

BEGINNING RELATIONSHIPS

- **Learning outcomes:**
- I can...
- I can justify my opinion on whether something is a positive or negative way to act on first contact or early in relationships
- I can list questions which help a person to assess their readiness for sex



ADVISING CHARLIE

Charlie is 15 and is feeling overwhelmed by the whole sex and relationships thing so intends to take things slowly. But friends keep sending them photos and tips about sex. It feels like there's so much pressure from everyone to hurry up and start having sex yet all the online stuff just makes Charlie feel like they've got no chance of getting it right. And the consequences can be serious if you have sex with someone so it all feels really scary. Charlie doesn't want to tell anyone about all this

How would you advise
Charlie?



YOUR VIEWS

Discuss:

- How far do you agree or disagree with these statements?
- Do you think everyone will have similar views to you?



**STRONGLY
DISAGREE**



**STRONGLY
AGREE**

Did anyone change their mind after discussion? If so, why?

Everyone's different so we may have different views on what is acceptable and what is not is, but there are potentially legal as well as moral and social lines which carry consequences if broken.

1. Pinching someone's bum is okay.

2. Having sex after a first date is a bad idea.

3. Chat-up lines are corny and won't get someone a date.

4. Telling someone what's great about them, is a nice way to start asking them out.

5. Dating more than one person in the first few months of seeing someone is fine.

6. It's flattering if a person keeps asking someone out when they've said no.

7. Wolf whistling is okay if it's a compliment from someone known to that person.

8. Buying gifts can be a lovely way to show interest in someone.

9. Once a person starts sleeping with someone, they should break things off with anyone else they've been dating.

10. People like to share sexy images with a partner in the first few weeks of dating.

11. If someone really loves their partner, they will have sex with them.

12. Threatening to 'out' someone unless they kiss them is manipulative and illegal.

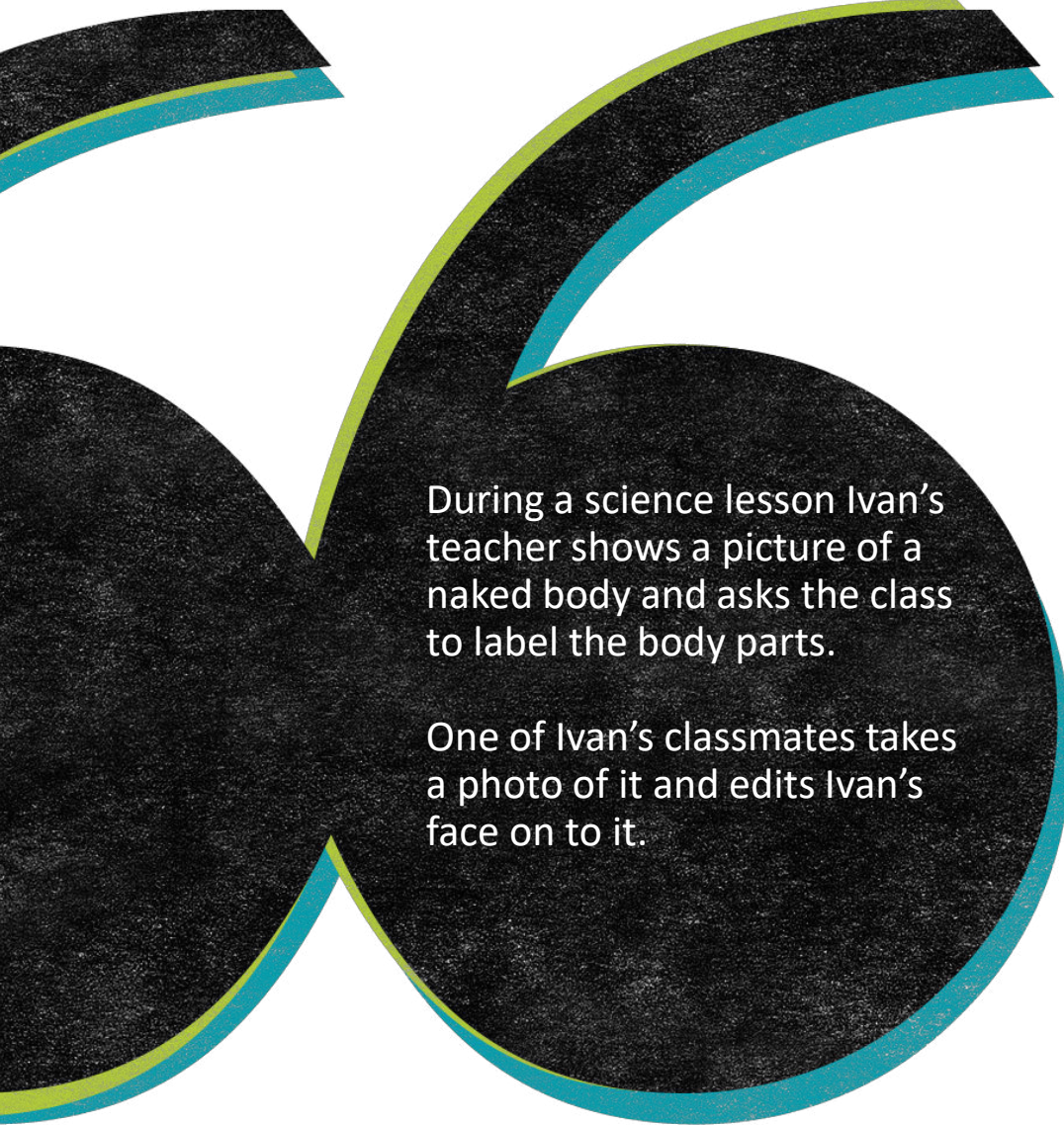
Basics of consent.



