



# The Wee Book About Life, Love And Living

This guide is a big part of the talking, thinking and learning you will do at school this year  
It's all about **having fun**, **caring relationships**, **keeping safe** and **knowing where to go for help**  
Got a question about **life**, **love** or **living**? Got a worry?

Take a look in the wee book

**the S2 edition**

# WHO ARE YOU?

Now that you're in second year, you've probably noticed that things might be changing for you and for your friends. You're probably starting to feel a bit more grown up. You might have developed different interests or strong feelings about things. You are probably getting a bit more independence from your parents/carers.

This is a time to really work out who you are and what your opinions are about different things. You might be hanging out with different people or making new friends. You might fancy someone.

Whatever is happening, you might feel pressure to go along with what everyone else says and does. Don't be afraid to stand up for yourself and have your own opinion.





# RELATIONSHIPS: THE X FACTOR

Just what **is it** about someone that makes you fancy them?

- ★ Their smile?
- ★ Their sense of humour?
- ★ The compliments they give you?

It's always such an individual thing, and people look for different things in relationships.

Sometimes feelings about people can change. They start off being a friend and as you get to know them the feelings may become stronger.

Or at first you find them a bit annoying then they may grow on you.

If you fancy someone, you may want to tell how you feel about them or ask them out. Before you do that, try and work out exactly what you feel about that person. Take your time and don't feel you have to rush into deciding if you want to ask them out or not. Often it's better to be friends first and find out what things you have in common.

# RELATIONSHIPS: THE X FACTOR

Work out and be clear about what you would want to do (or not do), if they said yes. Some people around you with boyfriends and girlfriends might be talking about having sex but most people your age who have boyfriends or girlfriends choose not to have sex.

Work out how you would feel if they knocked you back and how they might feel. It's never nice feeling rejected so work out who you trust you can talk to if they say no.

Sometimes when you least expect it someone might ask you out or say they have strong feelings for you. If you don't have the same feelings or don't want to go out with them it's important to be honest and say how you feel.

Avoid making up excuses for not going out with them as this can be confusing and they may think you will go out with them later.

Remember how you would want to be treated if someone you asked out said no, make sure you are sensitive to their feelings and respectful to them.

## Some examples of what to say could be:

“Thanks for asking me, I’m really flattered but I don’t want to go out with you, I like our friendship as it is.”

or

“No thanks, I’m not interested in having a boyfriend /girlfriend right now”

If you are asked by a person of the same sex and you are not lesbian, gay or bisexual you could say,

“Thanks for asking me but I don’t feel attracted to girls/boys, could we just stay friends instead?”





# RELATIONSHIPS: THE X FACTOR

Be aware of who you choose to tell about it and why, especially if it's not a close friend. Nobody enjoys being the subject of gossip.

Be prepared to offer the same support to your friends if someone they ask out says no.

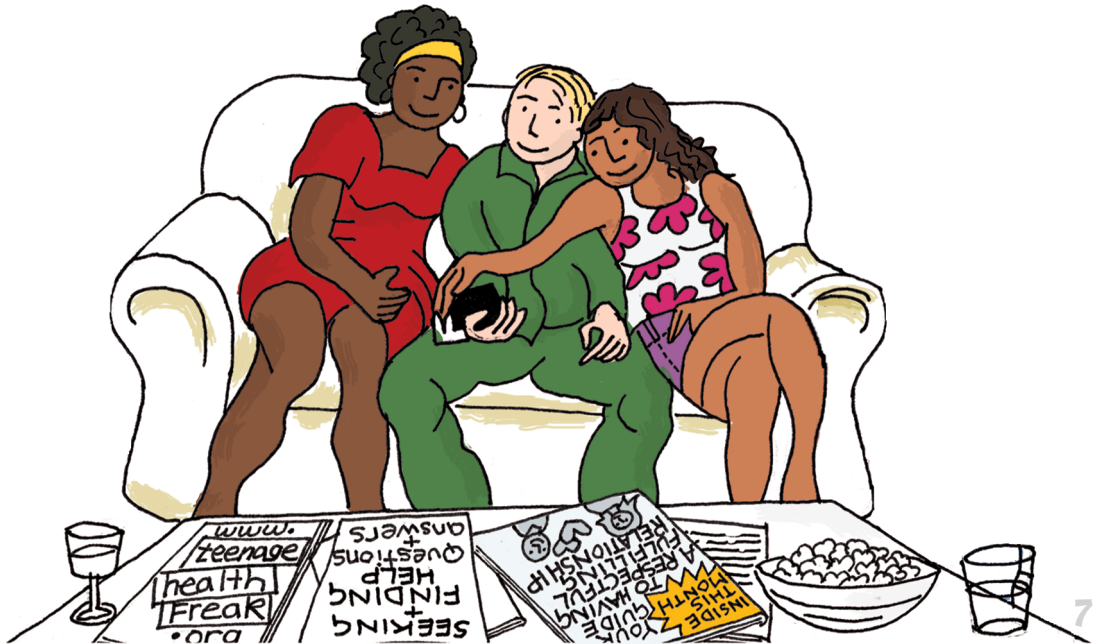
Sometimes people think that boys don't have the same feelings as girls when it comes to asking someone out, that's just not true! The same thing applies to boys as well as girls.

