

Safety 1

Y10 RHSE [PD] Extraction 2026+

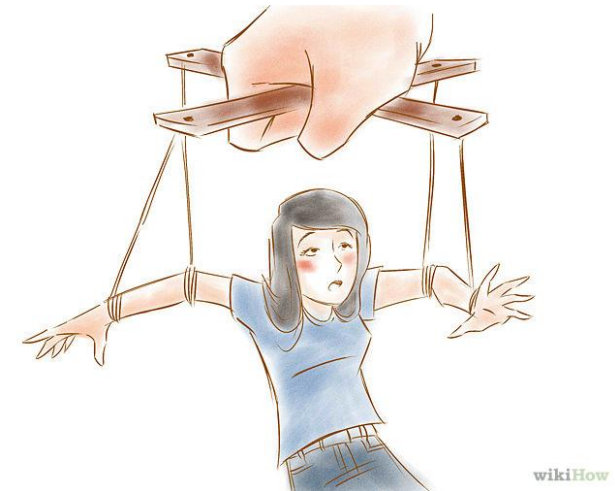
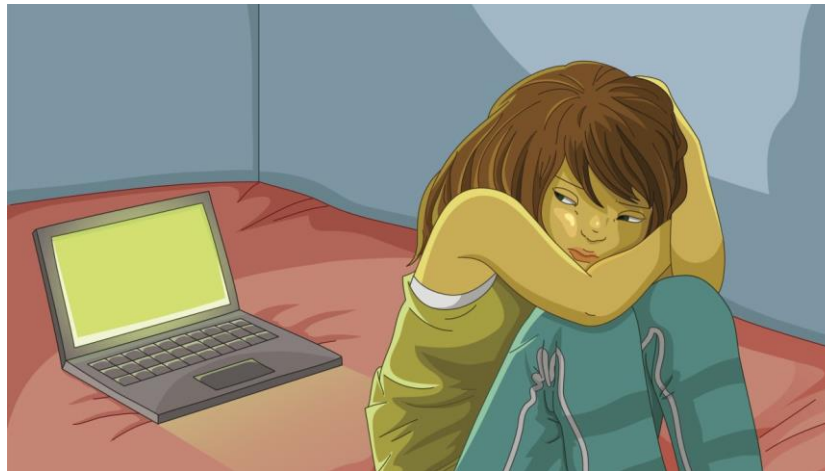
Relationships in the Personal Sphere

Recognising, Communicating and Respecting Consent

What makes a relationship healthy?

How can people communicate effectively in relationships, with friends, or at work?

How would this work with online relationships and behaviour?



Recognising, Communicating and Respecting Consent

Recognising healthy and unhealthy relationships

Healthy relationship =

Feeling safe, valued, and listened to

Mutual trust and honesty

Support for each other's goals and boundaries

Unhealthy relationship =

Controlling behaviour

Pressure to do things they're uncomfortable with

Frequent put-downs, manipulation, or intimidation

Communicate effectively

Assertiveness

Active listening

Managing disagreements

Staying calm

Avoiding insults

Focusing on solutions



Communication isn't just verbal

Tone of voice, body language, and online messages can all be interpreted differently

Texts and social media lack tone, which can lead to misunderstandings

Recognising, Communicating and Respecting Consent



Trust your instincts if something feels uncomfortable

Know who to talk to (trusted adult, teacher, safeguarding lead)

Understand that asking for help is a strength, not a weakness

Respect is not just about being “polite”—it’s about recognising boundaries, differences, and rights.

Online relationships and behaviour

Digital footprint: what we post can have long-term consequences

Online respect: no bullying, harassment, or sharing private information

Recognise harmful behaviours:

- Cyberbullying
- Grooming or manipulation
- Peer pressure through group chats or social media

Not everything online is genuine

It’s okay to block, report, or seek help if something feels wrong

Justify: Explain why some people choose to stay in unhealthy relationships

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Justify: Now discuss with two other people. All four of you must end up with the same answer

Strategies for Identifying, Resisting, and Understanding Pressure in Relationships

How can we identify pressure in our relationships?

Why does pressure happen in these relationships?

What strategies are there for resisting pressure?

How can we build the confidence to resist?

How can we see this in online and intimate relationships?



Strategies for Identifying, Resisting, and Understanding Pressure in Relationships

Direct pressure

“If you cared about me, you would...”