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Basics of consent

- Did you remember this...
- Consent isn't just about giving permission for sex. Consent is something you need to understand for every decision you make in life.



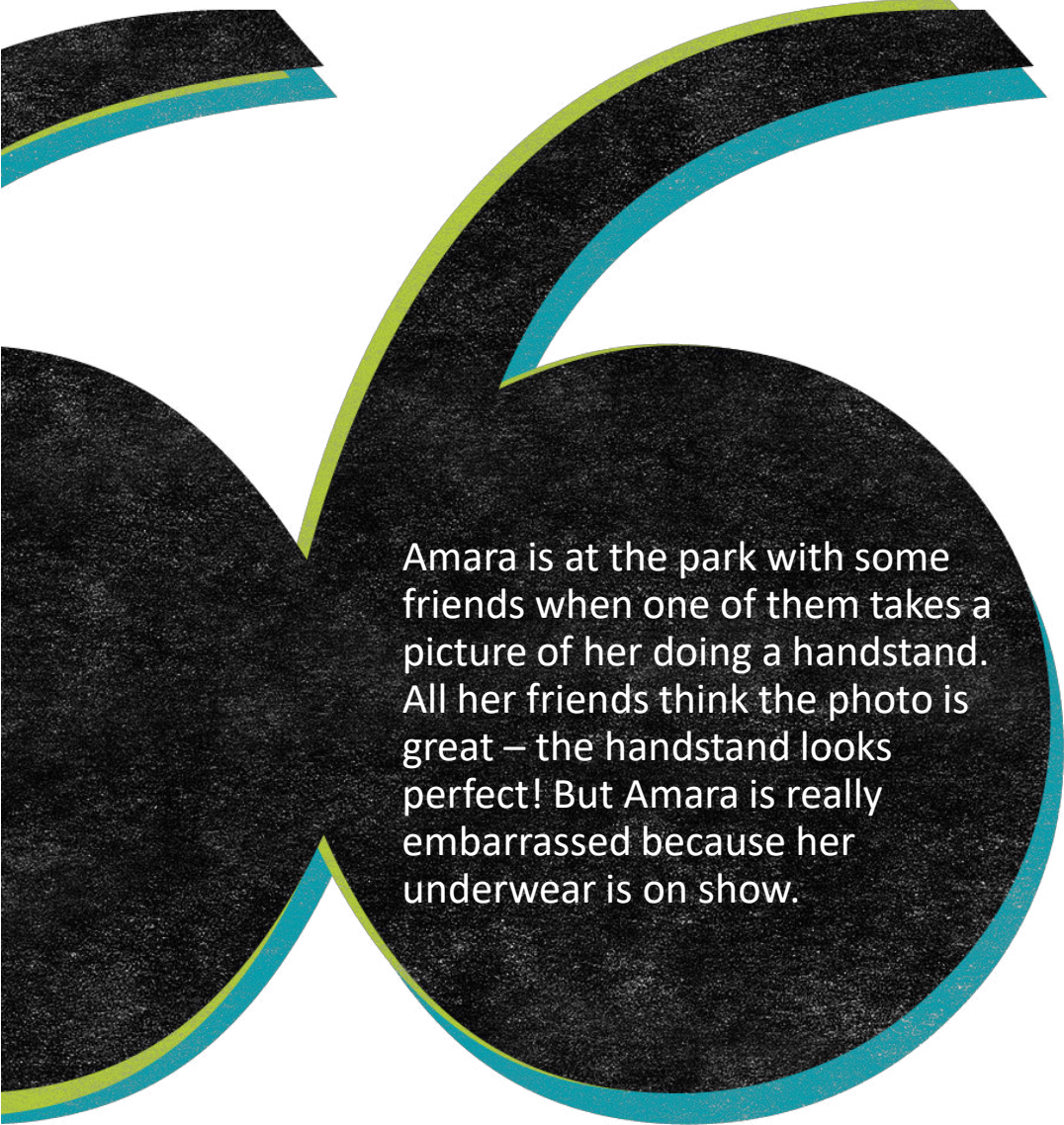
During a science lesson Ivan's teacher shows a picture of a naked body and asks the class to label the body parts.

