

LOVE *like* THIS

HOW TO BE GOOD AT RELATIONSHIPS



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EVERYONE DESERVES HEALTHY, SAFE, AND RESPECTFUL RELATIONSHIPS—WHETHER THEY'RE JUST BEGINNING, GETTING HOT AND HEAVY, OR COMING TO AN END. HOW DO WE GET THERE? BY STARTING CONVERSATIONS AND BUILDING SKILLS.

WE OFTEN TALK ABOUT WHAT AN ABUSIVE RELATIONSHIP LOOKS LIKE AND SHARE LISTS OF WARNING SIGNS, BUT WE RARELY TAKE THE TIME TO TALK WITH YOUNG PEOPLE ABOUT HOW TO HAVE A GOOD RELATIONSHIP. HEALTHY AND FUN RELATIONSHIPS DON'T JUST FALL OUT OF THE SKY—WOULDN'T IT BE GREAT IF THEY DID? YOUNG PEOPLE NEED US TO GIVE THEM CONCRETE TOOLS. USE LOVE LIKE THIS TO GET STARTED. IF WE ALL DO THIS, JUST THINK HOW SKILLED THE NEXT GENERATION OF DATERS WILL BE!

KEEP ONE AND GIVE ONE

WE'VE INCLUDED TWO SETS OF EACH CARD BECAUSE WE REALLY WANT YOU TO GIVE ONE AWAY. CHAT WITH THE PEOPLE YOU LOVE ABOUT LOVE!



ASK A QUESTION

SHARE A CARD WITH A YOUNG PERSON IN YOUR LIFE. ASK A QUESTION OR TWO AND GO FROM THERE. DON'T WORRY, YOU DON'T HAVE TO BE AN EXPERT OR HAVE ALL THE ANSWERS. JUST SHARE A CARD WITH SOMEONE YOU CARE ABOUT.

LISTEN UP

BE GENUINELY CURIOUS AND OPEN-MINDED. THIS ISN'T A LECTURE—THINK OF YOURSELF AS A SOUNDING BOARD.

STAY CONNECTED

KEEP THE CONVERSATION OPEN. KEEP CHECKING IN. TALKING ABOUT RELATIONSHIPS ISN'T A ONE-TIME THING, MAKE IT A HABIT.



START OUT ON THE RIGHT FOOT!



Asking out

YOU OK WITH THIS?



Making a move

SPACE ISN'T JUST FOR PLANETS.



*Keeping in touch
vs. keeping tabs*



Jealousy

A LITTLE IS OK, A LOT IS NOT.



Fighting fair

YOU'RE GOING TO FIGHT, DO IT RIGHT.



Breaking up

IT'S OVER, EXIT GRACEFULLY.

LOVE like **THIS**

Asking out

Remember when you saw that shiny new toy you just had to have? Asking someone out is not like that at all. While you may be quite the catch, there are two parts to this dating equation—it's not just up to you whether you two will go out.

Ask with genuine hopefulness, invite an honest response, and see what happens. You wouldn't want to go out with someone who isn't psyched to be with you, right?

LOVE like **THIS**

*Approach:
hopeful & respectful*



*Shows: respect &
confidence*

*Body language:
open & inviting*

NOT like **THIS**

*Body language:
intimidating & aggressive*



*Approach:
pushy & demanding*

*Shows: arrogance
& disrespect*



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Making a move

Whether it's holding hands, the first kiss, or making out—when you get together it should feel good to both of you. It's a lot like a jam session where you need to check in, pay attention, and make adjustments to have fun. An enthusiastic “Yes!” from both of you is the key to making beautiful music together.

I **LOVE** *like* **THIS**



NOT *like* **THIS**





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Keeping in touch vs. keeping tabs

It's annoying when people don't get back to you. You just know they've seen your texts and are deliberately ignoring you. But who knows what's really going on? (Are they stuck in an elevator? Did they drop their phone in the toilet? Are they busy?)

It's fine to express concern, but don't become controlling. Stay calm and give them some time to get back in touch.





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Jealousy

The secret is out—we all get jealous. Jealousy is a totally normal emotion but when it takes over, you can find yourself doing things you're not proud of. When jealousy creeps in, you have to deal with it.

Newsflash: becoming more controlling won't actually make the jealousy go away. You have to own it (even if it doesn't feel good) and talk about your feelings. And just so we're clear—jealousy does not equal love.

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I kind of felt weird when your ex hugged you. I don't think they really respect our relationship. And sometimes it seems like you encourage them.

- ✓ Share how their actions make you feel
- ✓ Remember that you like them
- ✓ Maybe they aren't trying to hurt you

NOT *like* THIS



I cannot BELIEVE you!
You were ALL UP in your ex's business and acting like I wasn't even there.
You SUCK!

- ✗ Start with accusations
- ✗ Make it bigger than it is
- ✗ Assume the worst



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Fighting fair

We've all been there. You're fighting about that thing you always fight about. And lately it is pushing one of you over the edge.

Fighting is part of a healthy relationship. But it shouldn't be scary or leave you feeling beat up. The key is to stay on topic, be respectful, and work towards a solution.

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- ✓ Agree on what you're fighting about
- ✓ Show up and be willing to take turns
- ✓ Ask for what you want next time

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- ✗ Bring up everything that bothers you
- ✗ Totally dominate and don't let them talk
- ✗ Exaggerate - use "always" and "never"



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Breaking up

When it first started, you never dreamed you'd end up like this. But now that the magic is gone, you can't even remember what you saw in them. Nobody likes breaking up, but when you know it's time to move on, make it happen!

Focus on ending the relationship and moving forward; don't obsess about all the things that bother you about your soon-to-be ex. You may feel like being hurtful now, but once the dust settles, it won't feel as good.

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NOT like THIS





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