TO MAKE INTENTIONAL, WISE DECISIONS...

*Before you find yourself in a situation you don't want to be in, practice getting out.*

It doesn't matter how many times you say you'll never do something. The fact is, you may end up being at a place you have never planned for. Remembering these steps may help you navigate a tough situation after it arises.

## STOP

Have the ability to stop or control the situation. This could mean using a delay tactic, moving to a new place in the room/environment, or taking a quick moment to check for phone messages, text a friend or do something to change the dynamics of the situation.

## THINK

Have the ability to ask yourself questions such as, "What do I need to decide right now? What are my response options? What are the consequences to each choice?" Then work through the answers until you're clear about how you feel.

## CHOOSE WITH INTENT

Have the ability to make a decision with intent and choose actions that support your goals, dreams and life plan. Intention means I want to do this; no regrets. Decide, don't slide.



## Imagine This...

You are at a friend's house for a party and the parents are home but do not care if you drink alcohol. The parents tell you, "Just don't drink and drive." Many of the friends think it is a great opportunity to try alcohol in a safe place. You know your parents would not approve, but they might not find out.

### What will you do?

- ▶ Drink and hope you do not get caught.
- ▶ Pretend to drink and actually don't drink.
- ▶ Leave the party and tell your friends you hope to see them on Saturday to do something fun together.



*Adults can make poor decisions at times as they want to be "cool" with their kids and their kids' friends. Not only is this against the law for the parents to allow minors to drink alcohol, it is not physically healthy for you to drink as your teen brain is still developing. Drinking impairs judgment and other poor decisions may follow this poor decision. Removing yourself from a dangerous situation is your best bet this time. Healthy friendships find common enjoyable activities to participate in together as they grow and mature.*



# Boundaries Are Your Friend

Setting standards with friends for dating, parties and activities is the best way to stay in control. Think about the items below with your parents and write down your plan for boundaries. Remember: some guidelines may be negotiable depending on the situation, your emotional maturity and your previous experience with responsibility. Other standards may be non-negotiable (something that should always or never be done). It is up to each individual family to determine the flexibility of each standard.

## 1. Curfew

Will you have one? Will it be flexible depending on your age or the specific activity planned? Will a phone call be required if plans change?

## 2. Alcohol and Drugs

Will you ever be allowed to use drugs or alcohol? What if you're staying at someone's home? What if the only mode of transportation is with a person who has used alcohol or drugs that day/night?

## 3. Money

Where does the money come from for planned activities? Should the boy always pay? Is there a limit on how much can be spent?

## 4. Cell Phones

Where is the phone stored during school hours? Does it get set aside during family dinners? Where is the phone charged at night when sleeping?

## 5. Internet

How much time is allowed on social networking sites? How much personal information is posted on social networking sites? Is the computer located in a high visibility location?

## 6. Physical Self-Control

Is kissing appropriate? How far is too far? What are some places or circumstances you should avoid to reduce the risk of sexual involvement (for example, being alone with another too much, touching each other frequently, watching inappropriate movies together, being at home without a parent present)?

## Tips for Avoiding Unwanted Sexual ADVANCES

**Know your sexual limits**—Believe in your right to set those limits. If you are not sure, stop.

**Communicate**—Talking is the basis of any good relationship. Tell your girlfriend or boyfriend what you want. Find out what she or he thinks and feels.

**Be assertive**—Passivity may be interpreted as permission. Be direct and firm with someone who is pressuring you sexually. Say “No” when you mean no. Move away. Leave if possible or necessary.

**Be aware**—Consider the messages you may be sending. People may assume that “sexy” clothing and/or flirtation indicate you want to have sex.

**Accept “No” at face value**—“No” always means no, regardless of how quietly or shyly it is said. Don't continue after a “stop,” “please don't” or “no.”

**Focus on verbal messages**—Don't assume that because a person dresses in a sexy manner and/or flirts that he or she wants physical contact.

**The past is history**—Previous permission does not apply to the present. A “Yes” yesterday can still be a “No” today. A person has the right to change his or her mind.

**Trust your intuition**—When you first get the feeling that things aren't okay, say something or do something to try to get out of the situation.

**Avoid alcohol and drugs**—Clear thinking and effective communication are difficult when “under the influence.” Responsibility for actions remains.



