

The image features a stylized, abstract composition. On the left, a portion of a face is shown in shades of orange and yellow, with a thick blue eyebrow and blue eyelashes. On the right, another face is depicted in yellow and purple, with a thick purple eyebrow and a blue curved line representing a closed eye. In the lower center, a bright pink heart contains the text 'Tips for smart love' in a white, handwritten-style font. The background is a mix of purple and yellow tones with large, soft-edged shapes.

Tips for Smart Love was produced by the Direction de santé publique de Montréal in cooperation with la Table de Concertation des Intervenantes et Intervenants Jeunesse des CLSC de la région de Montréal.

Project Coordination:

Direction de santé publique de l'Agence de la santé
et des services sociaux de Montréal

Service de lutte contre les infections
transmissibles sexuellement et par le sang,
Ministère de la Santé et des Services sociaux du Québec

Visual and Graphic Design:

Cossette Communication Marketing

Acknowledgements:

Our thanks to those near and far who assisted in creating
this booklet, especially the young people.

Produced by:

Direction des communications,
ministère de la Santé et des Services sociaux

This document is available online and can be ordered at www.msss.gouv.qc.ca
by clicking Documentation and then Publications.

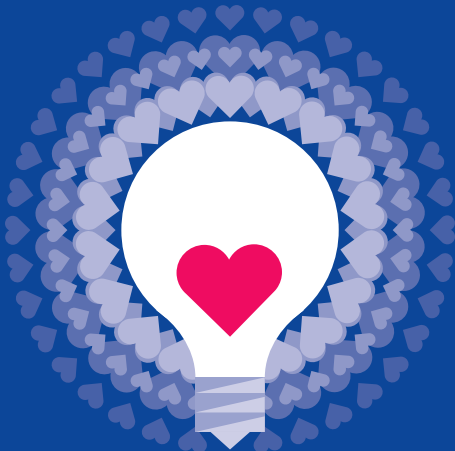
It may also be ordered at diffusion@msss.gouv.qc.ca or by mail at:

Ministère de la Santé et des Services sociaux
Direction des communications
Diffusion
1075, chemin Sainte-Foy, 4^e étage
Québec (Québec) G1S 2M1

Masculine pronouns are used generically in this document.
Legal deposit Bibliothèque et Archives nationales du Québec, 2012
Library and Archives Canada, 2012
ISBN : 978-2-550-66145-0 (print version) ISBN : 978-2-550-66144-3 (PDF)

All rights reserved for all countries. Any reproduction whatsoever, translation or dissemination, in whole or in part, is prohibited unless authorized by Les Publications du Québec. However, reproduction or use for non-commercial personal, private study or scientific research purposes is permitted, provided the source is mentioned.

© Gouvernement du Québec, 2012



Whether you are in love
or you're not sure,
whether you have sex or you don't,

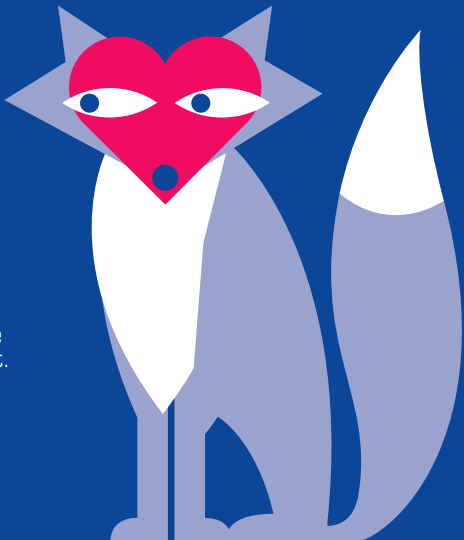
TIPS FOR SMART LOVE

is for you, to ask questions,
to laugh, or to discover something
about yourself.

You may even find a secret or two
to make you more comfortable
when you fall in love.

Whether you're in love or not right now, have you ever wondered what kind of partner you are? Sometimes you may find it difficult to talk to your partner because you feel embarrassed and don't want things to become unpleasant. The following test is designed to make you stop and think about the issues you find important.

Go ahead! Answer the questionnaire and remember that no one is watching or judging you.



ARE YOU SMART **IN LOVE?**

1- To you, love is

- A) Something complicated and overwhelming.
- B) A beautiful thing that only happens to others.
- C) A wonderful dream come true.

2- What is most important to you in a relationship?

- A) Just sex. Nothing else!