One of Ivan's classmates takes a photo of it and edits Ivan's face on to it.

What advice would you give Ivan?

- A** "Show the message to an adult you trust – it's not okay for someone to do that."
- B** "Laugh with everyone else – send a laughing emoji to show that you get the joke."
- C** "Ignore it – bullies like that just want attention anyway, so don't give them it."
- D** "Find a different naked photo online and send another edited picture back so they know how it feels."

! Sharing naked photos can make people feel really hurt and uncomfortable – even if they're edited and not real. If someone shares a naked photo and says it's of you, it's important to tell an adult you trust. They can help get the photo deleted and make sure it's not shared anymore.

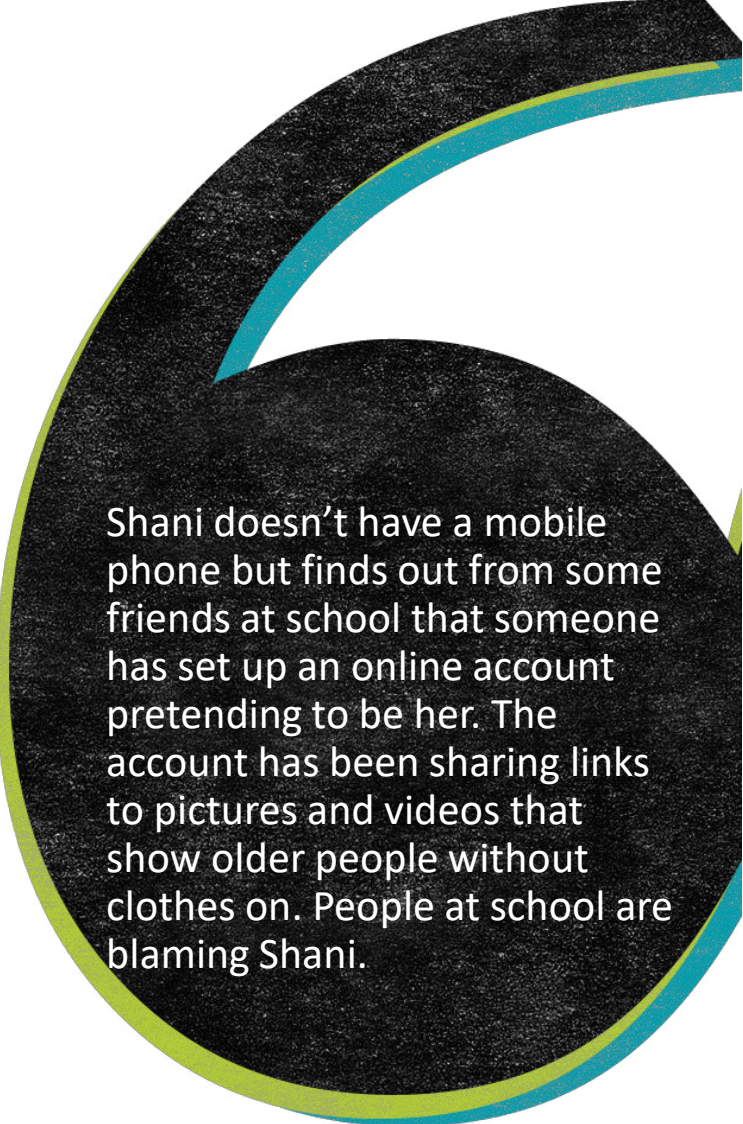


Amara is at the park with some friends when one of them takes a picture of her doing a handstand. All her friends think the photo is great – the handstand looks perfect! But Amara is really embarrassed because her underwear is on show.

What should Amara do?

- A** Ask to borrow her friend's phone then delete the photo when she's not looking.
- B** Ask her friend to crop the photo so her face isn't visible and people won't know it's her.
- C** Explain why she doesn't like photo and ask her friend to delete it.
- D** Be proud of her gymnastic skills and stop worrying so much.

! You get to decide what photos of you are okay or not okay. If something in a photo makes you feel uncomfortable then you should speak to the person who took it. A good friend will listen to your wishes. If they don't, ask an adult for help and support.