We all have different things we want from relationships. And we all have the right to choose when to stay friends or become boyfriends or girlfriends.



**Remember** if someone fancies you but you don't feel the same it's okay to stay friends.

**Remember, you don't have to have sex just because you're in a relationship. Most people your age choose not to.**



# BOYFRIENDS & GIRLFRIENDS

You have the right to be **happy and healthy** in all your relationships.

**And to be yourself.**

It's **important** to think and talk about what you want if you have a boyfriend or girlfriend. Going out with someone can be fun and exciting. A healthy and happy relationship is built on talking to each other, trust and respect.

Remember, a boyfriend or girlfriend who really cares for you should never pressure you into having sex

It's also okay to decide you are not ready to go out with someone.

Maybe you just don't feel ready. Maybe you'd rather get to know them as just a friend.

Remind your friends that they should never be pressurised into going out with someone.

**Don't let anyone put pressure on you either.**



### THINK ABOUT

What makes you a good friend. And what would make you a good boyfriend or girlfriend. Try and always be the best friend you can be!

### FIND OUT MORE

About good relationships by visiting this great web site:

[www.teenagehealthfreak.org](http://www.teenagehealthfreak.org) and follow the links from 'relationships'.

### TALK ABOUT

Any worries or concerns you have with an adult you trust. If someone is putting pressure on you to go out with them or to do anything you are not ready to do get some advice and help.

# TIPS FOR TOP RELATIONSHIPS

Some other things that will help you be happy in your relationships are to be confident, assertive and be full of self esteem!

**Self esteem** is about how you see yourself and how much you feel that you are a special and important person.

An **assertive** person is someone who can stand up for what they believe is important in life.

If you like yourself, have **confidence** in yourself and what you think, you can get the most from your relationships.

## THINK ABOUT

Your feelings. Think about how others feel.

## TALK ABOUT

Your feelings with someone you trust.

# RIGHTS AND THE LAW

**The United Nations Convention on the Rights of the Child** tells you some of the rights you have. When it comes to relationships there are important rights too. You have the right:

- ★ To be respected.
- ★ To privacy.
- ★ To change your mind.
- ★ To be safe.
- ★ To say no if someone wants to you to do something you don't want to do.

When you have a boyfriend or girlfriend you need to:

- ★ Listen to what they want.
- ★ Give them respect.
- ★ Tell them how you feel.
- ★ Never force them to do something.
- ★ Help them be safe.



# RIGHTS BELONG TO EVERYONE

**Rights belong to everyone - to boys and to girls.** They belong to people who fancy people of the opposite sex. And they belong to people who fancy people of the same sex. Sometimes, some people think its okay to slag off people who are different to them. **It isn't.**

The **law** in Scotland says:

- ✧ You can use a health service or get medical treatment at any age as long as you understand what it is you are doing.
- ✧ You can go to see a doctor or nurse without your parents/carers being told.
- ✧ You can go to a sexual health clinic or GP and ask for contraception. Even though it is confidential the doctor or nurse will also encourage you to talk to your parents or carers.
- ✧ You can buy condoms at any age. You can also get free condoms from a variety of locations. To find out more about where to get free condoms at [www.freecondomsglasgowandclyde.org](http://www.freecondomsglasgowandclyde.org)

- ★ The age that sex is legal for both boys and girls is 16. This means that if both people having sex are 16 or older, and both want to have sex, then it is legal to have sex. This is the same for people who are heterosexual or gay or lesbian or bisexual.
- ★ If someone forces you to have sex this is wrong and it is against the law and you should ask for help.
- ★ If you are 12 or under the law says you cannot give consent to having sex and the other person will be charged with a serious criminal offence. If the other person is also 12 or under you could also be charged with a serious criminal offence.
- ★ If you are 13 or over the law still says you cannot have sex with anyone until you are 16. If someone over 16 has sex with you they can be charged with a serious criminal offence. If you have sex with anyone under 16 you can both be charged with a criminal offence.

# CONFIDENTIALITY

**Confidentiality** means that if you talk to a professional person, like a teacher or youth worker or nurse about something they should **not** tell other people without your permission.

If you are 13, 14 or 15 years old and you talk to a professional person about something to do with sex or relationships your conversation should be confidential unless someone is harming you or you are in danger.

If you are 12 or under the professional person will always be concerned about you if you are having sex.

Professional people can help you think about how to talk to a parent or carer about sex or relationships. If you want some help the professional person can talk to them for you, or do it with you.

Sometimes your school, doctor or clinic will have their confidentiality rules written down.

