

MOVING FROM FRIEND TO PARTNER/SWEETHEART

LESSON 8



Goals:

- ▶ What it feels like to be attracted to someone as more than a friend.
- ▶ Learn ways to show you are interested in someone as more than a friend.
- ▶ Practice ways to ask someone out.



Materials:

- Easel, easel pad, markers, and tape
- Name tags



Teaching Tools:

- Handout #16: Pictures of Relationships (pages 189-200)
- Handout #17: Moving From Friend to Partner (page 201)



Time: Welcome, Name Tags & Group Agreements (10 minutes)

Activity One: More than friends (30 minutes)

Break (15 minutes)

Activity Two: Meeting a Partner (30 minutes)

Wrap Up (5 minutes)



Welcome, Name Tags & Group Agreements (10 minutes)

Have your group get into pairs. Give each of them their name tags and tell them to wait until after we have a discussion to put them on.

SAY

We are going to get into pairs and talk about the different kinds of pressure you have experienced or have heard about from another person. Talk for a few minutes in your group.

Possible examples of pressure: force, lies, begging and threats etc.

After a few minutes ask:

What were some of the things you talked about?

Now, each person will give another person their name tag and say something that gives them support in resisting pressure.

You could say, "It is not ok for someone to force you to do something you don't want to do. Here is your name tag."

After everyone has their name tags and received a positive message, ask:

What was it like to have your partner give you a supportive message?

Have the group agreements taped to the wall. Make sure everyone sees and understands the group agreements.



Activity One: More Than Friends (30 minutes)



Today we will talk about kinds of relationships that can involve our bodies and being sexual. We will talk about intimate relationships with partners, boyfriends, girlfriends or sweethearts.

Let's work on a list of what makes us attracted to someone. It can be about how he or she looks, how someone makes you feel, and what kind of personality they have.

Write all their answers on easel paper. Possible answers: funny, kind, sexy, look "hot" in jeans, sweet, considerate, I just want to kiss them, can't stop thinking about them.

Many of the things we want in a partner are the same as what we want in a friend.

Use a different color marker to circle the ones that are for boyfriends and girlfriends.

Which one of these answers could happen in a friendship?

Which ones are just for partners?

These are the extra feelings we feel for this person. Sometimes people say that a sexual romantic relationship is a friendship plus more, these extra feelings.

These extra feelings are physical or sexual attraction – like having feelings of attraction in our bodies when you look at someone.

Pass out copies of Handout #16: Pictures of Relationships (pages 189-200).

SAY

Now let's take a look at some pictures of people expressing feelings for each other – and see which ones we think are friends or family, which are romantic or sexual types of relationships. Remember, there is not always one right answer.

For some people the extra feelings may not be about wanting to touch another person in a sexual way. What else might these feelings mean?

Possible answers: special connection, wanting to be with just that person, special names or things you do together (this allows inclusion of relationships that are deep and loving and committed – but not necessarily sexual).

For some, the extra feelings are sexual feelings. This is the type of relationship we talked about in our second class, the intimate relationship. Again, it always has to be consensual.

Look at the pictures and discuss the different types of relationships.

Pass out copies of Handout #17 Moving From Friend to Sweetheart on page 201.

Let's talk about how someone moves from friend to a romantic or sexual relationship.

These are three of the most important steps:

- ▶ Feeling interested: noticing how you feel about the person, flirting, phone calls, doing things with the person as part of a group activity, etc.