# STAND UP, SPEAK OUT!

*Bullying isn't a fact of life.*



Bullying has gotten out of control. Reality is, too many young people are fearful of going to school, because they are bullied. The truth is on many campuses, those who aren't being bullied don't stand up, because they don't want to draw attention to themselves. It's time for a change. Don't be afraid to stand up and speak out. Here are some things you can do to change the dynamic on your campus:

1. **Help others who are being bullied.** Be a friend, even if this person is not yet your friend. Go over to him. Let him know how you think he is feeling. Walk with him. Help him to talk to an adult about what just happened. (Just think for a moment about how great this would be if someone did this for you when you were being picked on or hurt!)
2. **Stop untrue or harmful messages from spreading.** If someone tells you a rumor that you know is untrue or sends you a message that is hurtful to someone else, stand up and let the person know this is wrong. Think about how you would feel if someone spread an untrue rumor about you. Don't laugh, send the message on to friends, or add to the story. Make it clear that you do not think that kind of behavior is cool or funny.
3. **Get friends involved.** Let people know that you are standing up and encourage them to be one too.
4. **Make friends outside of your circle.** Eat lunch with someone who is alone. Show support for a person who is upset at school, by asking them what is wrong or bringing them to an adult who can help.
5. **Be aware of the bullying policy at your school** and keep it in mind when you witness bullying. If there isn't a policy, get involved or ask teachers or front office staff to speak about how you can reduce bullying.
6. **Reach out to new people at your school.** Make an effort to introduce them around and help them feel comfortable. Imagine how you would feel leaving your friends and coming to a new school.
7. **Refuse to be a "bystander."** If you see friends or classmates laughing along with the bully, tell them that they are contributing to the problem. Let them know that by laughing they are also bullying the victim.
8. **Respect others' differences** and help others to respect differences. It's cool for people to be different – that's what makes all of us unique.
9. **Develop a bullying program** or project with a teacher or principal's support that will help reduce bullying in school. Bring together a team of students, parents and teachers to meet and talk about bullying on a regular basis and share stories and support. Discuss the "hot spots" where bullying most likely occurs (ex. the bus, bathroom, an unmonitored hallway) and what can be done on a school level to make sure students and teachers are safe and supported.
10. **Educate yourself and your community** about bullying. For example: Why do kids bully? Where does bullying take place most often in your school? What are the effects of bullying? Why are people afraid to get involved? Understanding this information will help you if you are bullied and will help you to stand up to bullies if a friend is being bullied.
11. Along with learning about bullying let's try to create a pro-kindness campaign in our family, school and community.

*Adapted from Bullybust.org*



# SUICIDE SHOULD NOT BE A SECRET.

*Save a life, understand the risks of suicide.*

The Centers for Disease Control (CDC) report that the number of teen suicides has been increasing in recent years. There are more pressures on teens (like you) than ever before, and many of them are having trouble coping with the demands that are placed on them.

The CDC reports that 60 percent of high school students claim that they have thought about committing suicide, and around nine percent of them say that they have tried killing themselves at least once.

According to the National Conference of State Legislatures (NCSL):

- ▶ 19.3 percent of high school students have seriously considered killing themselves.
- ▶ 14.5 percent of high school students made actual plans for committing suicide,
- ▶ 900,000 youth planned their suicides during an episode of major depression.

## **Here are some things that may help you help a friend who might be struggling:**

### **Warning Signs of Suicide**

These signs may mean someone is at risk for suicide. Risk is greater if a behavior is new or has recently increased in frequency or intensity, and if it seems related to a painful event, loss, or change.

- ▶ Talking about wanting to die or kill oneself
- ▶ Looking for ways to kill oneself, such as searching online or buying a gun
- ▶ Talking about feeling hopeless or having no reason to live
- ▶ Talking about feeling trapped or in unbearable pain
- ▶ Talking about being a burden to others
- ▶ Increasing the use of alcohol or drugs
- ▶ Acting anxious or agitated, or behaving recklessly
- ▶ Sleeping too little or too much
- ▶ Withdrawing or feeling isolated
- ▶ Showing rage or talking about seeking revenge
- ▶ Displaying extreme mood swings

While suicide does not seem terribly common, it is nevertheless a major cause of death. The CDC reports that it is the third leading cause of death for youth ages 15 to 24. The only two things that cause more death among teenagers are accidents (usually in the car) and homicide. And even younger children do not escape. Suicide is the fourth leading cause of death for young people between the ages of 10 and 14.

### **What to Do in a Crisis**

Take any threat or talk about suicide seriously. Start by telling the person that you are concerned. Don't be afraid to ask whether she or he is considering suicide or has a plan or method in mind. Resist the temptation to argue the person out of suicide by saying, "You have so much to live for" or "Your suicide will hurt your family and friends." Instead, seek professional help.

