

PC SHE – Year 10 Term 3 - Interactions

<p>KPI1: Key terms:</p> <ul style="list-style-type: none"> Healthy relationship: A healthy relationship is one where both individuals respect and support each other, communicate openly and honestly, and feel safe and valued. It involves mutual trust, understanding, and cooperation, while promoting individual growth and happiness. Image Based Abuse: Intimate image abuse is the act of sharing (or threatening to share) intimate images or videos of someone, either on or offline, without their consent and in order to cause distress. It is a form of online harassment and can have serious emotional and legal consequences. Pornography: Printed or visual material containing the explicit description or display of sexual organs or activity, intended to stimulate sexual excitement. Revenge porn: Revenge porn involves the distribution of intimate or sexual content, usually images or videos, without the consent of the person featured, often with the intention of seeking revenge, humiliation, or control over the individual. Grossly offensive: Something is grossly offensive when it is highly inappropriate, disrespectful, or hurtful, causing strong negative emotions or distress to others. Obscene: Obscene content refers to material that is offensive, indecent, or morally repugnant. It usually involves explicit sexual depictions or offensive language, and its distribution may be restricted by law. Public sexual harassment: Public sexual harassment is any unwanted or unwelcome sexual behavior, comments, or advances directed at someone in a public space without their consent. It can make the recipient feel uncomfortable, unsafe, or violated. Sexism: Sexism is the discrimination, prejudice, or stereotyping based on a person's gender, usually favoring one gender over the other. Racism: Racism is the belief in and practice of discriminating against individuals or groups based on their race or ethnicity. Homophobia: Homophobia is the fear, hatred, or discrimination against individuals who identify as homosexual or have same-sex attractions. Transphobia: Transphobia refers to the fear, prejudice, or discrimination against transgender or gender-nonconforming individuals. Ableism: Ableism is the discrimination, prejudice, or stigma against individuals with disabilities, whether visible or invisible Ageism: Ageism is the discrimination or prejudice against individuals based on their age, often leading to unfair treatment or exclusion of older or younger people. Fatphobia: Fatphobia is the fear, prejudice, or discrimination against individuals who are overweight or obese. It can lead to body shaming and the marginalization of people based on their weight. BAME: BAME stands for Black, Asian, and Minority Ethnic. It is an acronym used to collectively refer to individuals from non-white ethnic backgrounds. LGBTQ+: LGBTQ+ stands for Lesbian, Gay, Bisexual, Transgender, Queer/Questioning, and others Prejudice: Prejudice is a preconceived opinion or judgment about an individual or a group based on factors such as race, gender, sexuality, or disability, without considering individual qualities or merits. 	<p>KPI2: Healthy Relationships</p> <p>Signs of healthy relationships: A healthy relationship is one where a young person is respected and feels valued for who they are. Healthy relationships include:</p> <ul style="list-style-type: none"> good communication mutual respect trust honesty equality being yourself. <p>Impacts of Unhealthy Relationships:</p> <ol style="list-style-type: none"> Mental health: It can be very damaging to your mental health if your partner is disrespectful, doesn't encourage you, and undermines your trust. You may suffer low self-esteem or depression, which may affect all aspects of life Relations with others: A poor relationship may harm your connections to other people. Your partner may try to control who you can see and speak to. This may harm your ability to maintain a healthy relationship with friends and family Physical health: An unhealthy relationship is stressful. This may lead to unhealthy behaviours such as smoking, drinking and drugs. It may lead to a loss of appetite, a change in appearance, weight loss, or a sleep disorder. 	<p>KPI3: Public Sexual Harassment</p> <p>Public Sexual Harassment: Unwanted and unwelcome sexual advances and attention in public spaces. It can include groping, sexual comments or jokes, being followed or being stared at.</p> <p>Who experiences PSH? – Usually directed towards women. For example, Over 2/3 of girls have been harassed in public. 35% of girls have been publicly sexually harassed in their school uniform. Other oppressed groups disproportionately include:</p> <ol style="list-style-type: none"> the LGBTQ+ community (33% don't feel comfortable holding partner's hand in public) BAME community (43% of BAME young women report being harassed, compared to an age-wide average of 34%) Disabled community (Women with disabilities 5x more likely to have experienced sexual assault than men with disabilities). <p>What can it include? Unwelcome/unwanted attention. Sexual advances - of a sexual nature. Intimidation/intimidating behaviour (using power, anonymity etc. to intimidate). In a public place (on the street, in gyms, bars and restaurants, at school etc.)</p> <p>Why does PSH happen? – PSH is about power and control. It reflects types of prejudice and oppression including sexism, racism, homophobia, transphobia, ableism, ageism, fatphobia and others.</p>	<p>KPI4: Image Based Abuse</p> <p>Image Based Abuse: Intimate image abuse is the act of sharing (or threatening to share) intimate images or videos of someone, either on or offline, without their consent and in order to cause distress.</p> <p>Why not call it 'revenge porn'? - Intimate image abuse is also referred to as 'revenge porn', non-consensual pornography or image based sexual abuse. We try not to use the term 'revenge porn' as we believe it's misleading; it's not always an act of revenge and the content is not pornography. It is abuse.</p> <p>Laws:</p> <ul style="list-style-type: none"> Sharing intimate images and videos without consent 'It is an offence for a person to disclose a private sexual photograph or film if the disclosure is made without the consent of the individual who appears in the photograph or film, and with the intention of causing distress.' (Criminal Justice & Courts Act 2015) Threatening to share intimate images/videos: 'It is an offence to send matter that is grossly offensive or of an indecent, obscene or menacing character.' (Communications Act 2003). 'Threats to disclose intimate material or sexual explicit images.' (Communications Act 2003 Sentencing Guidelines) Making intimate images or videos without consent (Voyeurism) 'It is an offence to record another person doing a private act... if they know that the other person does not consent to being observed for their sexual gratification.' (Sexual Offences Act 2003) 	<p>Where to get further help and support:</p> <ul style="list-style-type: none"> Parents and trusted family members Teachers and School Staff including School Nurse and Safeguarding Team Report any inappropriate images to the website. NSPCC - https://www.nspcc.org.uk Childline - Helpline: 0800 1111(24 hours, every day) / https://www.childline.org.uk CEOP (Thinkuknow programme) If someone has asked you to do things online that you don't feel comfortable with, you can report this directly here: www.ceop.police.uk/safety-centre. Following a report to CEOP, you will be contacted by a Child Protection Advisor who will work with you to make a plan to keep you safe. You can also report to CEOP if you are worried about a friend, or someone you know. Website: www.thinkuknow.co.uk National Domestic Violence Helpline: Tel: 0808 2000 247 Website: www.nationaldomesticviolencehelpline.org.uk The Revenge Porn Helpline: Provides guidance, advice and support to victims of intimate image abuse – Phone 03456000459
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