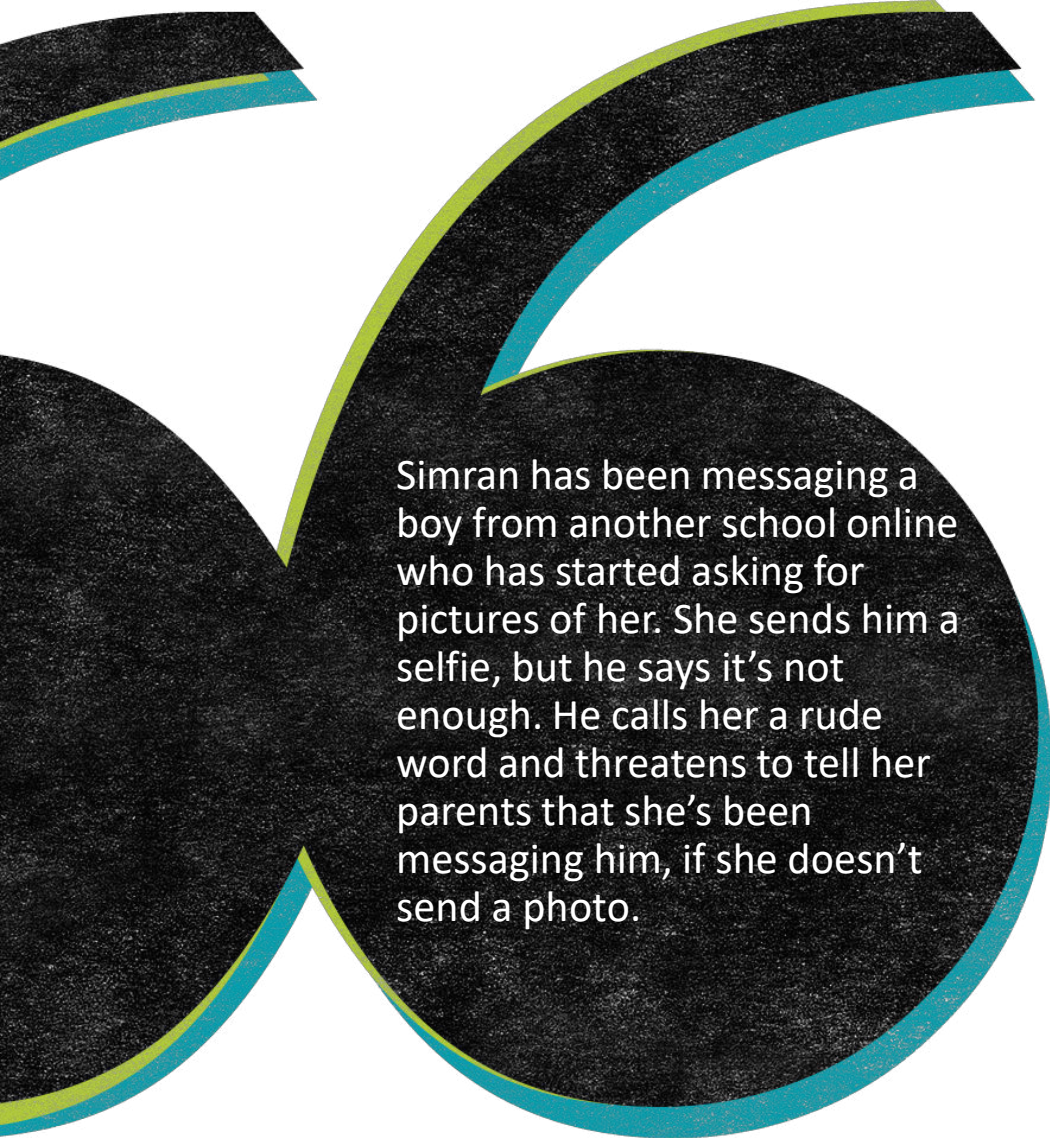


Shani doesn't have a mobile phone but finds out from some friends at school that someone has set up an online account pretending to be her. The account has been sharing links to pictures and videos that show older people without clothes on. People at school are blaming Shani.

What should Shani do?

- A** Tell an adult about what's happening so they can get the account taken down.
- B** Use a friend's account to investigate and work out who started the fake account.
- C** Get a friend to report the fake account then create her own so it doesn't happen again.
- D** Spread the word in school that it isn't her and get everyone to remove the account from their friend's list.

! If someone is pretending to be you online (also known as 'impersonating' you) then there are things you can do to stop this. The first step is always to tell an adult about what's happening so they can support you.



