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LIVING

Learning the ABCs of love

The highs and lows of high school romance

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Relationships in high school can often seem more difficult to sustain than those that occur in the adult world.

Gossip and rumours can often make or break a teen relationship, tear apart friendships and make life at school an emotional roller-coaster ride.

Surprisingly, making out in the halls is not the biggest relationship-related problem in school — it's the aftermath of inevitable break-ups.

"The odd time, what causes problems for us, is on the weekends there'll be a party and Suzy Q broke up with this guy and started dating that guy and the problem flows over to school on Monday," said Chris McAdam, principal at Sutton District High School.

"Everything that happens on the weekend comes to school," she said. "It's all played out here."

McAdam said that if parents notice there are problems with their children's relationships and they feel those problems may affect their learning ability, they should alert the school.

By letting the school's teachers or guidance counsellors know, they can intervene and try to resolve any potential conflicts.

"I would say that the whole he-broke-up-with-her/she-broke-up-with-him business, the whole gossip, is in fact much worse than the actual relationship issue," said Sheila Dobson, the head of student services at Sutton High.

Dobson said students will often

come to her for someone to speak with after a break-up, even if they don't perceive any conflict developing.

"Usually, the boys don't cry," Dobson said.

"But they will come down and see a guidance counsellor and talk about how painful it is. It's more common for young women to be in tears in the hallway and for a teacher to bring them in."

"Everything that happens on the weekend comes to school," she said. "It's all played out here."

By talking things through with one person or all those involved, counsellors may be able to make things more comfortable for the students following a break-up.

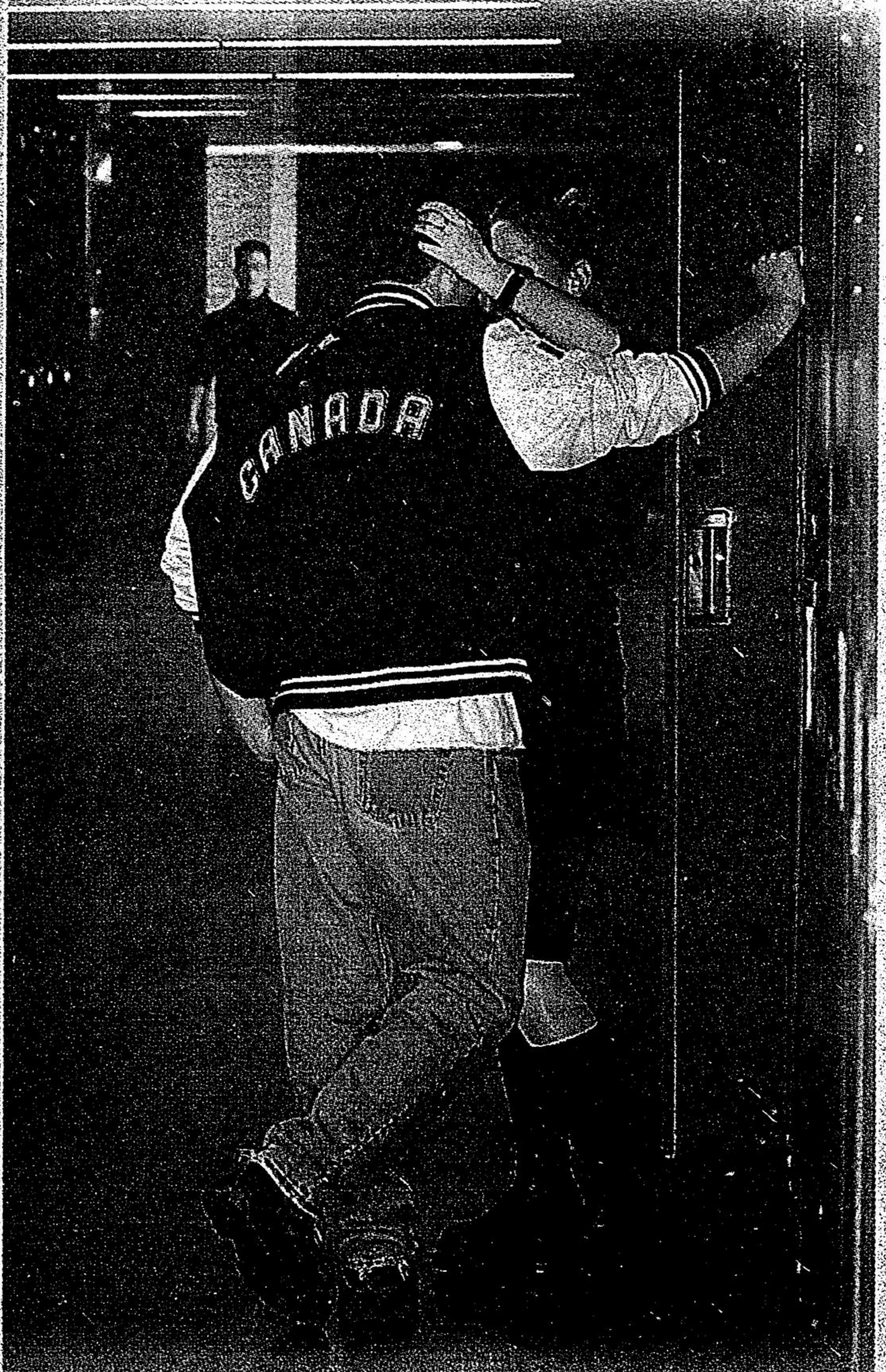
Being dumped can be a huge ego buster for teens / page 13.

Although displays of affection are not as common a problem in schools as the aftermath of break-ups, they do still cause concerns.

The York Region District School Board does not have a formal set of guidelines that dictate how much affection is acceptable in the schools.

However, McAdam said teachers look at what is good for the moral tone of the school and make judgments from that.

"I find our kids are very reasonable and very understanding about (displays of affection)."



PHOTOGRAPHY BY ROB ALARY



MY, WHAT BEAUTIFUL EYES YOU HAVE!

Cosmetics can add sparkle to your look. However, eye makeup should be applied properly to avoid infections.

- Wear your contact lenses *before* applying cosmetics; remove lenses *before* taking off makeup. (Contact lenses are "First in and First out".)
- Use makeup that is *water soluble*. Oil-based products can leave behind thick, dry residue which could irritate your eyes and also damage contact lenses.
- Careful with the thick, lash-building mascara. It's *dry coating* may flake

and the *tiny fibers* could irritate your eyes.

- Remove *all* makeup *daily* using an oil-free, hypo-allergenic makeup remover.
- *Mascara* and *eyeliner* spoil quickly and should be replaced every 3-6 months.
- Do not apply eyeliner to your *lower eyelid* - it usually is the cause of irritation and discomfort from makeup applications.
- If you see any *redness, pain, swelling, discharge* or feel any *unusual irritation*, you may be coming up with a sty or some other eye infection. Have your eyes checked without delay.

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