

## 75 WAYS to Show Love without having Sex

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1. Giving and receiving hugs
2. Showing respect to each other
3. Giving/receiving a kiss on the cheek
4. Sharing your feelings
5. Talking about your feelings (what makes you happy, sad, angry)
6. Sharing your plans for the future
7. Holding hands
8. Snuggling up together
9. Watching a good movie
10. Giving a special present
11. Going for long walks
12. Going to the gym/exercise together
13. Being available when they need a friend
14. Spending time together
15. Singing a love song to the other
16. Sharing dreams with each other
17. Going out for a meal
18. Having a picnic
19. Playing a game of badminton/tennis
20. Giving compliments
21. Going swimming
22. Hiking together
23. Going shopping
24. Cooking a meal together/bake a cake/cookies
25. Doing homework together
26. Organizing a party together
27. Going to the library
28. Reading a book together and discussing it
29. Touring in a museum
30. Doing something special that the other person enjoys
31. Gazing at the stars
32. Taking a moonlight walk
33. Washing each other's bike/car)
34. Being a good listener/share concerns and joys
35. Choosing a special favourite song
36. Holding one another close
37. Winking at each other (special code)
38. Writing one another letters
39. Talking on the telephone/texting each other
40. Giving or receiving a ring/ exchanging jewellery/special item

41. Meeting each other's family
42. Going horseback riding
43. Making sacrifices for each other
44. Laughing at something funny together
45. Sending chocolates and/or love notes
46. Writing a special poem/song
47. Sending flowers
48. Eating dinner by candlelight
49. Going to a concert
50. Watching the sunrise together
51. Remembering special dates together
52. Giving each other pet names
53. Going sightseeing
54. Watching a video/DVD together
55. Doing things for each other without being asked
56. Whispering something nice into the other's ear
57. Being best friends
58. Going for a long bike ride
59. Going dancing
60. Going bowling
61. Playing music together (learn to play a new instrument)
62. Sharing private jokes
63. Flirting with each other
64. Making a list of things you like about each other
65. Going on a double date with friends
66. Cooking your partner's favourite food
67. Making special gifts for each other
68. Giving each other a back rub/neck massage
69. Watching the sunset /sunrise
70. Requesting a special tune to be played on the radio
71. Sending a humorous card to each other
72. Let the person know that you are thinking about them
73. Going skating (roller/ice)
74. Taking pictures of each other
75. Making a special photo album of your relationship

List developed by Simcoe Muskoka District Health Unit from youth survey and informal dialogue with community partners.