“Everyone else is doing it”

Repeated asking after they’ve said no

Warning signs in relationships

Feeling uncomfortable but unsure why

Being rushed into decisions

Fear of losing the relationship if they say no

Someone ignoring or pushing past boundaries



Identifying pressure (spotting it early)

Pressure isn't always obvious:

Indirect pressure

Feeling left out or judged

Subtle guilt-tripping or emotional manipulation

Social media influence (likes, trends, comparison)

In intimate relationships, this can include pressure around:

Physical affection or sexual activity

Sharing images or personal information

Constant availability (e.g. messaging 24/7)

Strategies for Identifying, Resisting, and Understanding Pressure in Relationships

Understanding why pressure happens

If we understand the why, we're less likely to internalise it.

Common reasons people apply pressure:

Desire for control or validation

Wanting to fit in or impress other

Misunderstanding of consent and boundaries

Influence from media or peer groups



Pressure says more about the other person's needs or insecurities than our own worth.

Strategies for Identifying, Resisting, and Understanding Pressure in Relationships

Clear and confident responses

“No, I’m not comfortable with that.”

“That’s not for me.”

“I said no already.”



Strategies for resisting pressure

Delay and deflect

“I need time to think about it.”

“Maybe another time.”

Use support and allies

Stay close to trusted friends in social situations

Agree on “exit strategies” beforehand (e.g. a message to leave together)

Back each other up when someone is being pressured

Remove yourself from the situation

Physically leaving

Muting/blocking online

Avoiding environments where pressure is likely

Encourage:

Calm tone

Repeating your answer if needed (broken record technique)

Changing the subject or creating distance

This reduces immediate pressure and gives space.

Strategies for Identifying, Resisting, and Understanding Pressure in Relationships

Building confidence to resist

Our values matter more than fitting in

“No” is a complete sentence

Respectful people will accept boundaries

Anyone who keeps pushing is showing a lack of respect



Intimate relationships

Consent must be freely given, reversible, informed, enthusiastic, and specific

Pressure, guilt, or persistence = not consent

Online pressure

Common issues:

Pressure to send images and

Fear of being excluded or exposed

Strategies:

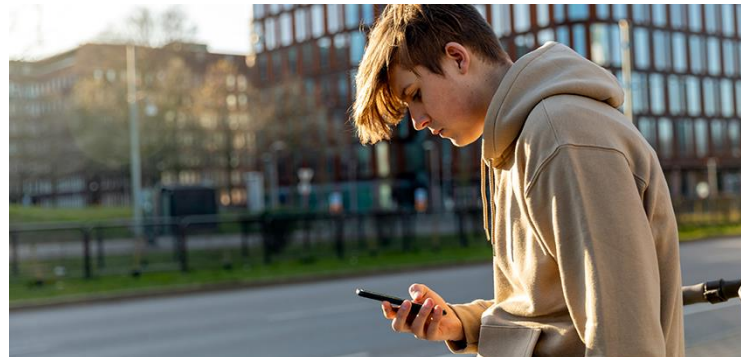
- Don't respond immediately—pause
- Screenshot/report if needed
- Block and remove access
- Talk to a trusted adult if something escalates

Healthy relationships involve:

Checking in

Respecting boundaries immediately

No negative consequences for saying no



Examples of unhealthy behaviour:

“You owe me”

“We’ve been together a while”

Threatening to leave or cheat

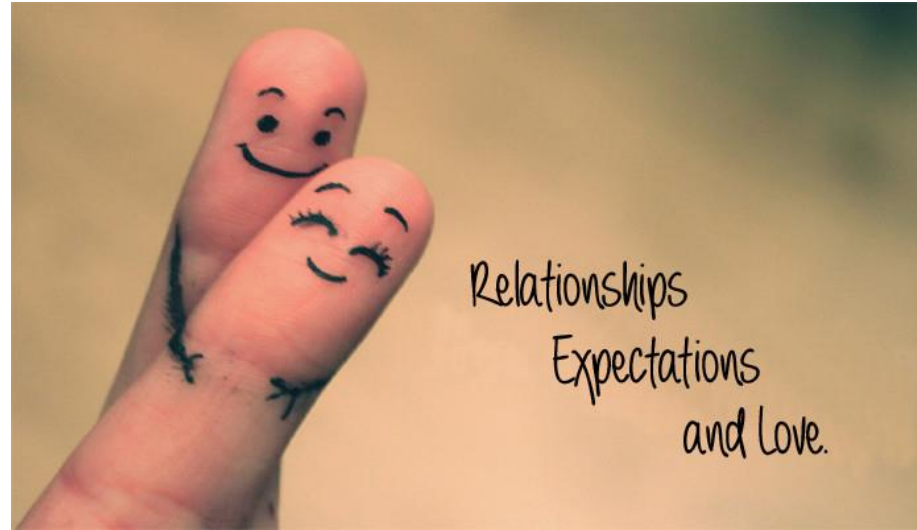
Justify: Explain how pressure can play a part in people staying in unhealthy relationships. How does this fit with what you said earlier?

