

WHAT DO  
YOU NEED  
TO  
#MAKEITGOOD?

*Pressure from peers to get into a relationship is high.*

*(18/PK/Male)*

WHAT DO  
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*It's linked a bit to what I was saying before about not trying to keep up with other people's relationship. You have to go to place that is right for you in your relationship. You have to work that out between you, and not put pressure on, or talk about what you want. It can be hard though, 'cos if they say no or don't agree then it can make it difficult to continue. A lot of the time I think people just don't want to face the fact that some people just aren't right together.*

*(Focus Group 6/Dundee)*

WHAT DO  
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*Pressure is bad when it comes to relationships, and one person should never pressure the other to do anything they are uncomfortable with, sexual or otherwise.*

*(16/Dundee/Female)*

WHAT DO  
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*You need to know that it's not the same, even things like money. Like expecting your relationship to be like what you see on telly can put a lot of pressure and you can totally miss what's actually good or even just what's going on. I think people need to be better at seeing what's real and what's not and what can work for them and what's totally, never going to be for them.*

*(Focus Group 6/Dundee)*

WHAT DO  
YOU NEED  
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*Where people force  
another to do something  
they might not necessarily  
want to do.*

*(16/Dundee/Male)*

WHAT DO  
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*Being forced into  
something that you don't  
want.*

*(17/Dundee/Female)*

WHAT DO  
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*Your partner may be  
pressuring you into doing  
things you don't want to.*

*(16/Dundee/Female)*

WHAT DO  
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*Feeling like there is no other  
option but to do something  
your conscience tells you is  
wrong.*

*(16/Dundee/Female)*

WHAT DO  
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*If I ever felt pressurised into  
having sex, I don't think I'd  
have a good time, or  
respect the person for  
pressuring me very much.*

*(Focus Group 6/Dundee)*

WHAT DO  
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*I have felt under pressure a lot,  
and most of the times I am too  
scared to say no. When it  
comes to sending pictures I say  
no, but I'm scared to because  
they might fall out with me.*

*(<16/Dundee/Female)*

WHAT DO  
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*There's peer pressure into losing your virginity – you don't want to be the only one that hasn't done it.*

*(Focus Group 10/Dundee)*

WHAT DO  
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*Under 16s get pressure from pals – whether it's true or not they are having sex.*

*(Focus Group 13/Dundee)*

WHAT DO  
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*There's always pressure, but if you have a partner that agrees not to then it's easier.*

*(Focus Group 13/Dundee)*

WHAT DO  
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*Like no sex, no relationship. I don't understand why somebody would be in a relationship with a girl if she's not wanting to have sex with him. Like what's the point in hanging around, it would be like what, she doesn't trust him no to give her the clap or that. You have to have sex, and good sex, to have a relationship.*

*(Focus Group 7/PK)*

WHAT DO  
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*It depends, but a guy might leave you if you don't have sex.*

*(Focus Group 13/Dundee)*

WHAT DO  
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*Pressured into having sex with someone I didn't want to but being drunk made me vulnerable.*

*(16/Angus/Female)*

WHAT DO  
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*Rape, stress and  
uncaring.*

*(16/Dundee/Female)*

WHAT DO  
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*Stress, fear, crushed.*

*(16/Dundee/Female)*

WHAT DO  
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*People don't care – they  
think I'm weird for not  
watching it.*

*(Focus Group 12/Dundee)*

WHAT DO  
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*It's the most important thing for me in a relationship, I need to feel safe; to express myself, to share stuff, to be comfortable. If a guy doesn't make me feel safe, then it gets me really down. I went out with a guy – my only real boyfriend – for 3 ½ years but he was so mentally abusive, he wore me down. At the time, I didn't realise it, but when the relationship eventually ended I was like 'wow what was that all about?' He would just tell me stuff, like I think he was actually quite depressed, but he took it out on me. I guess 'cos I was close to him. So safety isn't just physical, you need to know you are in a safe place in your head as well.*

*(Focus Group 5/PK)*

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*You can kind of tell if you are in a physically abusive relationship, I mean it's pretty obvious if someone is hitting you or whatever, but when someone is being mentally abusive and you are really close to them then it can be difficult to see that. It's like what [they were] saying, sometimes it has to end before you realise. Like distance can be important sometimes.*

*(Focus Group 5/PK)*

WHAT DO  
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*Relationships should never be pressured and no one should feel like they need to do something because their friends have done it or their partner wants it. Both people should want the same thing.*  
(20/PK/Male)

WHAT DO  
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*Always make sure you are comfortable.*  
(Focus Group 5/PK)

WHAT DO  
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*Taking your time and not rushing is the most important thing, you have to feel comfortable.*  
(Focus Group 4/PK)

WHAT DO  
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*You have to both be willing, you have to both be in the right place for it to be good. Half assed sex is just not worth it. You end up just feeling a bit 'meh'.*  
(Focus Group 5/PK)

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*I'd expect sex to be something that we both agree on and want to make the connection and further our relationship.*  
(Focus Group 2/Angus)

WHAT DO  
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*You both have to be willing.*  
(Focus Group 3/Angus)

WHAT DO  
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*I always think that girls expect me to last for ages, and like I never do, like a couple of minutes most. I think I just get really nervous about it and feel like really intimidated that they know what they are doing, but I really don't.*

*(Focus Group 8/PK)*

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