



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 **love and affection, feeling good** and knowing where to go with your questions about **life, love and living**
Got a question about **life, love or living**? Got a worry?

TAKE A LOOK IN THE WEE BOOK

THE 5-4 EDITION

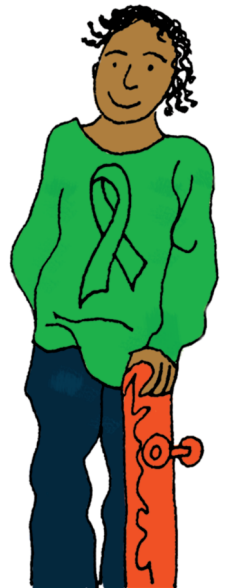
LOVE AND AFFECTION

When you're out and about with a boyfriend or girlfriend what makes you **feel** most comfortable? When they hold your hand? When you catch them looking at you and smiling?

In some families there will be expectations that people don't have public shows of affection, you will know what your family expects.

As your **relationship** grows you will become more intimate with someone, you will have feelings of being much closer and of belonging together. So you do need to think about how you **express** your feelings in public.

Make sure how you behave in public with your boyfriend/girlfriend is what you feel comfortable with and isn't going to embarrass yourself or other people.



ALL ABOUT RELATIONSHIPS

It's **important** to think about what you want from a relationship, and only start a relationship if and when you want to.

Before you get involved with someone you'll need to make **decisions** about what kind of boyfriend/girlfriend you will be. Will you talk about your feelings? Will you listen to them? Will you treat them with respect?

When it comes to sex, then you are only ready when you're ready and willing to **talk** with each other. It's crucial that you are both comfortable and agree that it's time for it to happen.

- ✧ Don't have sex because you think your partner will dump you if you don't.
- ✧ Don't let it happen if you're drunk or on drugs.
- ✧ Don't have sex unless you have agreed to have safer sex.

Never put pressure on someone. If someone says no, **they mean no**. Forcing someone to do something sexual is a crime.

Research shows that if you wait for the right time for you both, you will both be happier with your sexual relationship and you'll avoid feelings of regret.

FEELING GOOD... ABOUT YOU

Having more independence and more opportunities to be with friends or with boyfriends or girlfriends means you will be in situations where you have to think of your own personal safety and make the right decisions for you.

How good you feel about yourself will help you make the best decisions you can and will help you to deal with things better when you feel let down by someone.

If you do feel a bit low or you feel weighed down by problems it always helps to share how you feel with someone you can trust.

Exercise, even a short walk, can help improve how good you feel about yourself. So can getting enough sleep.

Taking alcohol or drugs may seem like it helps improve how good you feel about yourself - but all they do is seriously affect your ability to make the right decisions for you.



... ABOUT RELATIONSHIPS

Here's a few things that you can do to make sure the relationships you have – with friends and with boyfriends/girlfriends – leave you feeling good about yourself:

TALK ABOUT

Making good communication part of your relationships. Don't assume people know what you're feeling – or that you know what they're feeling. Check it out.

EMPATHY

When you're with someone try to think about how they are feeling.

RESPECT

Take on board what someone else is feeling. They have beliefs or opinions too. Give them respect and expect it back.

NO PRESSURE

Never feel pressured into doing something – and never put pressure on.

KNOW YOURSELF

Know your boundaries. Know your rights. Friendships and sexual relationships should be about happiness, pleasure and joy!

HEY GIRLS! YOUR BODY MATTERS

As a young **woman** there are things you need to **understand** and do now and in the future that will help you have **good** sexual health throughout your life.

Sometimes young women can be reluctant to check out worries they have about their bodies. Its time to stop worrying! Leave your embarrassment at the door – doctors have seen it all before.

Check your breasts regularly. Start today! Every woman's breasts are different, but you will get to know what is normal for you. Know what changes to look and feel for. If you see or feel any changes get it checked out as soon as possible.

When you become sexually active smear tests are a part of every woman's good sexual health. It's important that when all young women reach the age of 20 that they have a cervical smear.

There's more stuff about your body if you check out this site:

www.getthelowdown.co.uk

HEY BOYS! YOUR BODY MATTERS

As a young **man** there are also things you need to **understand** and do now and in the future that will help you have **good** sexual health throughout your life.

