



Having a Boyfriend or Girlfriend

When you grow up you fall in love

You show someone you love them by:

- Kissing
 - Holding hands
 - Cuddling
 - Spending time together
 - Texting each other
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- You may want to touch each other. It's okay for you to say No
 - If you touch someone, they can say No
 - If you do touch, do this in a private place



- When you love someone, you may want to have sex
- Talk about it with your boyfriend or girlfriend
- You can say No
- When you say No to touching or sex and the other person keeps touching you - **TELL SOMEONE**
- When you have sex, you could get pregnant, or catch an STI
- You need to use a contraceptive to stop this. Talk to your doctor.
- If you do have sex, do this in a private place.

The law says you must be 16 to have sex.