



from Lovethinks.com

“Sexual activity” includes these actions:
Intercourse, Oral, Anal, Touching of Private Areas

Sex and the Brain (or how Love can be “Blind”):

OXYTOCIN	DOPAMINE	Word Bank to choose from
Released during: <i>Birth, Nursing, Cuddling, Sex</i>	Released during: <i>Drugs, Exciting Acts, Sex</i>	Reward / Bond / Birth
Tied to feeling: <i>Trust, Bond, Positive Memories</i>	Makes you feel: <i>Reward, Desire to repeat action</i>	Drugs / Trust / Exciting Acts
Caution: beware of false trust!	Caution: beware of addiction!	Positive Memories / Nursing
		Sexual Activity (use twice) / Cuddling
		Desire to Repeat Action

Building Healthy Relationships: *TIME + TALK + TOGETHER = KNOW*

How many days does it take to see patterns in a person’s behavior? *90 days*

List 3 ideas for dates that will help you get to know someone:

a school sports game, picnic, mini golf, etc....dates are in public, include opportunity for conversation, touch not expected, fun, not awkward...NOT a movie date!