

WHAT DO
YOU NEED
TO
#MAKEITGOOD?

*Love is warm and
cosy. So happy.*

(16/PK/Female)

WHAT DO
YOU NEED
TO
#MAKEITGOOD?

*When you feel
passionate toward
someone.*

(16/Dundee/Female)

WHAT DO
YOU NEED
TO
#MAKEITGOOD?

*If you feel passionate about
someone in a relationship
and really care about them.*

(17/Dundee/Female)

WHAT DO
YOU NEED
TO
#MAKEITGOOD?

*Feeling so passionately
towards someone.*

(17/Dundee/Female)

WHAT DO
YOU NEED
TO
#MAKEITGOOD?

*Love is when you feel very
strongly in caring way for
someone.*

(16/Dundee/Other gender identity)

WHAT DO
YOU NEED
TO
#MAKEITGOOD?

*Love is feeling so passionately
about someone that you would
go above and beyond for them.*

(16/Dundee/Female)

WHAT DO
YOU NEED
TO
#MAKEITGOOD?

Q: What do other people
expect from sex?

Love.

(Focus group 12/Dundee)

WHAT DO
YOU NEED
TO
#MAKEITGOOD?

Q: What do other people
expect from sex?

To feel loved and wanted.

(Focus group 5/PK)

WHAT DO
YOU NEED
TO
#MAKEITGOOD?

*It's like an expression of
love.*

(Focus group 12/Dundee)

WHAT DO
YOU NEED
TO
#MAKEITGOOD?

*I don't know what that feels
like man, I'm only 18 and aw
the birds I've been with have
mostly just been (whistles)
you know – a 'blow and go'
like.*

(Focus group 7/PK)

WHAT DO
YOU NEED
TO
#MAKEITGOOD?

YP1: What even is that?

*YP2: Like when your eyes meet
across a crowded room...*

YP3: ...and you get a stiffy.

(Focus Group 7/PK)

WHAT DO
YOU NEED
TO
#MAKEITGOOD?

*An intimate feeling
you share.*

(17/Dundee/Female)

WHAT DO
YOU NEED
TO
#MAKEITGOOD?

*If you feel you should love
someone before you enter
a relationship.*

(18/PK/Male)

WHAT DO
YOU NEED
TO
#MAKEITGOOD?

*Love is the most important thing in
a relationship. If it isn't there, then
there is no reason to be with that
person. It is also quite important
with sex. You don't need to love
someone to have sex with them
but it makes the experience more
intimate and special.*

(16/Dundee/Female)

WHAT DO
YOU NEED
TO
#MAKEITGOOD?

*Q: What's the most important
thing for a good relationship?
You have to both love each
other.*

(Focus Group 4/PK)

WHAT DO
YOU NEED
TO
#MAKEITGOOD?

*Q: What's the most important
thing for good sex?
Being confident, loved, wanted
and comfortable.*

(Focus Group 5/PK)

WHAT DO
YOU NEED
TO
#MAKEITGOOD?

*The person you
want to sex.*

(16/Angus/Male)

WHAT DO
YOU NEED
TO
#MAKEITGOOD?

*Complicated, can be one
sided, happiness.*

(16/Dundee/Female)

WHAT DO
YOU NEED
TO
#MAKEITGOOD?

Happy and sad times.

(21+/Dundee/Female)

WHAT DO
YOU NEED
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#MAKEITGOOD?

I had my first boyfriend from 13-16 years old and I thought we were in love but now we have broken up I now feel like I loved him and he only used me.

(16/PK/Female)

WHAT DO
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TO
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When you are in a relationship with someone you have to respect them and you have to know that they respect you. It can be so many things, like, if you know they are going out with their mates you know they aren't gonna be telling them all the stuff about you and that. You know they are going to keep that stuff just between you.

(Focus Group 7/PK)

WHAT DO
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Its like, I've known people and their boyfriends or girlfriends really get them down, even though they really like them. Your relationship should make you feel good, should be positive, yeah you have to work at them, but they should work for you too.

(Focus Group6/Dundee)

WHAT DO
YOU NEED
TO
#MAKEITGOOD?

Love is when you trust each other and don't look at anyone else 😊

(16/Dundee/Female)

WHAT DO
YOU NEED
TO
#MAKEITGOOD?

Caring, happiness, trust, honesty.

(16/Dundee/Female)

WHAT DO
YOU NEED
TO
@MAKEITGOOD?

Like everybody is different so everybody is going to need different things, but you have to care about each other enough to want to make it work. You'd be pretty daft if you were just going to run away at the first sign of trouble. You have to be with each other you know through rough and smooth and all that.

(Focus Group 7/PK)

WHAT DO
YOU NEED
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Showing that you care and making time for each other. Date night is a totally lame term, but it's just making time for each other where it's the two of you, not all your mates and everyone else too. You don't really get to know each other when you are always out with friends, you need to have some alone time too.

(Focus Group 8/PK)

I am married to my first love, best friend and first girlfriend. We are a strong couple who don't sleep on arguments, we make an effort to do something new often so as not to stagnate. We have a passionate sex life, we have had our ups and downs but after all we got through it. Too many people give up and that's sad to see. I love my wife and I go the extra mile to do something nice or sweet for her all the time. And I know she appreciates it all. I hope this helps someone 😊

(21+/Angus/Male)

WHAT DO
YOU NEED
TO
@MAKEITGOOD?

It can be things like getting to know stuff about each other that maybe other people don't know, or having shared stuff just the two of you. Making that bond.

(Focus Group 8/PK)

WHAT DO
YOU NEED
TO
@MAKEITGOOD?

Commitment is like putting something in.

(Focus Group 11/Dundee)

WHAT DO
YOU NEED
TO
@MAKEITGOOD?

You can't be in a relationship part-time.

(Focus Group 12/Dundee)

WHAT DO
YOU NEED
TO
#MAKEITGOOD?

Q: What do you need to
make a relationship good?
Someone you can grow with.
(Focus Group 15/Angus)

WHAT DO
YOU NEED
TO
#MAKEITGOOD?

Having safe sex.
(>16/Dundee/Male)

*Kisses and cuddles. Sitting on the
couch, watching an episode of
Family Guy, sharing a spliff. It's
perfect.*
(Focus Group 8/PK)

WHAT DO
YOU NEED
TO
#MAKEITGOOD?

*Waking up to a
bacon roll.*
(16/Dundee/Male)

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