

WHAT DO
YOU NEED
TO
#MAKEITGOOD?

*Most horrible
feeling ever.*

(17/Angus/Male)

WHAT DO
YOU NEED
TO
#MAKEITGOOD?

*Angry, upset,
pissed off.*

(16/Dundee/Female)

WHAT DO
YOU NEED
TO
#MAKEITGOOD?

*Feeling left out, hate,
resentness.*

(18/PK/Male)

WHAT DO
YOU NEED
TO
#MAKEITGOOD?

*I get jealous a lot and I hate
it. It's not fair on my
boyfriend as when I get
jealous I take it out on him
and it's not his fault.*

(18/PK/Female)

WHAT DO
YOU NEED
TO
#MAKEITGOOD?

*Where someone dislikes a
person for a reason they
can't control.*

(16/Dundee/Male)

WHAT DO
YOU NEED
TO
#MAKEITGOOD?

*Feeling uneasy/annoyed
because of others, wanting
something they have or
protecting something from
others e.g. girlfriend/boyfriend.*

(16/Dundee/Male)

WHAT DO
YOU NEED
TO
#MAKEITGOOD?

*He used to talk to girls he
found attractive all the time
and it made me worried.*

(16/Angus/Female)

WHAT DO
YOU NEED
TO
#MAKEITGOOD?

*I can get a little insecure
sometimes and it can be
pretty upsetting to both me
and my partners.*

(17/Dundee/Female)

WHAT DO
YOU NEED
TO
#MAKEITGOOD?

*Hurtful, nasty and lack of
trust.*

(16/Dundee/Female)

WHAT DO
YOU NEED
TO
#MAKEITGOOD?

*Overprotective, lack of
trust, hurtful.*

(16/Dundee/Female)

WHAT DO
YOU NEED
TO
#MAKEITGOOD?

*When you feel someone
could be a threat.*

(17/Angus/Female)

WHAT DO
YOU NEED
TO
#MAKEITGOOD?

*What causes arguments?
Jealousy. If you like someone's
photo on Facebook. Or maybe
it's their insecurity.*

(Focus Group 13/Dundee)

WHAT DO
YOU NEED
TO
#MAKEITGOOD?

*I get really jealous when
my boyfriend speaks to
other girls.*

(16/Dundee/Female)

WHAT DO
YOU NEED
TO
#MAKEITGOOD?

*Jealousy is a big thing in a
relationship and it's a main
cause of a lot of arguments.*

(20/PK/Male)

WHAT DO
YOU NEED
TO
#MAKEITGOOD?

*Always end up arguing with
partners to the point of
splitting up.*

(21+/Dundee/Female)

WHAT DO
YOU NEED
TO
#MAKEITGOOD?

*An extremely crippling feeling
that ruins trust between people
and relationships; a
disproportionate amount of focus
goes into small things that are
leading to large but false
conclusions, i.e. that one's
partner is cheating upon them.*

(17/Dundee/Male)

WHAT DO
YOU NEED
TO
#MAKEITGOOD?

*Can cause you to do
stupid things.*

(16/Dundee/Male)

WHAT DO
YOU NEED
TO
#MAKEITGOOD?

*I am quite a jealous person and so
are most of the people I go out with
so it can be quite explosive.
Sometimes I wouldn't be allowed to
speak to other boys, and so I would
be angry if the person I was seeing
spoke to other girls.*

(>16/Dundee/Female)

WHAT DO YOU NEED TO
#MAKEITGOOD?

Can be annoying and can make you say things you don't mean and lose friends.

(16/Dundee/Male)

WHAT DO YOU NEED TO
#MAKEITGOOD?

It's not healthy. A wee bits ok. It's natural. It reflects how you feel about the person.

(19/Dundee/Female)

WHAT DO YOU NEED TO
#MAKEITGOOD?

Jealousy can cause rifts in relationships though sometimes can be justified.

(16/Dundee/Female)

WHAT DO YOU NEED TO
#MAKEITGOOD?

Jealousy is sometimes reasonable, like of your boyfriend is talking to another girl more than you. But it does cause conflict because it creates grudges and can destroy friendships.

(16/Dundee/Female)

WHAT DO YOU NEED TO
#MAKEITGOOD?

Jealousy is a huge problem! Like if your ex gets all jealous and that then they will probably spread rumours and try and turn people against you.

(Focus Group 3/Angus)

WHAT DO YOU NEED TO
#MAKEITGOOD?

YP1: Some people just don't want you to be happy, even if they split up with you. Like they will go out of their way to keep you from getting into another relationship or whatever

YP2: You have to just be really civil when that happens 'cos it's really emotional for people, like they don't act normally. So it's just about being fair and honest. If they continue to be jealous then you have to speak to them. It's not easy and it totally depends on the situation and the people involved. (18/PK/Female)