SAFE AND HEALTHY RELATIONSHIPS

PSHE Year 8 Autumn 2

KNOWLEDGE ORGANISER

Overview and Recap

Safe and healthy relationships are influenced by attitudes, values and behaviour. I am learning that bullying someone because of their identity or sexual orientation is wrong and that I can stand up to this and seek help. I can explain that people can be attracted to others of the opposite or same sex, and that different people have their own sexual orientation and gender identity which must be respected. Social Media platforms affect our relationships, and we are learning about the benefits and challenges of social media for developing and maintaining relationships as well as how to manage online risks.

Healthy Relationships

Relationships are <u>our connections with other living things.</u>

Stereotypes



<u>A stereotype is an often unfair and untrue belief that people have about all people or things with a particular characteristic.</u>

For example, some people may stereotype that girls wear pink, that boys shouldn't cry, that teenagers are troublesome, or that all gay men act like females.

<u>Stereotypes are not based on fact</u>: they are based on assumptions and prejudice (pre-judging people). Therefore, <u>stereotypes can be dangerous.</u>

-There are often stereotypes around sex, gender and sexual orientation.

People who are seen to be different can sometimes be bullied. Remember:

Being LGBTQ Is perfectly fine and normal;

The word 'gay' should never be used as an insult;

It is fine for boys to cook, sew, design etc. and it is fine for girls to have short hair, play football etc. People are unique and are not defined by interests and appearance!

Values

We are learning to differentiate and reflect on our own values around differing types of relationship.

This helps to identify when a relationship can be improved with effective communication or when the relationship is no longer healthy and should be ended.

We are learning to suggest safe and constructive ways of ending a unhealthy relationship

We are learning to improve your communication skills to ensure individuals' values are respected whilst respecting others' as well



Health and Wellbeing

Consent means 'giving permission' and we are learning that consent has to be asked for in relationships, and in many areas of life, such as with taking pictures, borrowing property, sharing information, physical touch and contact.



A person consents if they/he/she agrees by choice, and has the freedom and capacity to make that choice.

CONSENT



Freely Given
Reversible
Informed
Enthusiastic
Specific

Safety and Online Relationships

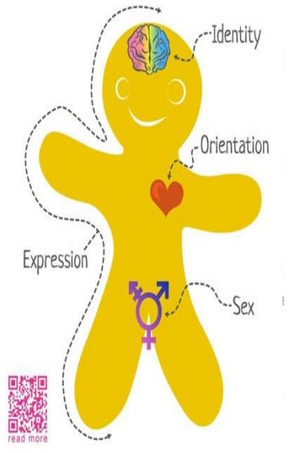
Relationships on social media need to be managed properly. Social media means websites and apps that enable users to create and share content and participate in social networking. Popular apps have age limits and <u>privacy controls</u> – which you should respect and understand.

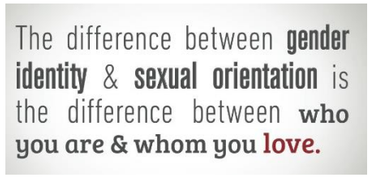
Tips for staying safe online:

- ✓ Use a strong password and keep it private
- ✓ Use a different password for each social media account
- ✓ Password protect your phone, tablet or computer
- ✓ Don't accept friend requests from people you don't know in real life
- ✓ Never share personal private information online (address, phone number, bank account details)
- ✓ Log off your social media when you're finished
- ✓ Report inappropriate comments and images to the site.

RSE Content

Types of Relationships, Orientation and Identity





Different relationships can be in friendships, familial (in families), collegiate (at work and school) or romantic (with someone we are attracted to) and committed (partnerships, marriage). Relationships and families come in many forms.

<u>Gender identity</u> is how individuals identify as female, male, non-binary or transgender. Respecting different identities and orientations is a legal responsibility for us all.

<u>Orientation</u> means who you are attracted to. Orientation could be heterosexual (straight), gay, lesbian, bisexual and asexual.

<u>Expression</u> is how we choose to express ourselves – the way we 'show' ourselves to others in society

<u>Sex</u> (noun) means the biological organs, hormones and chromosomes which we are born with.

Define:
Platonic Relationship

A friendship or relationship where there is no romantic, intimate or sexual feelings.

Friends and Colleagues.

Define:
Intimate Relationship

A relationship which can include a sexual attraction and sexual activity.

Boyfriend. Girlfriend, Married Couples

Define:
Familial Relationship

A relationships with someone who has a blood, kinship or legal tie to you.

Parents, Siblings etc.

Define:
Toxic Relationship

A relationship that has a negative impact on your mental health and self esteem.

What makes a good friend?

Good friends make you feel good	Good friends say and do things that make you feel good, giving compliments and congratulations and being happy for you.
Good friends listen	A good friend allows you to talk and doesn't interrupt you. They're interested in what you have to say.
Good friends support each other	If you're feeling down, a good friend will support you. If you need help, a good friend will try to help you out.
Good friends are trustworthy	If you tell a good friend something private, they won't share it. You can trust a good friend not to be judgmental.
Good friends handle conflict respectfully and respect boundaries	A good friend will tell you if you've done something to hurt them. If you tell a good friend they've hurt you, they'll be sorry and won't do it again.
Friends not followers	In the digital world you can feel under pressure to have a lot of friends and followers. Remember that you only need a small circle of friends to be happy,

Good friendships go both ways

Signs of a Toxic Friendship

Sometimes people who claim to be your friends can show bullying behaviour. This is sometimes called a 'frenemy' but is a type of toxic relationship. You can spot them by:

- They might say "brutally honest" things to you which are unkind or hurtful
- Put pressure on you to do things you don't want to do
- Be manipulative (e.g. 'If you were my friend you would…')
- Put you down
- Laugh at you, or encourage others to laugh at you
- Talk about you behind your back
- Deliberately exclude you from group chat and activities
- Take the "banter" too far
- Share things about you online
- Make you feel bad about yourself

What to do if you are in a toxic friendship

- **Remember: the problem isn't you:** Hold on to that thought. Their behaviour might make you feel bad, but they need to change, not you.
- **Talk to them about how their behaviour makes you feel:** Explain calmly and without accusation. Be specific, Tell them what you'd like to happen moving forward. Their response will tell you a lot, sometimes our behaviour hurts others without us realising.
- **If they apologise, give them another chance:** If they mean it, they'll change their behaviour and stop making you feel bad. However, sometimes frenemies might apologise insincerely, and their behaviour afterwards won't change. If they're still making you feel bad despite what you've told them, it's time to move on.
- **Make new friends:** Moving on can be scary, but you deserve people in your life who support you and make you feel good about yourself. See our guide to making new friends for help.
- **Don't retaliate:** It can be tempting to encourage others to exclude your former frenemy, or to put them down behind their back. Don't do this: you're only showing the same behaviour you found difficult in them.

Key Vocabulary

Stereotype, Prejudice, Values, Heterosexual, LGBT, Relationships, Orientation, Marriage, Platonic, Toxic, Privacy, Intimate, Boundaries, Consent