

# PCSHE Year 11 Topic 1 – Communication in Relationships

## KPI1: Key Terms

- **Consent:** Consent is a person's permission or agreement by choice to anything that informs them. Consent must be freely given, it is reversible, it must be informed, enthusiastic and very specific.
- **Underage:** Under the age of 16.
- **Age of consent:** The age where someone can legally agree to taking part in sexual activity. In the UK the age of consent is 16.
- **Legislation:** the law
- **Prosecuted:** to bring legal action against a crime or punishment of a crime for the breaking of a law.
- **Sexual consent:** The giving of permission by a person to engage in any form of sexual activity including penetrative and oral sex.
- **Affirmative consent:** Consent is only given when a person agrees verbally to engage in sexual activities including penetrative and oral sex.
- **Coercion:** The action or practice of persuading someone to do something they wouldn't normally do or something they don't want to do by using force or threats.
- **A person who is minor:** A person who is under the age of 18 and legally considered a child.

## KPI2 – What is consent?

Consent is a person's permission or agreement by choice to anything that informs them. For example, their body, personal space, time, money and belongings.

We all have the right to be asked for consent in situations that involve us, and the responsibility to ask others for consent in situations that involve them. Consent is important because it gives people **choice** and **control** over decisions that affect them.

### Consent is:

- Freely given. It's not okay to pressure, trick, or threaten someone into saying yes.
- Reversible. It's okay to say yes and then change your mind — at any time!
- Informed. You can only consent to something if you have all the facts.
- Enthusiastic. You should do stuff you WANT to do, not things people expect you to do. If someone doesn't seem enthusiastic stop and check in.
- Specific. Saying yes to one thing (like going to the bedroom to make out) doesn't mean you're saying yes to other things (like having sex).

### Consent cannot be given when:

- When a person is drunk or high, to the point that they are unable to speak or look after themselves.
- Asleep or Passed Out – if they are not conscious, they are unable to agree to any sexual activity. If someone passes out whilst engaging in sexual activity – STOP!
- They are Underage – Legally a person under the age of 16 cannot give consent to any sexual activity.
- Mental disability or learning difficulties which mean they are unable to fully understand what they are consenting to.

## KPI3 – Consent and the Law

In the UK, the age of consent is 16. This means that a person under the age of 16 cannot legally consent to sexual activity because they are seen as not having the capacity to do so. The law applies to everyone, regardless of gender or sexual orientation in England, Wales, Scotland and Northern Ireland.

The law is designed to protect young people from abuse, harm of being taken advantage of. If someone is under the age of 16 and decides to have sex anyway, it is still vital that they and their partner(s) are able to consent to sex in every other capacity.

According to the law, there are no circumstances in which someone under the age of 13 can consent to any sexual activity or act.

## KPI4 - Sexual Relationships:

### Why do people have sex?

- Reproduction; Physical health; Enjoyment; Promotes good mental health; Love and commitment; Expression.

**How do you know if you're ready to have sex?** Ask the following questions...

- Does it feel right?
- Do you trust the person you want to have sex with?
- Are you equally willing to have sex?
- Do you feel comfortable with this person?
- Would you feel able to change their mind?
- Can you talk to this person openly about your fears, worries, or concerns?
- Can you talk about contraception and protection, and is this a shared decision?
- Are you both open, honest and mature enough to discuss STIs?
- Do you feel under any pressure to have sex?
- Are you having sex because you think everyone else is and you don't want to be left behind?
- Are you having sex because you are worried about what will happen if you don't (e.g., their partner might leave them)?

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**KPI5 – Unhealthy Relationships**

What are the signs of an unhealthy relationship?

