

WHAT DO YOU NEED TO
#MAKEITGOOD?

Trust is essential in relationships though once lost it needs to be earned back. A relationship without trust will not last.
(16/Dundee/Female)

WHAT DO YOU NEED TO
#MAKEITGOOD?

Relationships have to have trust in them to make it work if there's no trust there's no relationship!
(20/P&K/Male)

WHAT DO YOU NEED TO
#MAKEITGOOD?

Honesty is good in a relationship as without it neither of them can trust or rely on each other and more conflicts start to air. And before you know it he is with another man.
(16/Angus/Male)

WHAT DO YOU NEED TO
#MAKEITGOOD?

Can't have a relationship without trust, it'll just fall apart.
(Focus Group 1/Angus)

WHAT DO YOU NEED TO
#MAKEITGOOD?

If there is no trust then there is no relationship, it's the most important thing.
(Focus Group 3/Angus)

WHAT DO YOU NEED TO
#MAKEITGOOD?

Honesty is very important in a relationship and if people aren't honest in a relationship, it won't work.
(17/Dundee/Female)

WHAT DO
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#MAKEITGOOD?

Trust gets in the way of everything, doesn't matter even what kind of relationship you are in, trust is like the one thing that just gets between people all the time. If you don't trust them then you might as well just not bother.
(Focus Group 7/P&K)

WHAT DO
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WHAT DO
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Being faithful to your partner.
(>16/Dundee/Female)

WHAT DO
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Giving yourself to partner.
(17/Dundee/Female)

WHAT DO
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I trust my girlfriend 100 percent.
(19/Angus/Male)

WHAT DO
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You need to be able to trust your partner and they need to be able to trust you. You can't just be together the whole time, if you were then I don't think that would be very sustainable either. It's not like you never see them, but you have 5 to have some time apart for your own stuff. Like having your own friends or stuff you do that is yours is really important. (Focus Group 8/P&K)

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*Be truthful to your partner and
be faithful don't cheat.
(>16/Angus/Female)*

WHAT DO
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*Having faith in someone
else.
(16/Dundee/Female)*

WHAT DO
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*Why is trust important? If you
don't it's not healthy – you'd be
paranoid they're going with
someone else behind your back.
You'd be worried. Like honesty, it
goes both ways, you need both.
(Focus Group 13/Dundee)*

WHAT DO
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*My friends are always really shocked that I trust my boyfriend to
go to parties, I tell him that if he sleeps with someone else when
he's on holiday then he shouldn't come home. But they don't
even trust their boyfriend to go to a party without them or they
doubt they will be faithful. It makes me question whether I'm
stupid to trust him. But I don't think he will cheat, and if he does
then it's his loss.
(Focus Group 9/Dundee)*

WHAT DO
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*Being true to yourself.
(17/Dundee/Female)*

WHAT DO
YOU NEED
TO
#MAKEITGOOD?

*Being open, feeling comfortable
with someone.
(16/Dundee/Female)*

WHAT DO
YOU NEED
TO
#MAKEITGOOD?

*I have always had very good
trusting and loving
friendships and relationships.
My current partner is caring
and concerned for my
wellbeing.
(21+/Angus/Female)*

WHAT DO
YOU NEED
TO
#MAKEITGOOD?

*There is a real thing that guys
don't think it's manly to use
condoms, you never hear
people talking about condoms
unless it's like a joke or making
fun of someone.
(Focus Group 2/Angus)*

WHAT DO
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*Loyal, honest, caring, patient is
what trust should mean in sex
and relationships.
(16/Angus/Male)*

WHAT DO
YOU NEED
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*Should be able to tell
anything to the person feel
comfortable.
(16/Dundee/Female)*

WHAT DO
YOU NEED
TO
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*Not lying. It's very important.
Can't have a relationship
without it. (20/Dundee/Female)*

WHAT DO
YOU NEED
TO
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*Important, demonstrates trust,
fairness, kind, shows that you
care.*

(16/Dundee/Female)

WHAT DO
YOU NEED
TO
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*You have sex because you
want the relationship to be
more serious anyway, don't
you? So I think having sex
means you get more trust for
the person. Like you are
building that bond.*

(Focus Group 6/Dundee)

WHAT DO
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**No trust, no
chance.**

(Focus Group 6/Dundee)

WHAT DO
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*I'm scared to be honest about how scared I
am to have sex with anyone, but I don't
want to tell people I've done it like it's
nothing, because that wouldn't be honest.*

(>16/P&K/Female)

WHAT DO
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**Best to tell each other
your past.**

(17/Angus/Male)

WHAT DO
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Lies can tear relationships apart. Lying about the amount of people you have had sex with so that you can have sex with another person is awful.
(>16/P&K/Female)

WHAT DO
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Communication, trust and respect are all key parts of relationships, sexual or non-sexual.
(Focus Group 2/Angus)

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Integrity is very important. Integrity will allow someone to make the right decisions for them based on their own knowledge of themselves. Honesty when communicating with others enables trust amongst friends and prevents an undesirable reputation.
(17/Angus/Female)

WHAT DO
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Q: What do we need to make a relationship good? Trust and listening to each other.
(Focus Group 3/Angus)

WHAT DO
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*Telling the truth
about something
no matter how
hard it is or how
bad it could be.*

(17/Dundee/Female)

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and respect are all key
parts of relationships,
sexual or non-sexual.
(Focus Group 2/Angus)*

WHAT DO
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*Knowing you trust
someone by getting to
know them.
(Focus Group 3/Angus)*

WHAT DO
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*Hugely important to any relationship,
partners need to be able to talk about their
feelings in order for a relationship to
function properly and openly; also desirable
for partners to be able to speak openly
about sexual fantasies and desires in
absolute confidence. (17/Dundee/Male)*

WHAT DO
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*Feeling able to confide in
someone, or trust them to
do something correctly
for you.
(16/Dundee/Female)*

WHAT DO
YOU NEED
TO
#MAKEITGOOD?

*Knowing that if
you do something
or tell someone
something they
won't tell anyone.
(16/Dundee/Female)*

WHAT DO
YOU NEED
TO
#MAKEITGOOD?

*Privacy, safety,
understanding.
(>16/Dundee/Female)*

WHAT DO
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*I have only had one boyfriend
who I trusted. Anyone else I
would be scared they would tell
their mates about me and
worried about what they
thought and what they would
say.
(>16/Dundee/Female)*

WHAT DO
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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/P&K)*

WHAT DO
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*You have to trust them not to
spread rumours and hearsay.
You have to trust them not to
share.
(Focus Group 3/Angus)*

WHAT DO
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*Everyone has trust
issues.*

(17/Angus/Female)

WHAT DO
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TO
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*Hard to gain but
easy to lose.
(16/Dundee/Male)*

WHAT DO
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TO
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*When it comes to trust, I've
had a big deal with trusting
people. The constant chain
of being cheated on, lied to
or the pain of not knowing
they love you or not.
(16/P&K/Male)*

WHAT DO
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*Even if you do totally trust a bird you never
really know and if you see pictures of her
having a laugh with other people, it's just
gonna make you not trust her. (Focus Group
7/P&K)*

WHAT DO
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*I have had bad trust
in relationships
because I have been
treated badly.
(16/Dundee/Female)*

WHAT DO
YOU NEED
TO
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*Put a condom on x
(>16/Dundee/Male)*

WHAT DO
YOU NEED
TO
#MAKEITGOOD?

*Trust the other
person to not have
another of the
STDs.
(16/Angus/Male)*

WHAT DO
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*Don't hide your STDs.
(16/Angus/Male)*

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