

BIG PICTURE - VALUES STATEMENTS

Jealousy is a sign that someone cares.
 It's OK to tease someone if you're just joking.
 You should try to be everyone's friend.
 If someone has a crush on you, it's embarrassing if you find out.

It's OK if your crush is friends with their ex.
 Both people should be responsible to pay for birth control.
 You shouldn't share passwords with someone you're dating.
 It's OK to track your boo with a location app.
 It's OK to secretly track your boo with a location app.
 It's OK to tell your boo what to wear.

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DIG DEEPER



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MY FAVOURITE GAMES AS A KID WERE...

I TAKE PLEASURE IN...

I FEEL CARED FOR WHEN...

I FEEL IMPORTANT WHEN...

I SHOW CARE BY...

What else is there besides **DOING IT**

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LOVE LIMERANCE + NRE

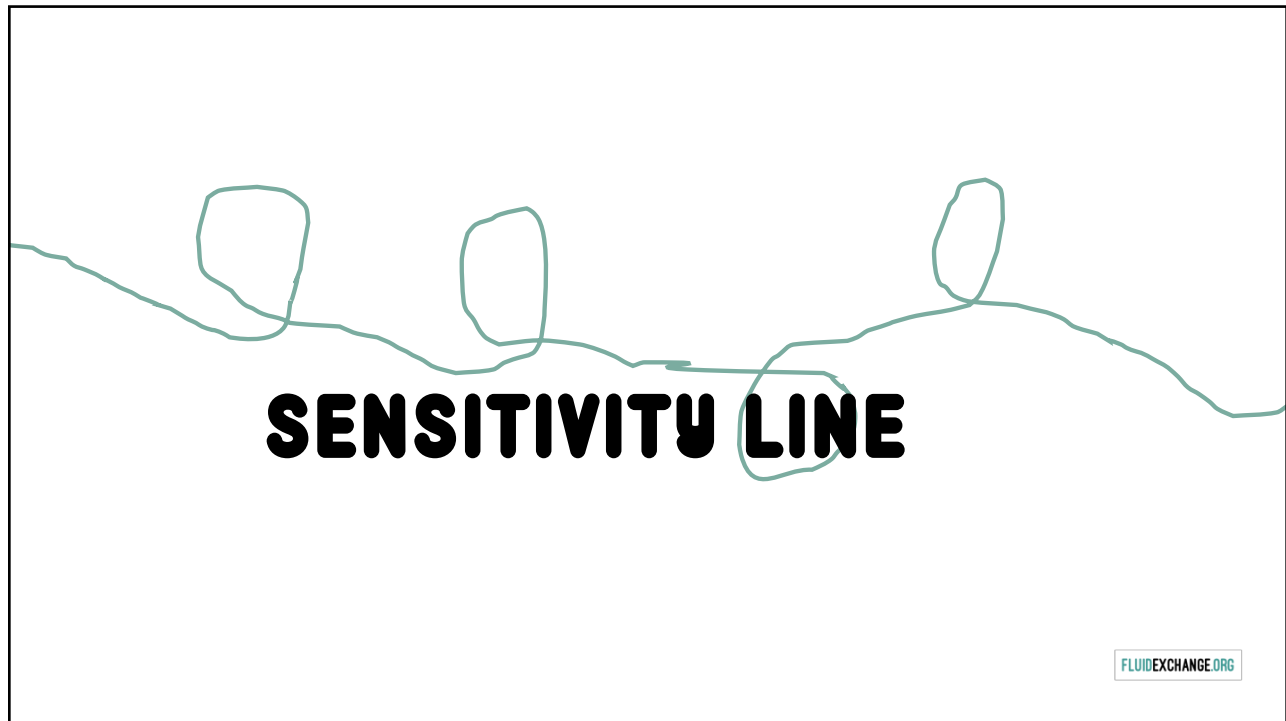
(Tennov, 1979; Taormino 2006)

- Feelings are real
- Temporarily distort perceptions and judgement
- Not a good time for big decisions
- It will wane
- “It’s a high”, “like a drug”

NEW RELATIONSHIP ENERGY (NRE)

- Acute longing
- One-person focus
- Dependency of mood on person
- Fear of rejection & shyness with person
- Vivid imagination about person
- Aching chest or stomach
- Feeling of buoyancy
- Emphasis on positive (person and world)
- Intensification through adversity
- Impaired decision-making ability

Fluid Exchange



XAVIER WANTS TO LOOK COOL IN FRONT OF HIS CRUSH. HE FEELS AS IF HE CAN'T HELP HIMSELF BUT PRETEND TO NOT CARE & TO MAKE FUN OF THE CRUSH ALL THE TIME.

COMPLEX STORIES

THE CRUSH SEEMS TO BE HURT & CONFUSED.

HOW MIGHT X BE COOL & NOT END UP HURTING THE CRUSH?

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JOLENE'S SISTER WANTS TO TRY OUT FOR THE STEP TEAM BUT IS SCARED. SHE ASKS JOLENE TO GO WITH HER. JOLENE REALLY REALLY DOESN'T WANT TO BUT SHE FEELS GUILTY ABOUT SAYING NO. AS THE DATE APPROACHES, SHE DOESN'T MENTION IT, HOPING HER SISTER WILL FORGET.

HER SISTER REMEMBERS AND SAYS, "YOU'RE GOING WITH ME. END OF STORY". JOLENE GOES. BUT SHE RESENTS HER SISTER FOR THE NEXT 2 MONTHS.

COMPLEX STORIES

HOW MIGHT JOLENE SUPPORT HER SISTER WITHOUT HAVING TO DO SOMETHING SHE WOULD LATER RESENT?

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EVERYONE IS CIRCULATING A VIDEO THAT SOMEONE SNEAKILY TOOK IN THE BOYS' CHANGEROOM. A NUMBER OF BOYS ARE CAUGHT NAKED, INCLUDING A BOY MANY PEOPLE THINK OF AS A BULLY.

YOUR FRIENDS SAY THAT YOU HAVE TO FORWARD IT TO YOUR BIG SISTER, WHO KNOWS A LOT OF PEOPLE AND CAN MAKE IT GO VIRAL.

COMPLEX STORIES

YOU DON'T FEEL COMFORTABLE BUT YOU DON'T WANT TO LOSE YOUR FRIENDS.

WHAT CAN YOU DO?

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YOU'RE AT A PARTY AND EVERYONE IS DRINKING AND HAVING A GOOD TIME. YOU'VE HAD HALF A BOTTLE OF BEER AND NOTICE THAT YOU FEEL KIND OF SICK. THE POPULAR GIRL WHO IS HOSTING THE PARTY KEEPS ASKING YOU WHAT YOU'RE DRINKING NEXT.

YOU WANT TO BE PART OF THE PARTY BUT YOU DON'T WANT TO DRINK MUCH MORE.

WHAT CAN YOU DO?

COMPLEX STORIES

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**DO YOUR BEST. AND
WHEN YOU KNOW BETTER,
DO BETTER.**

MAUA ANGELOU

KAREN B. K. CHAN

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