Love, Sex, Relationships

How can I tell someone I fancy them?

What is bisexual?

I've met someone in a classroom and I think I'm in love?

Are we compatible?

HELP! The condom broke!

... or, why maybe we forgot to use one.

Is it OK to say no?

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

Can I get contraceptive advice without anyone knowing?

How do I tune someone on?

Does having sex hurt?

Is it possible to survive rejection?

How do I tell the difference between love and a crush?
I lost my virginity at 21...

...15...

...15...

...35!

I want to wait until I'm married...

I like to touch myself...

...to walk around naked...

...to dance...

...to dress up as a girl.

I don't fancy anyone.

I like sexy texts.

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

Your emotions, feelings, behaviour and culture all help to define your sexuality.
Like your body and your brain, your sexuality develops throughout your life. It may take time to figure out who you are and what you want, but that's all part of the process. Take your time. There's no rush.

I came out in my 30s.

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

I think I might be a lesbian.

I don't want to know about this.
The sad truth about why you will never look like the idealised celebrities of your dreams is that they barely exist in the first place.

**MAGAZINE BABE**
- Three hours of hair and make-up in order to look fresh and natural
- Legs digitally elongated
- Five hours per day with personal trainer (@£50/hour)
- Cellulite retouched out
- Boob job (x4)
- Liposuction of arms, ankles and neck
- Bad mood from perpetual diet of grapefruit and wheatgrass
- Glow from being madly, desperately in love (with self)

**REAL YOU**
- smart, funny
- knobbly knees
- small tits
- nice bum
- bad hair month
- spots
- tarts
- fashion error
- fantastic smile
- great kisser

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

**EATING DISORDERS**
Sometimes people may have a false image of their body (a feeling that they are “fat” and need to lose weight, when this isn’t the case). Their feelings about food become mixed up with how they feel about themselves. An eating disorder often indicates other problems. Talk to your GP or a group that can help (see p16).

"The degree of thinness exhibited by models chosen to promote products is both unachievable and biologically inappropriate" – British Medical Association report
Take away the photo-manipulation, the retouching, the stylist, and the make-up, and what you're left with is just another (ordinary) pretty face.

IMAGE

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

MOVIE STUD
- Back, crack and sac wax (forget what it costs, it hurts like *@£8&**!!)
- Spots airbrushed out
- Five hours per day with personal trainer (@£50/hour)
- Calf implants
- Abdominal 'etching' (fake sixpack)
- Hair implants (do they get them from the crack?)
- But enough about ME, doll... does my crotch look big in this?

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

HELP! My girlfriend/boyfriend tells me I'm too fat!
Tell her/him s/he's too critical and then tell them to push off.
Once they're gone, stick to people who don't make you feel bad about yourself.

BORING BUT TRUE
The easiest way to stay in shape is to increase the amount of physical exercise you do (play a sport, walk to school or college, dance), and keep the quantity of fizzy drinks, sugar and junk food to a minimum.
OK, NO LABELS. BUT WHAT IS...

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

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

**celibate** a person who chooses not to enter into sexual relationships of any sort (at least for the time being).

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

**gender** whether someone is “masculine” or “feminine”. A person’s sex is determined by their body organs, but gender is determined by their feelings and emotions, culture and society.

**heterosexual** (straight) a person sexually and emotionally attracted to the opposite sex, i.e., a man to women, or a woman to men.

**homosexual** a person sexually and emotionally attracted to people of the same sex; gay is usually used for men attracted to other men, though sometimes for homosexual women as well; a **lesbian** is a woman attracted to other women.

**transgender** someone who sees themselves as one gender but is seen by other people to be another; this includes transsexual people, but transgender people do not always have surgery to change their bodies.

**transsexual** a person who identifies him or herself (and usually wants to become) another sex; transsexual people can be straight or gay.

**transvestite** a man who dresses and may act as a woman, or a woman who dresses and may act as a man (aka cross dressing); this doesn’t mean they are gay or straight or want to become another gender.

### Sexuality

**What mix are you?**

A “girly girl” who loves dressing in pink? A “man’s man” who loves lifting heavy weights?

In practice, most of the world falls somewhere between these two extremes. Some heterosexual men like dressing up in women’s clothing, while plenty of heterosexual women wouldn’t be caught dead in a dress.

Is a tomboy a lesbian? Or a male nurse gay? What about a boy who loves to cook? Or a girl who loves football?

Stereotypes bring everyone down. It’s better to forget the labels and treat all people with respect.

### Sexual Orientation

Sexual orientation can take many forms — straight, gay, lesbian, bisexual. Even then, everyone’s different. A lot of people are unsure what their sexual orientation is.
is a mix...

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

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

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

HOMOPHOBIA Hatting, abusing or bullying people because they are gay or lesbian, or using “gay” as an insult to mean “stupid” or “crap”, is stupid and crap. So don’t do it.

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

BULLIES If you’ve ever bullied someone, think about why. Some people bully because they are upset, angry or afraid. So talk to someone about what’s upsetting you – bullying won’t help. At least 16 children kill themselves every year because of bullying at school. Imagine spending the rest of your life knowing you’d been responsible for that.

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