- B) That your partner feels comfortable. Your needs come second.
- C) Intimacy, trust, tenderness, and everything that goes with them.

3- When you're in love

- A) You feel suffocated and feel you need space.
- B) You often miss your friends.
- C) You feel great and full of life!

- 4- **When you're together**
A) Your partner makes the decision for both of you.
B) You decide.
C) Most of the time, you decide together.
- 5- **When there's a problem in the relationship**
A) You say nothing because you're afraid of getting dumped.
B) You complain to a friend.
C) You find the courage to discuss it with your partner.
- 6- **When you're with your partner**
A) You feel uncomfortable.
B) You feel shy at first, but gradually become comfortable.
C) You feel great.
- 7- **When you look at yourself in the mirror**
A) You don't like what you see.
B) It's not always a pretty picture, but some days are OK.
C) You have good and bad days, but in general, you like what you see!
- 8- **You compliment your partner**
A) Rarely. Most of the time you criticize.
B) Occasionally, when you feel like it.
C) Often, because it comes easily to you.
- 9- **If you found out your partner was cheating on you**
A) You would break up.
B) You would try to find someone else.
C) You would calm down, take a deep breath, and discuss it with him or her.
- 10- **To you, a condom is**
A) Not something you use because you're not afraid of dying of AIDS.
B) Something that gets in the way of really good sex.
C) A means of enjoying yourself without worry.
- 11- **What do you say to a partner who refuses to use a condom?**
A) It's OK. I trust you. We don't need one.
B) If you care about me, we'll use one.
C) I know how we can have a great time without penetration.
- 12- **A doctor tells you that you have a sexually transmitted infection (STI).**
A) You ignore it.
B) You continue having sex but now use a condom.
C) You find the courage to notify any previous partners you've had in recent months to see a doctor and from now on, no glove — no love.

Go to page 21 for your results.

ATTRACTION: A force that draws you to someone or personal charm that seduces you. *(You just can't resist!)*

COOL: Loose, calm, and relaxed. *(Just relax!)*

EROGENOUS ZONES: From the Greek word Eros, the name for the god of love. Parts of the body likely to produce sexual excitement when stimulated. *(There are more than you think!)*

INTIMACY: A close relationship in which you can share your deepest secrets. *(Lovers can't do without it!)*

LOVE: An intense feeling of attachment both, physical and emotional, between two people. Associated with lovers, friends, sweethearts, admirers, and people crazy about... *(Well, you get the picture!)*

STI: Sexually transmitted infection; replaces STD because you can have an infection without having symptoms.

SAFE SEX: All the precautions you can take to reduce the risk of transmitting STIs during intercourse (condom use, faithfulness, STI testing, having fewer sex partners).

SELF-CONFIDENCE: A feeling of assurance and security that you can trust yourself. *(A good feeling!)*

SMART: When you know stuff and can avoid traps. Synonymous with clever, shrewd, resourceful, competent, and intelligent. *(A thinker and a survivor!)*

TIPS FOR SMART LOVE: A guide to the art of loving that's great for beginners and perfect too for those who know a little more.

TOGETHERNESS: A deep, spontaneous, and often unexpressed understanding between people. Synonymous with agreement. *(You understand each other. No need for words!)*

WORDS
TO EXPLORE!



RECIPE FOR BECOMING LOVERS

Ingredients

2 people
125 g attraction
125 g talking
250 ml listening
50 g humor
6 to 8 eye contacts
Pinch of togetherness
1/2 liter self-confidence

Directions

Place the 2 people in the romantic setting of your choice. Blend attraction and talking together and pepper with eye contact. Mix in humor and self-confidence and stir delicately. Gradually add listening and let stand for a moment. Gently sprinkle with togetherness and let simmer until desired consistency is obtained. Use your imagination and your wildest dreams to garnish. You'll see. It's magic!

Bon appétit!



Caress seen by



GIRL

It's so tender!



GUY

It's hot!



SMART LOVERS

Good vibrations...

Pleasure seen by



GIRL

He's so cute...



GUY

I beat my
own record!



SMART LOVERS

Good feelings...

Sex seen by



GIrl

Pretty complicated!



GUy

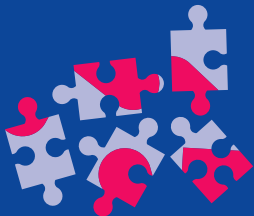
Rock 'n' roll!!