### **In a crisis:**

- ▶ Call 911.
- ▶ Do not leave the person alone.
- ▶ If safe to do so, remove any firearms, alcohol, drugs or sharp objects that could be used.
- ▶ Call the National Suicide Prevention Lifeline: 1-800-273-TALK (8255).
- ▶ Take the person to an emergency room or walk-in clinic at a psychiatric hospital.

For more information visit, [www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)

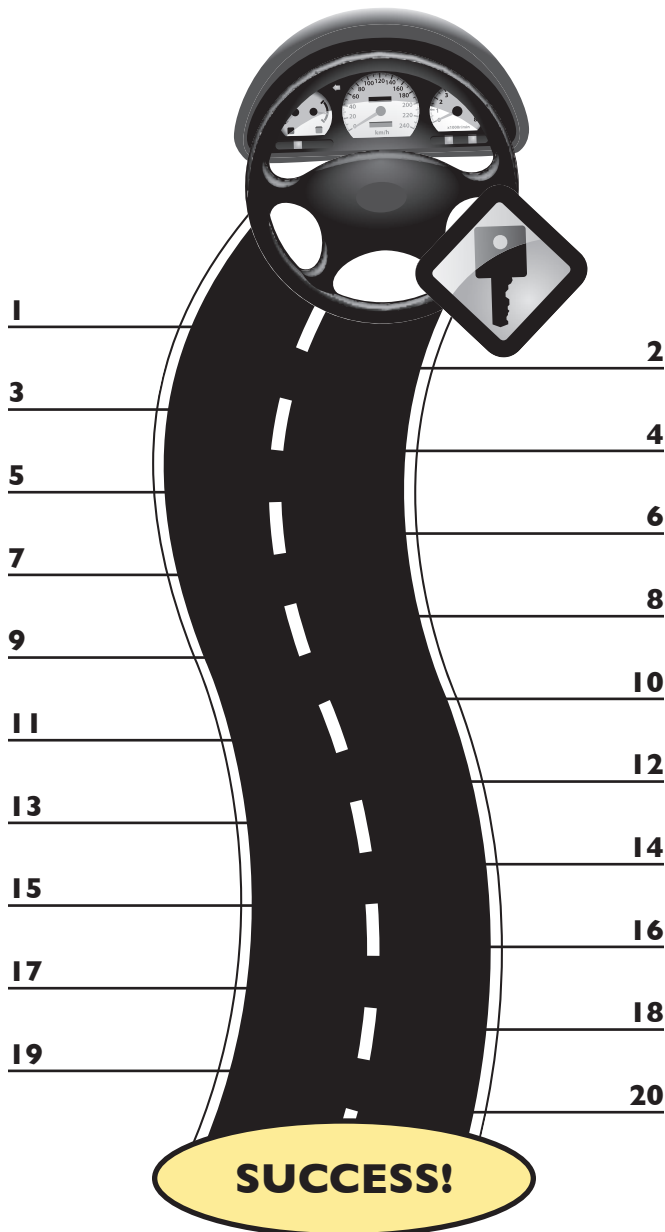
For more information call (720) 488-8888



# THE ROAD TO SUCCESS

*Spend some time at each of these milestones to stay the course in your life journey.*

**YOU ARE HERE!**



For as long as you can remember, people most likely have been asking you, “What do you want to be when you grow up?” And if you’re like most of your peers, you may not have a clue. The follow questions can help you develop a roadmap to help you achieve the future of your dreams.

**1. Discover what motivates you.**

List 3 things that inspire and energize you:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**2. Find your passion and purpose.**

List 4 things you dream about:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

**3. Assess and catalog your gifts and talents.**

List 4 things you are good at and like to do:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

**4. Set short and long term goals.**

a. List three 1-year goals:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

b. List three 3-year goals :

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

c. List three 5-year goals:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**5. Expect obstacles and failure.**

List 3 things that could get in your way:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**6. Stay focused and positive.**

List 3 ways you can stay motivated and on track:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_



**7. Communicate with others.**

List 3 people you find easy to talk with about your hopes and dreams:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**8. Ask for help when you need it.**

List 3 people you can rely on to be encouraging and helpful:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**9. Organize yourself.**

List 3 ways you keep things orderly:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**10. Find balance.**

List 3 ways to keep things properly proportioned:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**11. Believe in yourself.**

List 3 ways to stay confident in your abilities:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**12. Listen to others.**

List 3 ways you might be able to speak less and hear more:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**13. Avoid life's temptations and drama.**

a. List 3 behaviors or things that might lead you astray:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

b. List 3 things that might cause unnecessary mood swings and emotional overload:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**14. Be self-regulated.**