Simran has been messaging a boy from another school online who has started asking for pictures of her. She sends him a selfie, but he says it's not enough. He calls her a rude word and threatens to tell her parents that she's been messaging him, if she doesn't send a photo.

What advice would you give Simran?

A

"Send him a photo – he'll stop bothering you once he's got what he wants."

B

"Just block him – then he can't contact you again."

C

"Find a random picture of someone else online and pretend it's you."

D

"Talk to your parents – or a teacher in school. They can help!"

! The threats Simran is getting online are not okay. By talking to an adult she knows and trusts, they can work together to figure out what to do next (this may include contacting the police) and they can make sure Simran feels safe.

Relationships and consent myths:
discussion including multicultural issues.



MYTH:

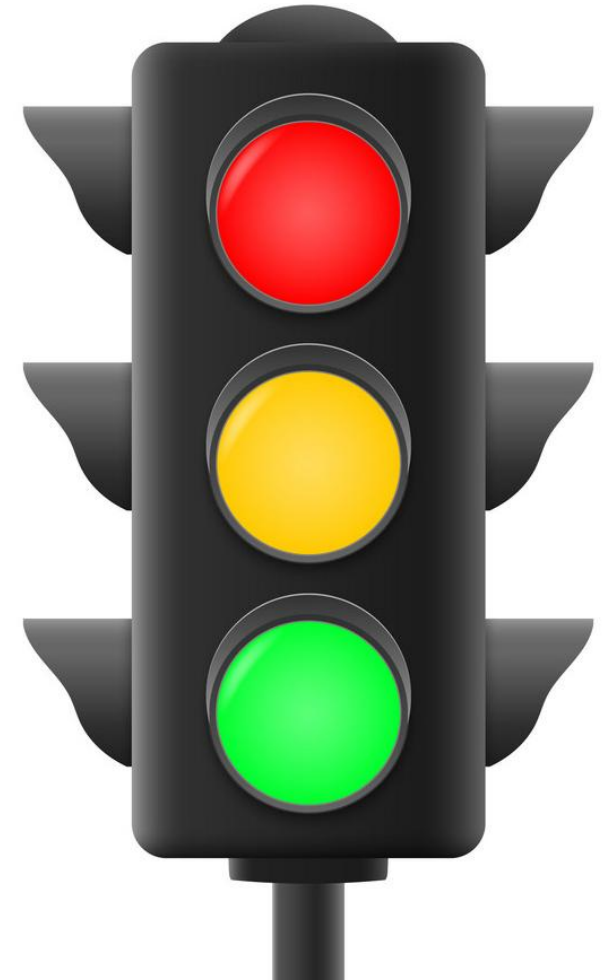
**IT'S OKAY TO BE IN AN UNHEALTHY RELATIONSHIP
BECAUSE IT IS EXPECTED FOR A PERSON
TO BE FORGIVING AND NOT "AIR THEIR ISSUES
TO STRANGERS/IN PUBLIC".**