Sometimes young men can be reluctant to check out worries they have about their bodies. Its time to stop worrying! Leave your embarrassment at the door – doctors have seen it all before.

Testicular cancer is an important issue for men. You can self examine and get to know what your testicles are like. Start today! Every man's testicles are different, but you will get to know what is normal for you. Know what changes to look and feel for. This may be easier after a warm bath. If you see or feel any changes get it checked out as soon as possible.

There's more stuff about your body if you if you check out this site:

www.getthelowdown.co.uk

A BIG NIGHT OUT

Here are some **tips** about **keeping safe** and avoiding worries when you are out for the night:

- ★ Remember drinking alcohol or taking drugs affect your decisions and your ability to keep yourself safe.
- ★ Go out with groups of friends and stick together. If someone in the group feels ill look after them and get them home.
- ★ Don't leave drinks unattended at a party or club.
- ★ If you have a mobile make sure it is charged and has credit.
- ★ If you feel unsafe or worried when you are out and about don't hesitate to phone home and get help.
- ★ Do not leave a party or club with someone you do not know.
- ★ If you are not ready for sex stick with your decision, be confident that you have made the right choice.
- ★ Insist that your boyfriend/girlfriend respects your decision to wait till the time is right.
- ★ If you are ready for sex, before you do it, decide what kind of contraception you will use and use condoms. If you are going to do it, do it without the influence of alcohol or drugs.

- ☆ It's never okay to put pressure on someone to do something they don't want to do.
- ☆ Having sex with someone who isn't in a fit state to give their consent to sex is a crime.



IMPORTANT ISSUES

Domestic abuse: When someone is hurting someone who 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.

Rape and sexual assault: If you are raped or sexually assaulted you are never to blame. Rape and sexual assault can happen to young women and to young men. If this happens to you get confidential help and support as soon as you can. See the help advice section at the end of the booklet.

Prostitution: It's not okay to pay for sex. In fact it's against the law. There are young people and adults who may try to get you involved in having sex with them or with other people which involves the other person paying for it or giving gifts. It can be hard to understand what is happening or why it's happening to you. If you feel someone is trying to get you involved in something that leaves you feeling confused or worried you need to speak to someone you can trust. See the help advice section at the end of the booklet.

Pornography: Porn can give a false, harmful and unrealistic picture of sex and people's bodies. It portrays people as objects, without feelings or rights. Don't feel pressured into watching it. Don't let anyone film you involved in any sexual activity, for example using their phone.

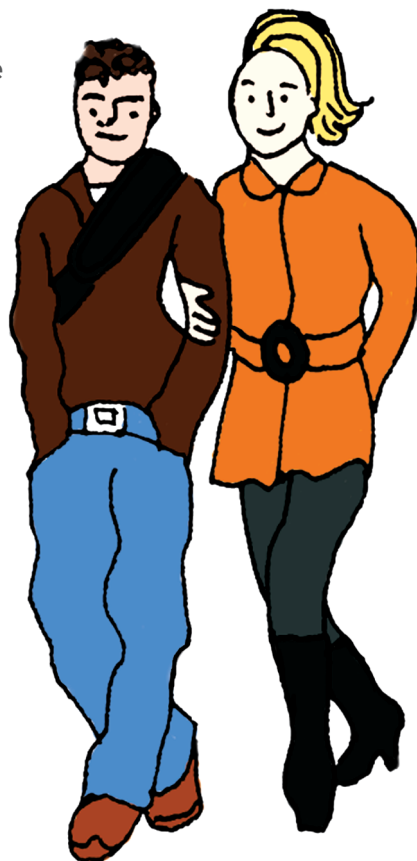


BECOMING A PARENT

Do you really want to take on the responsibility of being a parent when you've got so much to **see** and **do** and **try out** for yourself?

What kinds of things do you want to **achieve** before you become a parent? Have fun and party? Get a job or training? Travel? Fall in love? Save some money?

Being a parent isn't easy at any age but can be even more difficult when you are young. Babies thrive in family settings and they need to build a positive relationship with both parents as they grow.



Therefore, even if your relationship ends, you'll still need to stay in contact with your ex-boyfriend/ex-girlfriend to bring up your child.

At the point when having a baby is on the cards there are **a few questions** that need some thought if you want to have a healthy and happy pregnancy and to give your baby the best start in life.

