

# flirting

# TOP 1

LISTEN UP, AND LISTEN UP GOOD, COZ THIS IS ONE CLASS YOU DON'T WANT TO FALL ASLEEP IN.

## LESSON 1: *Do, re, mi...*

Not to get all Julie Andrews on you, but learning to flirt is a lot like singing – you need to start at the very beginning. And like singing, some people are naturally good at it (damn you, Rachel Berry), whilst others need a little practice to hit the right notes. So yes, you need to put in some work, but think of it this way – at least you don't have to dance around town in an outfit made from old curtains...

So, why do we flirt? "Duh," we hear you say. "To get a guy!" While this is one (kinda big) reason, we also use flirting to attract attention from others, to get people to like us, or to simply have fun. And having fun, love coach and author Carolin Dahlman says, is the number one trick to mastering flirting. "Remember, the best way to make a boy fall for you is to be happy about who you are," she says. "Find out what makes you smile and do more of that. Boys love girls who are laughing and have their own opinions."

## LESSON 2: *Love thy self*

How you perceive yourself will affect how others, including that hot Spanish exchange student, see you too. So stop thinking about what you see as your flaws or weaknesses and focus on all your awesome attributes (trust us, you have many!). Thinking like this will not only make you feel happier but it'll boost your confidence as well. "When you feel you are a good catch, the boys will think so too," says Carolin. Just don't go overboard, she warns. Self-love is not about thinking you are better than everyone else, but simply recognising that you are a good person and worth being seen and liked for who you are. The other key point here is to BE YOURSELF. If a guy doesn't like you coz you're into reading *Harry Potter*; listening to the Jonas Brothers; or collecting comic books, then you don't really want to date him anyway – do you?!

## LESSON 3: *The language of lurve*

And no, we don't mean French. We're talking about, well, just talking. While guys may be notorious for their lack of lingo skills (unless you count grunting as a form of speech), there's actually one subject they love to talk about – themselves. So ask him questions – about himself, his interests, his favourite movie/band/book/breakfast cereal – then make sure you listen to his answers! If you discover that you share a common interest, focus on that. Once you get the ball

rolling, you'll probably find you can't shut him up! Carolin also suggests asking him to help you with something, for example your maths homework (or, um, to move a wardrobe). Guys secretly love feeling useful and needed (it makes them feel all manly, \*grunt\*). Calling all knights in shining armour...

## LESSON 4: *Sweet moves*

When you've conquered lesson three, it's time to kick things up a notch. The art of communication is not just about the words you say, but the body language that accompanies them. If you're sitting in a corner with your arms crossed and eyes on the floor, you're not exactly inviting your crush to come and talk to you. Instead try to look confident and happy (coz you're brimming with self-love, remember?). Make eye contact with him and smile, then quickly look away – it may sound cliché, but that's probably coz it works! Carolin explains that by making him curious, he will come over to you. Meanwhile, if you want to show him you're interested, another good trick is to

touch your hair and tip your head to one side. Or when talking to him, touch him gently on the arm. Before you know it, with a little practice, you'll begin to feel more relaxed and flirting will just come naturally.

## LESSON 5: *Reading the signs*

Now that you've perfected your flirt moves and passed each lesson with flying colours, you're ready for the hardest and most confusing class of all... interpreting HIS moves (um, help!). According to Carolin, this is a lot less complicated than we think. "Basically, if he pays you attention, he is probably interested," says Carolin. And, believe it or not, when it comes to guys, pretty much any attention is good attention. Whether it comes in the form of teasing or hair-pulling (yes, he's still five), or being uber sweet (by carrying your bag and saving you a seat on the bus), if you're on his radar he'll (subtly) let you know. Likewise, if he always seems to be hanging around or looking in your direction, chances are he's into you too. So smile, use your newly acquired flirting skills and help the fella out!



## LUKE MITCHELL'S TOP THREE FLIRT TIPS:

- 1** Maintain eye contact. It's confirmation that you're interested.
- 2** DON'T TOUCH HIM TOO MUCH. IT'S WEIRD.
- 3** Make fun of him (just a little bit) and see how he reacts. If you can pay each other out and maintain a conversation about nothing then there's something there.



Guest editor:  
**Luke  
Mitchell**

