They agreed to stay together and kissed good-bye, but both left feeling sad and angry.

When Jessica got home she had another text from her study partner Richard. She felt torn. She didn't want to betray Jordan’s trust, but it also didn’t feel fair that she had to end friendships. She typed a response but didn’t press send. She was nervous that Jordan would want to check her phone and didn’t want to risk it. Richard texted her a few more times and she started to feel guilty so she turned off her phone and went to sleep. When did something so small like a text message get so complicated?

Why do you think Jordan doesn't want her to have guy friends?
Which warning signs of an abusive relationship could that be a sign of?
How does Jordan's explosive temper have an effect on Jessica's power in the relationships? Find out what happens in the next Love Notes...
Saying "Yes" to the Dress: A Discussion About Consent

What is consent?
Consent is the communication that happens between people, especially romantic partners or people who want to be physically/sexually intimate together. Consent is, in essence, permission given from one person to another. It is important that both individuals ask for and are asked for consent. Doing this supports each individual in having their boundaries respected and met. Consent can consist of:

- Explicitly agreeing to certain activities, either by saying "yes" or another affirmative statement, like "I'm open to trying"
- Asking for clarity to be sure you know exactly what activity is being okayed (if you are receiving consent)
- Clearly defining the activity you are saying "yes" or are giving consent to
- Regularly checking in with your partner. Ask "Is this okay?" or "How are you feeling?"

Can I change my mind after giving consent? Absolutely! Consent is an ongoing conversation. It's okay to tell your partner that you are no longer comfortable with the intimate or sexual activity you are doing and you want to stop. When someone communicates that they are uncomfortable or want to stop, it is important to respect their decision.

But wait! There’s more!!!
Read the rest of this article and bonus articles at http://bit.ly/waalovenotes!