

Most important people.

(16/Dundee/Female)



You do anything for your family regardless the situation, friends may come and go but family is forever.

(16/Dundee/Female)

People you are around all the time. They have an interest in your personal wellbeing. Love.

(17/Dundee/Female)



The people that you are surrounded by that love you.

(16/Dundee/Female)



It is important to have a good relationship with family members.

(17/Angus/Female)



You can have a good relationship with your family and be close with a family member.

(17/Dundee/Female)



WHAT DO
YOU NEED
TO
#MAKEITGOOD?

*Advice, always there
for you.*

(16/Dundee/Female)

WHAT DO
YOU NEED
TO
#MAKEITGOOD?

*Telling them anything
you want.*

(>16/Dundee/Female)

WHAT DO
YOU NEED
TO
#MAKEITGOOD?

*Families can be easily upset
if there's a lack of
communication. No family
needs to be perfect to be
strong.*

(16/PK/Female)

WHAT DO
YOU NEED
TO
#MAKEITGOOD?

*People to talk to, not
always understanding.*

(>16/Dundee/Female)

WHAT DO
YOU NEED
TO
#MAKEITGOOD?

*Stressful. Upsetting.
Fine.*

(>16/Dundee/Female)

WHAT DO
YOU NEED
TO
#MAKEITGOOD?

*If you're gay and not out to
your family, you can't go to
them.*

(Focus Group 15/Angus)



Family have certain expectations of what they see as your ideal partner.

(18/PK/Male)

If your mum and dad really don't approve – or they don't like your family – it's awkward or reduces options of how you see each other.

(Focus Group 14/PK)

Living with family can make things difficult.

(Focus Group 8/PK)



If your family don't like them, it's a problem – or if they like them too much they take their side!

(Focus Group 12/Dundee)

Your family can be stressed if they think they're not good enough for you. But if they get on with him it can strengthen it.

(Focus Group 13/Dundee)



If your family aren't wanting you to bring her rounds yours then where are you supposed to go, just makes it really difficult. Friends I'm not so bothered about, like I care about what my family think so that makes me want to respect them more, but my friends like they'll say whatever anyway, so it doesn't really matter. But family is important so I care about them, they know me

(Focus Group 7/PK)



If your family don't approve, then it makes your life hell!

(Focus Group 6/Dundee)



Secrets can make it hard to be with people.

(Focus Group 1/Angus)



If I was to have a girlfriend my mum wouldn't understand, I would have to hide it.

(Focus Group 1/Angus)



Family can be good or bad when it comes to sex and relationships. If one person's family doesn't like the other then it puts a huge strain on the relationship. Also, if one person's family is uncomfortable with them having sex or being sexual then they can interfere with the relationship and how it progresses.

(16/Dundee/Female)



My dad would let me have a drink and let boys stay over but then he would judge me. It feels like is encouraging it sometimes. My mum knows who and how many people I have slept with; I can speak to my mum about things. She would rather I was honest with her. I love speaking to my mum and I trust her.

(>16/Dundee/Female)



Because of such difficulties it may be that young people need and seek out professional support; as this contribution from a focus group identifies: I think our generation is more likely to get professional help.

(Focus Group 15/Angus)

WHAT DO
YOU NEED
TO
#MAKEITGOOD?

You can have a close relationship with a friend and this can make you feel happy.
(17/Dundee/Female)

WHAT DO
YOU NEED
TO
#MAKEITGOOD?

Always supportive no matter what. Understanding. Good to talk to.
(>16/PK/Female)

WHAT DO
YOU NEED
TO
#MAKEITGOOD?

Friends are supportive.
(>16/Dundee/Female)

WHAT DO
YOU NEED
TO
#MAKEITGOOD?

People who are there for you no matter what.
(17/Dundee/Female)

WHAT DO
YOU NEED
TO
#MAKEITGOOD?

People who you have fun with. People who you share personal information with. Ask for advice when in need.
(17/Dundee/Female)

WHAT DO
YOU NEED
TO
#MAKEITGOOD?

Laughter, happiness, care, trust.
(16/Dundee/Female)

WHAT DO
YOU NEED
TO
#MAKEITGOOD?

Love, companionship, life-changing, worry, empathy.

(16/Dundee/Male)

WHAT DO
YOU NEED
TO
#MAKEITGOOD?

Protection, trust, good laughs, lots of memories.

(16/Dundee/Female)

WHAT DO
YOU NEED
TO
#MAKEITGOOD?

Got your back, there to talk to, happiness.

(16/Dundee/Female)

WHAT DO
YOU NEED
TO
#MAKEITGOOD?

Friends you really like and can chat well with are really important.

(17/Angus/Female)

WHAT DO
YOU NEED
TO
#MAKEITGOOD?

You need them in your life but you can't always find them.

(17/Dundee/Female)

WHAT DO
YOU NEED
TO
#MAKEITGOOD?

Dunno, don't have any.

(16/Dundee/Male)



*Awkward, confusing,
uneasy.*

(17/Angus/Female)



*People you put up with
when they're annoying you
just to not be on your own.*

(17/Angus/Male)



*Friends can add
pressure.*

(18/PK/Male)



*Friends can say things at
the wrong time.*

(Focus Group 1/Angus)



*Peer pressure into losing
your virginity – you don't
want to be the only one
that hasn't done it.*

(Focus group 10/Angus)



*What are some of the things
that get in the way of the
kind of relationship you
want? Friends stirring shit.*

(Focus Group 16/Angus)



What do you need to make a relationship good?
Mutual friends.
(Focus Group 12/Dundee)



People in friend groups then start to go out because you've built up trust.
(Focus Group 15/Angus)



When you and your friends start to have sex in a relationship.
(>16/Dundee/Female)



Friends with benefits ;)
(16/Dundee/Mail)



Threesome x x.
(16/Dundee/Male)



Majority girls want relationships, majority boys want a shag, friends with benefits.
(Focus Group 4/PK)

WHAT DO
YOU NEED
TO
#MAKEITGOOD?

What do other people
expect from sex? *Friends
with benefits.*

(Focus Group 5/PK)

WHAT DO
YOU NEED
TO
#MAKEITGOOD?

WHAT DO
YOU NEED
TO
#MAKEITGOOD?