

WHAT DO  
YOU NEED  
TO  
#MAKEITGOOD?

*Communication is key in a  
relationship.*

(16/Dundee/Male)

WHAT DO  
YOU NEED  
TO  
#MAKEITGOOD?

*Speaking to your partner  
and telling them how you  
feel.*

(>16/Dundee/Female)

WHAT DO  
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*The better your  
communication skills, the  
better you are understood.*

(16/Angus/Female)

WHAT DO  
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*Conversation is so important.  
Communication allows you to  
build relationships and show your  
personality.*

(17/Dundee/Female)

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*Without communication there would  
be no relationship, I've known  
couples and that, that just never talk,  
or when they talk they are just really  
annoyed with each other. You need  
to communicate so that the other  
person knows how you are feeling,  
like if I don't know how my friends  
are doing I ask them. I don't see why  
it should be any different in a  
relationship.*

(Focus Group 5/PK)

WHAT DO  
YOU NEED  
TO  
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*Talking, texting, phoning.*

(16/Dundee/Female)

WHAT DO  
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*Honesty, openness,  
friendliness.*

*(17/Dundee/Female)*

WHAT DO  
YOU NEED  
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*Giving each other advice  
and being honest.*

*(Focus Group 2/Angus)*

WHAT DO  
YOU NEED  
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*Communication, trust and  
respect are all key parts of  
relationships (sexual or non-  
sexual).*

*(Focus Group 2/Angus)*

WHAT DO  
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*Communication and trust  
are needed to make a  
good relationship.*

*(Focus Group 2/Angus)*

WHAT DO  
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*Talking about problems,  
texting, caring/thinking  
about the other person.*

*(16/Dundee/Female)*

WHAT DO  
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*When you speak to your  
partner about life issues etc.  
instead of bottling it up.*

*(>16/Dundee/Female)*

WHAT DO  
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*Being able to talk to your partner about problems.*

*(17/Dundee/Female)*

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*I think communication is really important, far too often couples don't talk about their problems/feelings and just don't understand each other, which can lead to arguments and pushing each other away. When couples don't explain how they feel to each other, their problems don't get fixed and it is an endless circle.*

*(18/PK/Female)*

WHAT DO  
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*Not communicating in a relationship will cause arguments.*

*(16/Dundee/Female)*

WHAT DO  
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*Telling your friends how it is, sometimes it's important to get an outside perspective.*

*(Focus Group 2/Angus)*

WHAT DO  
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*Speaking about what I enjoy and what my boyfriend enjoys makes sex much better as we are open all the time and have been since the beginning. We never feel awkward talking about anything.*

*(20/Dundee/Female)*

WHAT DO  
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*Talking is essential, learn what each other likes.*

*(18/PK/Male)*

WHAT DO  
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## Talking dirty to each other.

(16/Dundee/Female)

WHAT DO  
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## When you talk sexual to each other to get aroused.

(>16/Dundee/Female)

WHAT DO  
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*Communication is really important, but in different ways. When it comes to sex it is good to talk about what you like or don't like, what you're comfortable with and if the other person is okay during. When it comes to relationships it is important to talk about things that bother you or things you're worried about, because if you don't then you aren't being open and honest with each other.*

(16/Dundee/Female)

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*If a guy goes off bragging about it afterwards, or even if they tell their friends about you, it's not going to make you trust them or even want to see them again. What happens between the two of you, should stay between the two of you.*

(Focus Group 4/PK)

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