They might call this their **confidentiality policy**.



## FIND OUT ABOUT

How confidentiality works at school or at your GP surgery or at a local young people's sexual health clinic.

If you want to talk to a person about your sexual health there is a confidential service especially for young people called [youngpeople@Sandyford](mailto:youngpeople@Sandyford).

You can phone them on **0141 211 8130** or find out more at:

[www.sandyford.org](http://www.sandyford.org)

If you feel a professional person has not respected your right to confidentiality you can get advice about what to do from the Scottish Child Law Centre. It's free to phone on **0800 328 8970** or check out the KidsZone on the website at: [www.sclc.org.uk](http://www.sclc.org.uk)

# CHILD PROTECTION

If a professional person has a concern that you are being **harmed** this is called **child protection**. They must talk to other professional people to see what needs to be done to help you.

A teacher or other professional person will be **concerned** about you if you are involved in a relationship where any of these things are happening:

- ✱ If the person you are in a relationship with is much older than you.
- ✱ Or they are asking you to keep your relationship secret.
- ✱ Or they are trying to stop you from getting advice, help or support.
- ✱ Or they are trying to keep you involved with them by buying you things or giving you money.
- ✱ Or they are asking you to do things that make you feel uncomfortable or that you don't want to do.
- ✱ Or maybe they are hurting you in some way.

# INTERNET & MOBILE SAFETY

When you are online you just don't know **who** other people really are.

- ★ Never give your name, age, school, address or mobile number to people you do not know.
- ★ Don't reply to emails or texts from people you don't know.
- ★ Avoid sending photos of yourself – and never send one to someone you don't know.
- ★ Tell a parent/carer or teacher if you get an email or text that makes you feel uncomfortable or worries you.
- ★ Never meet someone you only know online unless you do it with a parent/carer.

You have to be as smart on your mobile as you are online.

- ★ Only give your number to close friends and family.
- ★ Never give a friend's mobile number to another person.
- ★ If you get any upsetting texts or photos tell someone in your family or your teacher.
- ★ Never forward a message, photo, picture (including cartoons) or video to someone if you know it will upset or worry them.
- ★ If you miss a call, but you don't know the number, don't phone it back.

## FIND OUT ABOUT

How to stay safe online and on your mobile at:

[www.stoptextbully.com](http://www.stoptextbully.com)

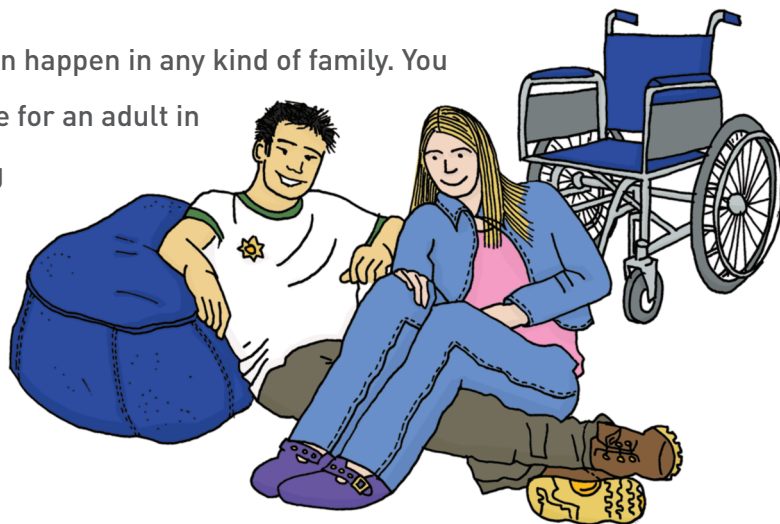
[www.kidsmart.org.uk](http://www.kidsmart.org.uk)

# BEING SAFE AT HOME

Just like bullying at school things can happen at home which mean that someone is hurting someone else. When the person hurting someone is their partner or ex-partner this is called **domestic abuse**.

Domestic abuse can be hurting someone physically, like hitting. Or it might be emotional abuse, like threatening someone or making them feel bad about themselves. Or it might be sexual abuse.

Domestic abuse can happen in any kind of family. You are **never** to blame for an adult in your family hurting someone. It is **never** okay to hurt or abuse someone in a relationship.



## THINK ABOUT

A professional person you would talk to if you had a question or a worry about something to do with relationships or violence at home.

## FIND OUT MORE

If someone is hurting you or someone else at home.

Go to: [www.childline.org.uk](http://www.childline.org.uk)

Or phone ChildLine on **08001111** for a confidential chat. (Calls are free and the number does not show up on a phone bill.)

## TALK ABOUT

What is happening at home if you feel sad or scared or worried about yourself or someone else. No-one has the right to hurt or scare anyone in your family.



If you want to speak to someone about a bigger question or worry you can phone **ChildLine** on 08001111 or visit [www.childline.org.uk](http://www.childline.org.uk)



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