to show someone you love them without having

Give them your last rolo

x?

Say 'I love you'. Go on a love boat . Share a gingerbread man Tickle them . Pick them a flower . Send them a romantic txt . Flirt Kiss when people aren't looking . Name a star after them Take them to places that would mean a lot to them Watch a romantic video together . Be with them when they are upset Take them to the place where you first met Organise an 'I love you' message out the back out of a plane Help them with their problems. Go for a romantic walk on the beach Give them loving cuddles - even in the street . Make sure they are safe Get their name temporary tattooed on your body Write them a poem using their name as a subject Make them a walkway to a dinner table using roses and candles Buy them a piece of the moon . Buy them a kinder egg and hide a ring inside Compliment them and make them feel special . Suck their toes Go paddling on a summer's day together Walk a thousand miles for one of their smiles Leave romantic notes on their pillow Cuddle each other and fall asleep in front of a fire Hold their hand . Drive for 2 hours just to see them for one Write their name in the sand . Run them a bath Learn to say 'I love you' in 10 different languages Propose marriage . Make a cd of favourite songs . Parachute together Write their name with a sparkler . Throw them a surprise party Phone them every day. Listen to love songs together

Do something fun and have a laugh together Support and offer them advice . Share strawberries dipped in chocolate Share secrets . Decorate their room / house in all their favourite things Take them on surprise trips Hold them and let them know you care . Send them flowers at college / work Cook them their favourite meal. Be nice even if you are in a mood Dedicate time alone together . Give your partner space to see their friends Play footsy, Talk sweetly, Be open and honest, Make something for them Each suck one end of a long piece of spaghetti . Listen to their problems Take an interest in something personal to them . Meet their friends and family Be a shoulder to cry on . Be willing to compromise Respect each other . Share your dreams . Go on the rides on the pier together Win them a prize (e.g. cuddly toy) . Be proud of your partner Touch and caress them . Trust each other . Dance with them in a candle lit room Kiss them deeply. Gaze at the stars together Tell them they are beautiful even if they look rough Go on a bike ride together . Adopt an animal for them Give them a pet name . Watch the sun rise . Spend a day pampering each other Talk to each other about sex and find out their thoughts on the subject Find a special hobby to do together Tell them all the little things you love about them Play with each others hair Stay up for hours - just talking . Have a moonlight picnic together Write them a song and sing it for them . Gaze into their eyes Cuddle at the cinema Dedicate something to them . Have a locket with their picture in Make a scrapbook with photos of times together . Give them a foot massage Put a note in their pack lunch saying 'I love you' Sit under the pier and eat fish a chips together Nibble their ear . Never cheat on them . Buy them some nice underwear Surprise them . Just be genuine! Read them the 101 ways to show someone that you love them other than having sex and then try some of them!

Thank you to all of the young people in Brighton and Hove who entered the competition to come up with these 101 ideas, and special thanks to the winning entrants from the Crew Club



NHS Brighton and Hove