

PICKING UP

Picking up, hooking up or whatever term you use – the art of meeting someone can be challenging. Knowing what you want, how to read signs and how to connect with other people in a safe way is important stuff.

I am attracted – what now?

It is important to spend time getting to know the person you are attracted to. What you see first off may not be who they really are. You can discover more about each other the more time you spend together. If you already know the person, it may be a good idea to think about how it may affect the friendship if you make a move.

How can I start a conversation?

For even the most confident people, starting a conversation with someone you are attracted to may be scary. If there is attraction involved, fears about being rejected or embarrassed may race through your mind causing you to become tongue tied, or appear as a bit “Over the top”.

It can help to ask open-ended questions that can get the person talking about themselves and you will also get to know them better. You may want to start with general questions that are non-threatening or personal. You can also talk about things you like. What sort of music do you like? What do you do on the weekends?

If you still feel comfortable and you think they are comfortable, then you may want to move onto more personal things e.g. what do you think about..? Along with asking questions, and talking about yourself it may also be helpful to let the person know you are listening to them.

Suggestions for doing this could be:

- Asking questions to get a better understanding of what they have been talking about.
- Saying what you think, feel or sense about what they have said.
- Saying back in your own words what they have been saying.
- Body language may also send out signs to let someone know you are attracted to them. Body language is the term used to describe the movements of the body that are not spoken words. These are usually unintentional.

Some examples of body language are:

- Eye contact
- Facial expression
- Gestures
- Speed and tone of speech

If you are attracted to someone it can be helpful to note their body language and yours. Making eye contact and moving closer to the person, but not overcrowding them, are two forms of body language that may mean that someone is interested.

This is an extract from the Reach Out! website

www.au.reachout.com/find/articles/starting-out-do-i-want-a-relationship



Flirting

When it comes to letting someone know you're interested, flirting is one way to go. But with so much how-to advice out there, it can be hard to know which flirting techniques work and which fall flat. Here are a few that are worth the effort and others that are worth tossing.

Work It: *Be You*

The number-one tip for getting your flirt on is to be yourself — whether you're a girl or a guy. If you're not a super-social extrovert type, don't try to act like one in hopes of catching someone's eye. Faking is hard work, and you want someone to appreciate you for you.

The same goes for your appearance. If you're a band t-shirt and ripped jeans kind of guy, don't think the baggy-pants look will make your wanna-be honey hopelessly in love. Switching it up a bit may get you noticed, but if someone's not into the real you, it won't last.

Work It: *Act Interested*

Thinking about ignoring your crush so you'll seem more mysterious or hard to get? Scratch that. The only way to let someone know you're interested is to act interested. That doesn't mean acting like a sports fanatic if you don't know the difference between football and foosball. It's about making eye contact, flashing a smile, and listening and asking questions of your crush — showing that you want to get to know her or him better.

Toss It: *Pickup Lines*

"I think I may need to call heaven because they've lost one of their angels." Lines like that may work on TV, but in real life they'll only get you a weird look. So forget the played-out pickup lines and come up with something original. Sometimes, even a quick "hi" or "how are you going?" is all it takes. It's just enough to establish contact and get the conversation going.

Compliments are good, too. Tell her she did really well in her presentation in class the other day or let him know you liked his essay in English class. If you compliment someone on something physical, keep it respectful — "I like your new haircut" is nice; "you've got a great butt" is creepy.

Toss It: *Put-Downs to Pick Up*

Remember when you were younger and a guy tugging a girl's hair and a girl bad-mouthing a guy meant they liked each other? Well, you're a little too old to be playing those primary-school games. Thinking you're cool or cute will be the last thing on someone's mind if you're hitting them (literally) or going around calling them names.



Toss It: *Getting Too Close*

You may have read tips that tell you to lean in close or touch your crush's arm when you two are talking. This might not be the best move. Why? People have different boundaries when it comes to touching and closeness. What's friendly to you might feel uncomfortable to your crush. Whether it's due to personal preference, cultural differences, or simply the fact that the person isn't feeling you yet, don't close yourself out by getting too close, too soon.

This is an extract from *Flirting - What works and what doesn't*

www.plannedparenthood.org/teen-talk/dating-family-friends/dating-hooking-up/flirting-what-works-what-doesn't-25287.htm

If your interest is not returned

It may be hard when you realise that a person you are interested in does not feel the same way. If this happens you may feel rejected, embarrassed or sad. Try to remember the good things about yourself, the interests that you enjoy, and the good things in your life. Talking to someone you trust may also be helpful. This may be a friend, family member or youth worker. If you are finding that your feelings are getting in the way of doing everyday stuff, it may be helpful to talk to someone like a counsellor.

Giving out personal details

Be aware of giving out personal details, where you live, your phone numbers etc. whether over the internet, in person or on the phone. If you do decide to meet someone you do not know, try to do it in a place where other people are around, and it may also be a good idea to have a friend nearby. Some people are not always honest and may give false information or don't have your best interests at heart.

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