

# NSPCC Talk Relationships Ages 14-16

## Lesson 2 - Resource 1: Talking heads - Intimacy

I feel closest to my partner when we can talk about how we're feeling, including the things that make me worried; whether that's about the relationship or about life as a whole. Feeling safe in those conversations makes me feel really close to them.

Shared experiences are really important to me. Like working together on something like a meal, or maybe trying something new. I like to make sure that if I've got a partner, we do things on our own, but those shared experiences feel like they bring us together and make happy memories.

I really want to have that kind of physical but non-sexual touch before I even think about sexual intimacy. Cuddling, kissing, or having someone play with my hair is something that makes me feel really connected and loved.

I like to show someone I care about them by giving them a gift or doing something nice for them that I've really thought about, so they know it's just for them, like putting together a playlist. It doesn't have to be a big thing, but it makes me feel amazing too if I can see that they really appreciate it.

Sometimes the things that make me feel closest to a person aren't physical affection or saying something nice, but just that they've remembered what is important to me. Like if there's a big event coming up or if they know I've been working hard to revise for a topic and they remember to ask me about it, it shows they care.

Just joking around and laughing with my partner makes me feel great about our relationship. If you can be a bit playful and silly then it's fun, and that's what I need.

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I want a partner I can have conversations about big topics with. Being emotionally close and physically affectionate is great, but if we can also have conversations about topics that we may even disagree about and challenge each other that way, then that really makes a relationship feel special to me.

The thing that makes me feel close to someone is when they send you a message to let you know that they're thinking about you. Maybe just asking about my day, or messaging to say good morning or good night. It's not that I want to be messaging back and forth all the time, but it's nice to know that they're thinking about you too.

I feel really good about my relationship when my boyfriend is proud of me in front of his mates. I think it's easy to be nice to each other in private, but he doesn't change how he acts towards me with other people around. I've seen some of my friends' partners make jokes at their expense and seen how upsetting that is for them, and it's not like that at all.

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## Lesson 2 - Resource 2: Diamond 9 - Ready for sexual intimacy?

They have talked about privacy and what they're happy to share and with whom.	They have accessed contraception and sexual health advice and have discussed this.	They are sexually attracted to each other.
They're able to openly discuss desires, fears, and what makes them feel safe and comfortable.	They have explored physical touch and sexual acts previously.	They're in a relationship and have been together for a while.
They've discussed the decision with someone outside the relationship, like a friend or parent.	They trust each other and feel able to change their mind if they want to.	They have told each other that they love one another.