SMart LOvers

Love is in the air...

Condom seen by



GIrl

Not so simple!



GUy

Like showering
with clothes on



SMart LOvers

Makes love last...

BEING SMART IN LOVE IS ALSO KNOWING WHAT THE OTHER PERSON IS THINKING...

Guys don't talk.

They go way too fast.

They're not romantic.

They tell their friends
everything.

They can sleep around
without harming
their reputations.

We never know what to do.

If you sleep with them
on the first night, then
you're easy; if you don't,
then you're a prude.

Girls are jealous.

They're clingy.

They don't trust you.

They get attached
too easily.

They worry too much
about their bodies.

They're too dependent.

They don't want to have
sex enough.



SMART LOVE SURVIVAL GUIDE



When you find yourself in embarrassing situations, here are a few tips that can make all the difference between **foolish** and **smart love**.

SITUATION

TIPS FOR SMART LOVE

1

Things with your boyfriend have gone too far, too fast. You don't know what to do anymore. You're really scared of losing him.



It's not easy. If it doesn't feel right to you, don't wait for your boyfriend to guess how you feel. If you really want to stay together, give yourself a chance to work it out. There's nothing like saying how you feel to improve a relationship.

2

You want to spend a romantic evening with your partner. What do you do?



Romance is more than just candles and flowers. Creating magical moments in a relationship requires imagination, listening, and tenderness. It's important to do things you don't usually do.

3

You have a girlfriend you really like, but you'd rather be with her brother. What do you do?



It's OK to ask questions. You should talk to someone you trust. There are others just like you in the same boat. Here are some places you can call:

Projet 10: 514 989-4585

Gay Helpline: 514 866-0103 or 1 888 505-1010

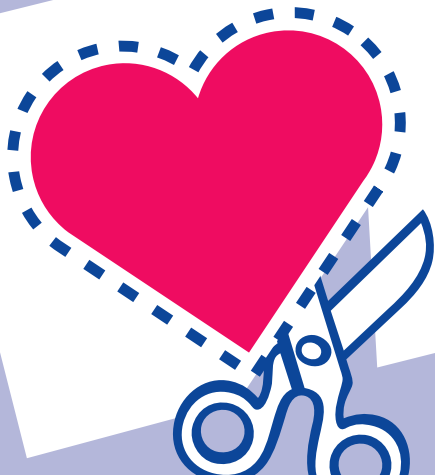
PLEASURE BEGINS WHEN FEAR DISAPPEARS

Sometimes it's hard to say what's on your mind. Shyness takes over and you don't dare say what you're thinking.

So here are some short messages to help you.

Take the time to cut out the one you find useful and give it to the person it concerns. You'll see!

The words will come easier with practice.



I like you, but I'm not ready
to have sex right now.
I need more time.



There's something I need to talk to you about
and I need you to be there. If you want to take risks,
that's your business! I want to play it safe so that
I don't get sick, not because I don't like you!



I've known you for a long time.
We have to talk.
I can't get my mind around the risks
you're taking.



I'm scared.
I think I have an STI and I need
to talk to you about it.





If you are among those who are sexually active, remember there is more than one way to make love.

Explore

Kisses in the ear, foot massages, body rubs, neck stroking, and gentle, passionate caresses.

Discover

If you like something, say so! If you don't like something, mention that too. You have the right to say no. If your partner does not respect your decision, maybe you need to rethink your choice of partners. When you make love, you have a choice—penetration is not necessarily a must.

Invent

The body is full of erogenous zones just waiting to be discovered with a touch or a kiss. It's fun creating and inventing your own love games!

How to become smart in love



To be loved, you must also love yourself. This means accepting, respecting, trusting, encouraging, and rewarding yourself. Think about it and answer the following questions. They will give you a better idea

of the image you have of yourself. Answer “yes,” “sometimes,” or “no,” based on what’s going on with you right now. The idea is to learn to be yourself and be proud of who you are.



Do you clearly express what you're thinking instead of waiting for others to guess?

Yes **Sometimes** **No**

Do you sulk instead of explaining yourself?

Yes **Sometimes** **No**

Do you ever congratulate yourself when you're proud of what you've done?

Yes **Sometimes** **No**

Do you ever do things without your partner?

Yes **Sometimes** **No**

Do you allow others to make decisions for you so they won't get upset?

