



Working out → **FIDELITY**

Who hasn't struggled with this one? If you have a boyfriend, what's the deal around staying together, for how long, and with what rules?

Can you 'play around'? If you do, do you need to agree this with your boyfriend? Or do the only worthy relationships have firm agreement that all romantic and sexual attention is directed at that one person, and at that person only? Is fidelity only about sex, or does it draw in the depths of our personalities and the morals, beliefs and behaviour that govern our relationships?

You decide what's right for you, and you and your boyfriend agree these things together. You can take responsibility so that you can enjoy and make the most of your relationships.

This programme will help you to:

- know exactly what you mean by being faithful;
- maintain harmony with your boyfriend;
- enjoy healthy sexual and emotional relationships.