RELATIONSHIPS – healthy or unhealthy relationships?

Read the scenario in small groups.

Are there any behaviours which are

- concerning (red)
- not quite right (orange)
- positive relationship behaviours. (green)



Scenario 1

Jamil and Amari met at a swimming club recently. They have only recently started dating so they have had some awkward conversations to figure out what each other is happy with – Jamil calls it ‘checking in’.

At first this felt a bit strange but it helped them both feel respected and they have both said they feel much more relaxed than in previous relationships.

At the weekend Jamil went to a party with friends and didn’t invite Amari. Amari was upset so he didn’t go and support Jamil at a swimming gala he had promised to go.

Scenario 2

Taylor and Addison have been seeing each other for some time and seem quite happy together.

Addison was slightly worried that Taylor got so upset when Addison went out with friends but cut down on doing so to make Taylor happy. This seemed to have helped. But last week they got into an argument about it again.

Taylor was furious, throwing plates and cutlery and even kicking Addison.

Scenario 3

Jenna and Harry have been friends for a while – they are part of a group of year 10's who hang out together all the time – but they have only just started dating.

Jenna's parents are away at the weekend so she invites Harry over, suggesting they can 'do whatever they want and no-one will find out'. From her body language and tone, it's clear she wants to do more than just watch a film together.

Harry is hesitant as he is not sure it's the right thing yet. Jenna has gone further in previous relationships so tells Harry to hurry up and figure out whether he really likes her or not.

Scenario 1

Jamil and Amari have swimming in common which provides a positive way to connect.

Having conversations to figure out what each other is happy with – ‘checking in’.

Jamil went to a friend’s party without inviting Amari.

Amari’s upset means they don’t go to the swimming gala as agreed.

Relationships don’t mean someone has to be invited every time their partner goes out. However, if a relationship is more well established, it would be polite to mention it to their partner.

If Amari is upset, it is best to discuss this rather than letting their partner down. As a one-off, this may just be a partner reacting without thinking. But if it becomes a way of punishing Jamil for not acting the way Amari wants him to, this is a controlling relationship behaviour and is unacceptable.

Scenario 2

Taylor and Addison seem quite happy together.

Taylor gets upset when Addison goes out with friends.

Addison cut down on going out with friends to make Taylor happy. (It is a reasonable request for a partner to spend a balance of time between friends and their partner is different to stopping someone seeing their friends.)

Taylor was violent towards Addison.

Taylor's behaviour towards Addison is unacceptable. There is evidence of controlling and violent behaviours which shows it is not a healthy relationship and both people should seek help at this point.

Scenario 3

Jenna and Harry are already friends which shows they can enjoy time together.

Jenna is rushing Harry into moving faster than he wants to, based on behaviour in previous relationships.

It is important not to base expectations of a current relationship on previous relationships. Jenna is potentially coercing Harry into doing something he doesn't want to do – he would not be consenting

SIGNPOSTING

If you want to talk to someone about today's lesson:



- Tutor or Head of Year
- Childline
 - 0800 1111
 - Online chat available at www.childline.org.uk
- Relate Relationships Advice
 - 0300 100 1234
 - Online chat available at www.relate.org.uk
- Brook
 - 0808 802 1234
 - Website www.askbrook.org.uk
- CEOP
 - Website www.thinkuknow.co.uk