Yes **Sometimes** **No**

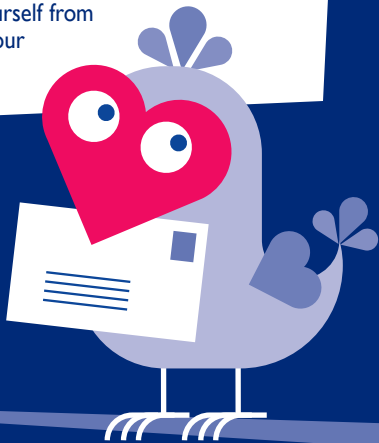
Are you capable of accepting your mistakes?

Yes **Sometimes** **No**

I've been seeing the same girl for a while now. I like being with her, but sometimes I feel like going out with my friends. I feel a little torn between her and my friends.

“Sandwiched”

It's important to pay attention to your feelings. When you're in love, you want to spend a lot of time together. Sometimes, you go to school together, you watch TV together, you study together—you do everything together. After a while, you don't see your friends as much and you start to miss them. But being in love doesn't mean you have to choose between your partner and your friends. It doesn't mean you have to isolate yourself from the world. You should see your friends whenever you want.



I had sex for the first time. I was nervous. I really wanted her and had had a bit too much to drink. I forgot the condom. What should I do?

“Oops!”


It's hard to remember everything the first time. If you're worried about STIs, you can have a test done. Just make an appointment at your local health clinic and you can get a confidential test done if you're 14 or over. Birth control services are also available, including the Morning After Pill, which must be taken within three days of unprotected intercourse. Your girlfriend can get one at a CLSC or directly from a pharmacist. Talk to your girlfriend about it—she's probably just as worried as you are! Remember: if you lose your head after a few drinks, it's time to stop and learn to recognize your limits.

I am 16 years old and haven't had sex yet. Am I normal?

“Nailbiter”

Of course you are! The most important thing is to do it only when you feel ready. There is no right or wrong age to have sex for the first time and the right moment will be the moment you choose, so take your time. Who knows? Maybe the wait will make it that much more pleasurable!

Mail Bag



It lasts longer
when I wear
a condom.

**I practiced by
myself. Once the
big moment came,
I was cool as
a cucumber.**

*I feel reassured
when my partner
suggests using
a condom.*

**MY GIRLFRIEND
PUTS IT ON AND THAT
TURNS ME ON!**

Wearing
a condom
allows me to
enjoy life to
its fullest!

SECRETS ABOUT THE CONDOM

Between the kissing and stroking may be lurking an STI!

You may find it hard to find the words to tell your partner or partners, so here's something that may help.

We started going out and then had unprotected sex

It's not what I wanted, but unfortunately we became infected with an STI (sexually transmitted infection).

As it is often the case, you may not show any symptoms.

You should nevertheless see a doctor.

There may be serious consequences for your health and you could also infect other people.

It is recommended that you refrain from sexual intercourse or at least use a condom until you see a doctor and receive effective treatment. This will prevent you from transmitting an STI to someone else.

*If you'd like more information or would like to contact a doctor who treats STIs, please call **Info-Santé 8-1-1**.*





SMART RESOURCES FOR SMART LOVERS

Info-Santé



8-1-1

**Tel-jeunes
(Youth Helpline)**



1 800 263-2266
www.teljeunes.com

**Gai-écoute
(Gay Helpline)**



514 866-0103
1 888 505-1010
www.gai-ecoute.qc.ca

**Drugs: help
and referrals**



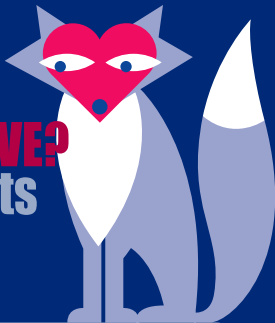
514 527-2626
1 800 265-2626
www.drogue-aidereference.qc.ca

www.itss.gouv.qc.ca
www.sexualityandu.ca

ARE YOU SMART IN LOVE?

Questionnaire Results

Count the number of answers for each category.



If you answered mostly A:

For you, love seems complicated. You find it difficult to be comfortable in a love relationship. Don't worry. Once you've had a few good experiences, you'll learn to open up more. There are no hopeless cases.

If you answered mostly B:

Congratulations! You've got some good qualities that will make you very successful in love. If you pay more attention to yourself and others, love will reward you.

If you answered mostly C:

Excellent! You answered with great sensitivity. If your answers reflect your attitude toward love, you're a very special person to be with.

