

# FRIENDS WITH BENEFITS

**DEFINITION:** sexual activity that takes place outside of a romantic relationship and implies an absence of commitment, emotional attachment, or familiarity between sexual partners.

Before engaging in this type of relationship ask yourself if you agree with:

- ✓ I am comfortable with sex that is not attached to feelings or emotions.
- ✓ Although I trust the person I am having sex with, I do not have any romantic or long-term expectations from this relationship.
- ✓ I am okay with only sharing safe sex with this partner.

**If you can't say yes to each of the above statements, this relationship may not be right for you.**

## TIPS FOR HAVING A HEALTHY FRIENDS-WITH-BENEFITS RELATIONSHIP

### ***Choosing the right person because it always gets serious for someone:***

'Friends' is a loose term and in this case it really should only be an acquaintance who you have a safe consensual sexual relationship. It isn't someone you could see yourself dating monogamously nor it is someone you would call during an emergency or someone you would talk to about your personal thoughts and feelings—key here is that your relationship is solely for safe sex and that you are not developing intimate connections like you do with friendships.

### ***Be clear about the relationship: It's all about boundaries:***

It's all about communication. Make sure you both understand that this is only meant to be physical and casual to avoid hurt feelings later on. Never hurts to be open about not looking for something more or being nonexclusive: can't harbor secret desire to be more; can't pretend your person is more serious about you than they actually are; can't emotionally connect and can't be jealous.

### ***Be honest with yourself about why you want to have a FWB relationship with this person:***

If you're saying you want no-strings-attached, casual sex, you should know that that's actually what you want. Just going along with it in the hopes that your crush will fall for you is just going to make you really upset in the future, and your feelings deserve better treatment than that. Plus, you can't get mad at someone for being upfront about their intentions and then not falling for you the way you expected them to.

### ***Try your best to keep it sex-only:***

Hanging out, chatting daily only blurs the line and delves into emotional territory neither of you signed up for.



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## ***Be vocal about the kind of sex you actually want to have:***

This is all about sexual openness and, ultimately, just good fun. It is important to have a consent conversation and discuss sexual boundaries specific to what is okay and what is not. It is important that each sexual act is agreed upon and that consent is given each time.

## ***Don't let people judge you or make you feel like you secretly want a relationship.***

Your mom might not get it. Acquaintances might think it's promiscuous. Even some of your friends might suspect this is just a transition into a relationship. You can't expect everyone you meet to understand, but you also don't have to listen to people tell you what to do or what ways you should or should not be having sex. Move forward confidently — you know what you're about.

## **Maturely break it off if you see that your FWB is developing feelings, but you aren't.**

Be kind. Even if you're technically not at fault because you were always clear about what you wanted, you're both people, and also, sex feels good and intimate and cuddly, and that can sometimes make you feel closer to someone than you meant to. You definitely shouldn't date this person if you don't reciprocate the feelings, but you owe them basic human decency and a clean break so as not to take advantage of their emotions.

## **And forgive yourself if you're the one who ends up developing feelings.**

Again, you're human. You could discover that you really like this person more than you realized, and, if you do, you should let them know and decide from there. Sure, there's a chance they might like you back, but you should also be ready for the possibility that they don't, and do your best to not take it personally. If that's the case, move on and stop hooking up with them — do yourself the courtesy of respecting your own emotions and don't just stay in it to convince them or yourself that you're super chill. This whole thing was always about honesty.

## **Have fun!**

A friend with benefits can be an awesome person to figure yourself out with or just have crazy fun with. Not all sexual experiences have to be tied to monogamous romantic relationships, and if you feel confident and happy with the idea of having a FWB, then just have a blast with them, because that's the only real reason either of you should be doing this.

Source: BuzzFeed



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