- Pressuring you
- Isolating you from friends
- Controlling
- Digital monitoring
- Dishonesty
- Disrespect
- Hostility
- Harassment
- Intimidation

**KPI6: Relational Violence and Abuse**

Relational violence/abuse is a pattern of abusive and coercive behaviours used to have power and control over an ex or current partner. This behaviour tends to get worse over time. There are different types of violence and abuse:

- **Physical:** the intentional use of physical force or power to hurt, intimidate, control or punish others. Hitting, slapping, shoving, grabbing, pinching, biting, hair pulling, etc. are types of physical abuse. This type of abuse also includes denying a partner medical care or forcing alcohol and/or drug use upon him or her.
- **Emotional:** includes coercive control – the intentional use of threats, humiliation and intimidation to harm, punish or frighten others, cause others to be dependent, isolate others from support, exploit, degrade or dehumanize others.
- **Verbal:** The intentional use of verbal abuse aiming to belittle, upset, threaten, frighten, intimidate or control others.
- **Sexual:** The intentional use of force, threats, or intimidation to make someone do something sexual or sharing intimate photos to shame, humiliate or control someone etc.
- **Economic Abuse:** Is defined as making or attempting to make an individual financially dependent by maintaining total control over financial resources, withholding one's access to money, or forbidding one's attendance at school or employment.
- **Psychological Abuse:** Elements of psychological abuse include - but are not limited to - causing fear by intimidation; threatening physical harm to self, partner, children, or partner's family or friends; destruction of pets and property; and forcing isolation from family, friends, or school and/or work.

*Relationship violence and abuse are all about **power and control**. It's normal for relationships to have ups and downs and conflict, and it's okay to have mixed feelings about people. When someone's behaviour in a relationship becomes about having power and control over someone else, it's a big warning sign that the relationship is not healthy.*

**KPI7 – Child Sexual Exploitation**

**What is child sexual exploitation?**  
Someone taking advantage of someone under the age of 18 sexually, for their own benefit. Through threats, bribes, violence, humiliation, or by telling you that they love you, they will have the power to get the child to do sexual things for their own, or other people's benefit or enjoyment.

It is important to remember that:

- Anyone can be a victim of sexual exploitation – it can happen to any gender, of any age, of any sexual orientation.
- Sexual exploitation is a form of child abuse
- It comes in many forms (peer-on-peer, by an older adult, someone being a boyfriend/girlfriend of the victim, at parties, as well as criminal exploitation)
- People who carry out sexual violence, use it as a weapon to control, initiate and exert power over others.
- Sexual exploitation is **never the victim's fault**.

**KPI8 – Sexual Harassment**

Sexual harassment can be physical, verbal or emotional, and can take place online, in person and/or on physical surfaces such as graffiti on a toilet cubicle. Anyone can be subjected to sexual harassment. Sexual harassment often targets one or more of these characteristics: a person's appearance, body parts, sex, sexual orientation, gender identity, sexual experience and activities, disability/ability.

Sexual harassment is **unwanted** behaviour of a sexual nature which:

- Violates someone's dignity
- Intimidates, degrades or humiliates someone
- Creates a hostile or offensive environment or makes someone feel exposed or unsafe

It is always the victim's perception of the behaviour that identifies it as harassment, not the **intentions** of the person doing the behaviour. Therefore, excuses like "it was only fun", "it was just banter" or "they're really sensitive" aren't effective defences when someone is accused of harassment.

Who Can you turn to for help and Support	
Parents or trusted family members and Friends	The Police / Community support officers
School Safe Guarding Team or any member of staff.	
Women's Aid	Helpline: 0808 2000 247 <b>24hr</b> <a href="https://www.womensaid.org.uk">https://www.womensaid.org.uk</a>
Men's Advice Line	Helpline: 0808 801 0327 Monday-Friday 9am-5pm <a href="http://www.mensadvice.org.uk/">http://www.mensadvice.org.uk/</a>
NSPCC	Helpline: 0808 800 5000 (24 hours, every day) <a href="https://www.nspcc.org.uk">nspcc.org.uk</a>
Childline	Helpline: 0800 1111 (24 hours, every day) <a href="https://www.childline.org.uk">https://www.childline.org.uk</a>
Rape Crisis	Helpline: 0808 802 9999 (12-2:30 and 7-9:30) <a href="https://www.rapecrisis.org.uk">rapecrisis.org.uk</a>
Survivors UK – Male Rape and Sexual Abuse Support	<a href="https://www.survivorsuk.org">survivorsuk.org</a>
RASAC (Rape and Sexual Abuse Support Centre)	National Helpline: 0808 802 9999 (12-2.30 & 7-9.30) <a href="https://www.rasac.org.uk">rasac.org.uk</a>