And by the way, they are things that both men and women need to think about.

THINGS TO THINK ABOUT BEFORE BECOMING A PARENT

- ★ How stable is your relationship?
- ★ What's our money situation like?
- ★ How much do you love and care for each other?
- ★ What am I drinking?
- ★ If I smoke, can I stop?
- ★ Have I been checked for STIs?
- ★ Are we both ready for this?
- ★ Is our relationship strong enough to see us through the tough times?
- ★ Are we both ready to stop the partying?
- ★ What's our diet like?
- ★ Have we both spent time around babies to learn the basics about looking after them?

- ✪ What do we know about courses or classes to help us prepare for the birth – will we both go?
- ✪ What kind of birth do we want to have?
- ✪ How will having a child affect our other friendships?
- ✪ How will it affect our sex life?
- ✪ What kind of parents do we want to be?
- ✪ What will it be like to have a new baby dependent on us?

That's a lot of things to think about.

INFO SUPPORT AND ADVICE

Glasgow has a fantastic **young people friendly sexual health service** called **youngpeople@Sandyford**. There's the main clinic at Sandyford Place near Charing Cross and there are smaller local clinics called Sandyford Hubs.

You can talk about and get advice about anything to do with sex and relationships at Sandyford. You can ask any question. You'll get a clear and honest answer. It's confidential.

Phone for an appointment at Sandyford on these numbers. Or phone and find out when the drop in clinics are open.

The main Sandyford clinic is on **0141 211 8130**

Your local Sandyford Hubs are:

Sandyford East, Parkhead Health Centre on **0141 232 7413**

Sandyford South East, Govanhill Health Centre on **0141 531 8349**

Sandyford Inverclyde, Boglestone Clinic on **01475 502 528**

Sandyford North Springburn Health Centre on **0141 531 6703**

Sandyford East Renfrewshire, Barrhead Health and Care Centre on **0141 800 7125**

Sandyford South West, Pollok Health Centre on **0141 531 6807**

IN GREATER GLASGOW AND CLYDE

Sandyford Renfrewshire, New Sneddon St Clinic on **0141 314 9402**

Sandyford West Dunbartonshire, Vale of Leven Hospital on **01389 818 511**

Sandyford East Dunbartonshire, Kirkintilloch Integrated Community Care on
0141 355 2367

Dunoon Sexual Health Clinic, Dunoon General Hospital on **01369 708359**

Helensburgh Sexual Health Clinic, Victoria Infirmary on **01436 655000**

There's more about Sandyford online at:

www.sandyford.org

If you want to know more about what **contraception** is best for you speak to your GP or to someone at the Sandyford.

Condoms help protect against sexually transmitted infections and so you should use one even if you are using other kinds of contraception.

Condoms are free from a variety of locations and for more information on where to access them go to **www.freecondomsglasgowandclyde.org**

WHAT IF?

If a **condom bursts or comes off** during sex you should go to Sandyford or your GP. The sooner you do the more choices you will have about what to do. **Emergency contraception** can be used up to 3 days after having unprotected sex and is available free from most chemist shops or from Sandyford. If it has been more than 3 days it is still worth going to Sandyford as there are other methods of emergency contraception that can work up to five days.

If you want to check out feelings or questions about being **lesbian, gay, bisexual or transgender** go to: www.lgbtyouth.org.uk

For some good advice and information about **domestic abuse** go to: www.childline.org.uk

If you have experienced **rape or sexual assault** you can contact Archway or Rape Crisis. They provide counselling and STI testing to both males and females and can help you think about who else to tell. To find out more about Archway go to www.sandyford.org or phone **0141 211 8175**. To find out more about Rape Crisis go to www.rapecrisisscotland.org.uk. There is a national helpline on **08088 01 03 02**.

And don't forget your parents and carers!

Do you talk at home about relationships, keeping safe, liking someone, having a boyfriend or girlfriend, being ready for sex or not? Some parents find this difficult stuff to talk about. Others are more relaxed with it. Try having a general chat. Or if you have a question or a worry then think about talking to your parent or carer.



If you want to speak to someone about a question or a worry you can contact lots of different people listed on **the inside back pages**



This booklet has been produced in 2014 by **NHS Greater Glasgow and Clyde** with **Glasgow City Council**

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