



### One Night Stands

We won't judge you for having one, but bear in mind that taking someone home drunk from the bar doesn't mean you have now begun a relationship with this person. As the name entails, these encounters are defined by the length of one night. If you do choose to hook up with someone, remember to play it safe and use protection, but don't expect a follow up call. (You may get one but if you don't you'd be part of the majority.) And if you're the type of person who takes this lack of subsequent contact for being blown off, you're better off not putting yourself into such a situation. This is *not* the way to start a relationship, despite what the \$2.50 high-balls might be telling you.

### Challenges

#### Long-distance relationships

Passing judgment on whether or not long-distance relationships can in fact work would be about as fair as declaring whether or not relationships in general can work. The success or failure of any long-distance relationship will vary from couple to couple. However, as a general rule, the greater the distance, the more complicated the relationship becomes. You can't casually date someone who lives in another city, province or country, so if you're in, you have to be all in. And for those of you who choose to remain fully monogamous there needs to be an extreme level of trust.

This isn't to say that long-distance relationships are impossible, but they do require a lot of work. Make sure to set some ground rules and talk about it face to face, before the move has happened to avoid late-night phone fights, or worse yet, sending a drunken e-mail. Ground rules need to be set right from the beginning to avoid confusion on how committed you're going to be while apart. Fortunately, modern technology has made staying in touch extremely easy and inexpensive. And while being separated is hard, it outweighs breaking up with someone you care about for purely geographic reasons.

#### Cheating isn't just physical

Just because you haven't physically done anything with that cute guy you flirt with in English doesn't mean you're not cheating. Let us explain emotional cheating: if you constantly find yourself thinking, talking, dreaming and possibly masturbating about someone other than your boyfriend, this is a serious problem. Even if you haven't acted on your feelings, the intense attraction is still there and you should take some time to reassess why you're so interested in this person. That's not to say that a little bit of flirting with someone other than your boyfriend isn't perfectly natural, but if you're going out of your way to spend time with that person alone, or know their schedule as good as your own and work around it, you should deal with it immediately.

### Breaking Off High School Relationships

For the majority of high school relationships that carry into university, a common theme is the eventual break up. To be fair, every now and then, a fairytale love affair exists, blossoming from holding hands in the sandbox to eventual marriage, but that's generally because God frowns on premarital sex.

If you are currently in a high school puppy-love relationship, you may be thinking, "No, not me. This is loooovveee, I have found my soulmate!" Whatever—give it a semester or two. Many of us have been there and eventually reality will set it and you'll learn that people change and grow apart—even if you are in university together.

However, long-term relationships are the hardest to break off due to a combination habit, guilt or a sense of comfort and safety, telling you that you'll be a bad person for dumping your boyfriend after so many months or years together. But staying with someone for any reason other than a genuine interest is foolish—you're wasting both of your time.

You may also be worried about how the dynamic of your circle of friends will change. But regardless of whether or not you continue to date your high school boyfriend, your circle of friends will undoubtedly change as you progress in your university career. So if you are worried that everyone in your ex-spore group will judge you for breaking so-and-so's heart, keep in mind that now is the perfect time to be making new friends anyway.