Pornography

Why do some people say pornography is the normalisation of the abnormal?

How might pornography impact on expectations and relationships?

What might be the emotional and psychological and behavioural risks?



Pornography

Also in Awareness1 session

**Normalisation of
the abnormal**

Pornography often:

Exaggerates or distorts behaviour for views and profit

Presents unrealistic bodies, reactions, and expectations

May show aggressive, degrading, or one-sided dynamics as if they are normal

Rarely shows communication, consent, or emotional connection



What is shown is not a realistic model of healthy relationships:

It's scripted and edited

It focuses on performance, not mutual respect

It doesn't reflect real-life intimacy or care

Pornography

Also in Awareness1 session

Impact on expectations and relationships

Expecting partners to behave in unrealistic ways

Confusion about consent and boundaries

Believing pressure or persistence is normal

Viewing people as objects rather than individuals



Emotional and psychological risks

Feeling anxious, confused, or inadequate

Comparing themselves to unrealistic standards

Developing unhealthy attitudes towards sex or relationships

Difficulty forming genuine emotional connections

For some, it can become:

Habit-forming or difficult to stop

A way of coping with stress or loneliness (which doesn't address the root issue)



Pornography

Also in Awareness1 session

Physical and behavioural risks

Trying to imitate behaviours that may be unsafe or uncomfortable

Lack of understanding about real consent and mutual enjoyment

Increased likelihood of risky or pressured situations

Real relationships require communication, respect, and care—not imitation



Online safety and legal awareness (UK)

Many sites are not age-appropriate and may expose us to harmful content

Sharing explicit images of under-18s is illegal (even among peers)

Content online can be recorded, shared, and difficult to remove

Questions to ask:

Who made this and why? (profit, views)

What's missing? (consent, communication, respect)

How might this effect expectations?

Justify: Explain why some people say pornography causes harm in unhealthy relationships. Justify your views on this.

Forced Marriage

In the UK:

Forced marriage is illegal under the Anti-social Behaviour, Crime and Policing Act 2014

It is a criminal offence to:

Force someone to marry

Take someone abroad to force them to marry

Maximum penalty: up to 7 years in prison



Forced Marriage Unit

Offers advice and emergency help (including from overseas)

A forced marriage is when someone is made to marry without their full and free agreement. It can involve:

Emotional pressure (“you’ll shame the family”)

Financial control

Threats or intimidation

Physical force

Being taken abroad and not allowed to return



Female Genital Mutilation [FGM]

The partial or total removal or injury of external female genitalia

It is not medically necessary

It is usually carried out for cultural, social, or perceived “purity” reasons

It is a serious form of abuse, not a cultural requirement

FGM is illegal under the Female Genital Mutilation Act 2003

It is illegal to:

Perform FGM

Assist or arrange it (including taking someone abroad)

Maximum penalty: up to 14 years in prison

Virginity testing

A non-medical examination claimed to assess whether someone has had sex

It has no scientific validity

It is based on a myth about the hymen and “virginity”

Virginity testing is illegal in the UK under the Health and Care Act 2022

Hymenoplasty is not a reliable indicator of sexual activity.



Seeking Support in Abusive Situations: Seeking Help and Support after a Sexual Assault

Safety and support

- Anyone who has experienced sexual assault deserves to be believed, supported, and protected
- Reactions can vary (shock, silence, distress, confusion, numbness, or delayed disclosure)
- There is no “right way” to respond

Recognising when someone may need help

A person may:

- Become withdrawn, anxious, or upset
- Avoid certain people or places
- Show changes in behaviour, mood, or school performance
- Have difficulty talking about what happened
- Express feelings of fear, shame, or confusion

These signs are not proof, but they may indicate someone needs support.