Write down 3 strategies for keeping your impulses in check:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**15. Network with others.**

Write down all the connected, kind and influential people you know and would like to know:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**16. Never stop learning (earn degrees and advanced credentials).**

a. List the degrees you would like to obtain:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

b. List 3 ways to remain a lifelong learner:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**17. Always be thankful.**

List 3 ways to show gratitude:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**18. Help others reach their goals so they can help you reach yours.**

Write down 3 ways to serve others:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**19. Make the right choices.**

Write down 3 choices you might make that could tremendously affect your life:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**20. Seek to surround yourself with smart, successful people.**

List at least 2 smart people you know or would like to know:

1. \_\_\_\_\_
2. \_\_\_\_\_



# What **LANGUAGE** Do You Speak?

*Before you can "Love" others, you need to know how you feel loved.*

New relationships often bring an incredible rush of adrenaline and excitement with them. But before your new love fades away, do you know what really makes you feel loved? Understanding your love language may help you find the keys to long-term happiness.

Make a check mark next to each description that applies to you in each category listed below. The category with the most marks is probably your primary love language. The category with the second most marks is probably your secondary one. The value of knowing what you need to feel loved is that you can express that to your parents and friends, enabling them to express love in a more meaningful way to you.

If your heart was a gas tank or a bank account, how full is it? What kind of actions make deposits into your love tank, what kind of actions create withdrawals or empty your love tank?



## QUALITY TIME

- ☐ I feel loved most when my parent/friend spends time with me.
- ☐ I feel loved most when my parent/friend focuses his/her full attention on me.
- ☐ I feel loved most when my parent/friend does things that I want to do.
- ☐ I feel loved most when my parent/friend and I are doing things (even chores) together.
- ☐ I feel loved most when my parent/friend wants to take me to lunch.
- ☐ I feel loved most when my parent/friend sits and listens to me.
- ☐ I feel loved most when my parent/friend learns to do an activity I enjoy.
- ☐ I feel loved most when my parent/friend maintains eye contact with me.
- ☐ I feel loved most when my parent/friend shares meaningful events in his/her life with me.



## RECEIVING GIFTS

- ☐ I feel loved most when my parent/friend gives me flowers.
- ☐ I feel loved most when my parent/friend makes me things.
- ☐ I feel loved most when my parent/friend sends me a card or letter.
- ☐ I feel loved the most when my parent/friend gives me the gift of his/her time.
- ☐ I feel loved the most when my parent/friend finds something for me that reminds him/her of me.
- ☐ I feel loved the most when my parent/friend surprises me with little tokens of his/her affections.
- ☐ I feel loved the most when my parent/friend remembers special occasions with a gift.
- ☐ I feel loved the most when my parent/friend creates special occasions with a gift.



## ACTS OF SERVICE

- ☐ I feel loved the most when my parent/friend does things for me.
- ☐ I feel loved the most when my parent/friend surprises me by completing a project with me.
- ☐ I feel loved the most when my parent/friend helps me with things.
- ☐ I feel loved the most when my parent/friend cooks for me.
- ☐ I feel loved the most when my parent/friend tries to make my life easier.
- ☐ I feel loved the most when my parent/friend does things cheerfully.
- ☐ I feel loved the most when I don't have to ask for help.



## PHYSICAL TOUCH

- ☐ I feel loved the most when my parent/friend holds my hand.
- ☐ I feel loved the most when my parent/friend hugs me for no reason.
- ☐ I feel loved the most when my parent/friend gives me a back-rub.
- ☐ I feel loved the most when my parent/friend sits close to me.
- ☐ I feel loved the most when my parent/friend holds me when I cry.
- ☐ I feel loved the most when my parent/friend touches my face.
- ☐ I feel loved the most when my parent/friend puts his/her arms around my shoulder.
- ☐ I feel loved the most when my parent/friend kisses me.



## WORDS OF AFFIRMATION

- ☐ I feel loved most when my parent/friend compliments me.
- ☐ I feel loved most when my parent/friend notices the little things they like about me.
- ☐ I feel loved most when my parent/friend makes me feel good about myself.
- ☐ I feel loved most when my parent/friend expresses his/her feelings towards me.
- ☐ I feel loved most when my parent/friend says nice things about me in front of others.
- ☐ I feel loved most when my parent/friend encourages me verbally.



*Knowing your love language helps you ask for what you need. Always remember people cannot read your mind. Healthy people ask for what they need!*

