

PCSHE – Year 7 Term 5 – Building Relationships

<p>KPI1: Key Terms</p> <ul style="list-style-type: none">• 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.• Affirmative consent: consent is only given when a person agrees verbally to engage in sexual activities• 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 a minor: A person who is under the age of 18 and legally considered a child.	<p>KPI2 – What is consent?</p> <p>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.</p> <p>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.</p> <p>Consent is:</p> <ul style="list-style-type: none">• 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).	<p>KPI4: Sexting</p> <p>Sexting: Sexting is the sending or posting of nude or semi-nude images, videos or live streams online by young people under the age of 18. This could be via social media, gaming platforms, chat apps or forums. It could also involve sharing between devices via services like Apple’s AirDrop which works offline.</p> <p>What is the law about sexting?</p> <p>In the UK the age of consent for sexual intercourse is 16. However, it is an offence to make, distribute, possess or show any indecent images of anyone aged under 18, even if the content was created with the consent of that young person. The law is contained in Section 1 Protection of Children Act 1978. ‘Indecent’ is not defined in law. When cases are prosecuted, the question of whether any photograph of a child is indecent is for a jury, magistrate or district judge to decide. Indecent imagery does not always mean nudity.</p> <p>Will I get in trouble?</p> <p>You can get in trouble if you threaten to share a nude, even if you don’t actually do it. Only the police can decide if they’re going to charge you with an offence after sexting. But it’s important to remember that the law is there to protect you, not get you into trouble.</p>										
<p>KPI3 – Consent and the Law</p> <p>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.</p> <p>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.</p> <p>According to the law, there are no circumstances in which someone under the age of 13 can consent to any sexual activity or act.</p>		<table><tr><th>Healthy Relationships</th><th>Unhealthy Relationships</th></tr><tr><td>You know when you’re in a healthy relationship because you feel happy to see and spend time with certain people</td><td>The signs of an unhealthy relationship are easy to spot.</td></tr><tr><td>No relationship is perfect, and you will definitively have moments with minor disagreements causing frustration</td><td>People stop communicating, becoming less close, argue more frequently and show less love and respect for each other.</td></tr><tr><td>There are many factors that could contribute to the development and maintenance of healthy relationships including: commitment ; trust; respect; and responsibility.</td><td>There are many ways to deal with/improve an unhealthy relationship</td></tr><tr><td></td><td><ul style="list-style-type: none">• we could try listening more to others and becoming more aware of their needs.• We could examine our own behaviour honestly and try to identify aspects of it which is causing conflict with others.• However, the best way to improve an unhealthy relationship between partners is by getting advice.</td></tr></table>	Healthy Relationships	Unhealthy Relationships	You know when you’re in a healthy relationship because you feel happy to see and spend time with certain people	The signs of an unhealthy relationship are easy to spot.	No relationship is perfect, and you will definitively have moments with minor disagreements causing frustration	People stop communicating, becoming less close, argue more frequently and show less love and respect for each other.	There are many factors that could contribute to the development and maintenance of healthy relationships including: commitment ; trust; respect; and responsibility.	There are many ways to deal with/improve an unhealthy relationship		<ul style="list-style-type: none">• we could try listening more to others and becoming more aware of their needs.• We could examine our own behaviour honestly and try to identify aspects of it which is causing conflict with others.• However, the best way to improve an unhealthy relationship between partners is by getting advice.
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		<p>Where to get more 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- Your Doctor or Community Nurse- NHS Online- NSPCC: Helpline: 0808 800 5000 (24 hours, every day) nspcc.org.uk- Childline: Helpline: 0800 1111(24 hours, every day) https://www.childline.org.uk- CEOP: www.ceop.police.uk/Safety-Centre										