How to respond if someone discloses

Listen

- Stay calm and give full attention
- Let them speak in their own time

Believe

- Take what they say seriously
- Avoid questioning “why” or suggesting blame

Reassure

- “I’m glad you told me”
- “You are not to blame”
- “You are not alone”

Do not investigate

- Do not ask detailed questions
- Do not pressure them to repeat their story

Report

- Tell a safeguarding lead, teacher, or trusted professional immediately
- Follow safeguarding procedures (do not keep it secret)

Create a poster to show the key advice for supporting someone in an unhealthy relationship

Relationships in Public Sphere

Your mate's in trouble. Instinct says: jump in.

Cold water shock hits fast though.
They panic.
They could climb on you to stay afloat.
Now it's two of you in trouble.

What actually saves lives:

Call 999.

Tell them to float on their back.

Throw something that floats.

Phone, Float, Throw.
Be a mate.



Last May, 26 people were recorded as having died in water-related accidents, slightly lower than the same month in 2024, according to the charity [National Water Safety](#). The number of water-related fatalities increases over the summer months, as more people enter the water, with a total of 202 accidental deaths in 2025 – down from a high of 315 in 2021.

Staying Safe in Public Spaces

Be aware of your surroundings

- Look up, not just at your phone
- Notice who is around you and what is happening
- Trust your instincts if something feels “off”

Stay with others when possible

- Use the buddy system
- Agree meeting points if you get separated
- Don't wander off alone in unfamiliar areas

Plan your route

- Know where you're going before you leave
- Share your plans with a trusted adult
- Keep your phone charged

Digital safety in public

- Be careful using phones in crowded places (theft risk)
- Don't display expensive items openly
- Avoid oversharing location on social media in real time

Stranger awareness

- Not all strangers are dangerous, but caution is important
- Never accept lifts, gifts, or go anywhere with someone you don't know
- Avoid sharing personal details (school, address, routines) with strangers

What to do if you feel unsafe

- Move toward safe, busy areas (shops, staff, families, transport hubs)
- Ask for help from trusted people (police, shop staff, transport workers)
- Call a trusted adult immediately
- In emergencies, call 999 (UK)

Transport safety

- Stand behind platform or curb edges
- Let others exit first before boarding
- Keep bags zipped and close to your body
- Be aware of late-night travel risks

Faith-Based Views on These Areas

Most major religions (including Christianity, Islam, Hinduism, Sikhism, and Judaism) emphasise:

- The sanctity of the body
- Respect and dignity for every person
- No harm (physical or emotional) should be caused
- Consent and responsibility in relationships
- Protection of children and vulnerable people

Harmful practices are not required by core religious teachings.

In **Islam**, marriage is based on mutual consent (ridha)

In **Christianity**, marriage is understood as a willing, loving commitment

FGM is not a religious requirement

It is a harmful cultural practice, not a faith teaching

No major religion requires virginity testing

It is not a recognised religious practice

Many faith leaders criticise it because:

- It promotes misinformation about bodies
- It can cause shame, fear, and harm
- It violates dignity and privacy

Christianity: Strong emphasis on compassion, caring for the vulnerable, and standing with those who are hurting (“love your neighbour” principle).

Islam: Encourages justice, protection of dignity, and helping those in distress; harming others is strictly prohibited.

Judaism: Values justice and repairing harm and strongly condemns abuse.

Citizenship Views

Pornography

Exposure to Pornography:

- 73% of teenagers (13–17) have watched pornography online
- Average age of first exposure: around 12–13
- 1 in 10 children have seen porn by age 9
- About 1 in 3 children have seen porn by age 10

Addiction and Frequency of Issues:

- 1 in 5 in a recent survey of 14–18-year-olds said they had a habit
- 1 in 10 in the same survey said they felt addicted
- 1 in 8 girls (13–18) in another survey report sexual threats online.
- 18.2% of 16–19-year-olds in England & Wales report experiencing domestic abuse

Police and safeguarding experts link rising abuse partly to:

- violent pornography
- harmful online relationship attitudes

Forced Marriage

From 2024 cases:

- 35% were aged 17 or under
- 71% were female victims
- 29% were male victims

Most cases involve links to countries such as:

- Pakistan (45%)
- Bangladesh (13%)
- Afghanistan (7%)

FGM

- The NHS recorded 6,655 individual women and girls receiving care related to FGM in 2023–24 (England)
- This was an increase from around 5,870 in the previous year