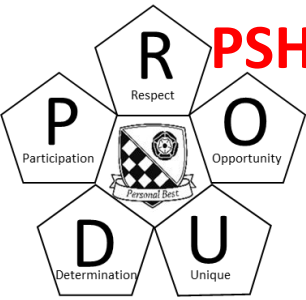


PSHCE Knowledge Map – YEAR 8



HEALTHY RELATIONSHIPS

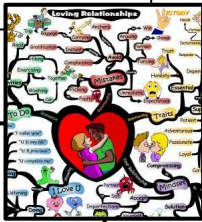
| Consent is: | |
|-------------|--|
| 1 | Freely given. It's not okay to pressure, trick, or threaten someone into saying yes. |
| 2 | Reversible. It's okay to say yes and then change your mind — at any time! |
| 3 | Informed. You can only consent to something if you have all the facts. |
| 4 | Enthusiastic. 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. |
| 5 | 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). |

Define: Toxic Relationship A relationship that has a negative impact on your mental health and self-esteem.

Define: Familial Relationship A relationships with someone who has a blood, kinship or legal tie to you. Parents, Siblings etc

Technology & Relationships →

- Understand the impact of porn & healthy relationships
- How to access support online
- What is illegal & illegal – Laws that affect teenagers.



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

10 signs of Healthy Relationships →

- You respect each other. ...
- .You trust one another. ...
- You communicate well as a couple. ...
- .You're both committed to the relationship. ...
- You're kind to each other. ...
- You enjoy each other's company. ...
- .You support each other's goals. ...
- .You make decisions together.



Define: Sexuality

A persons sexual preference or orientation. Who they are attracted to.

Define: Biological Sex

The physical anatomy and gendered hormones one is born with.

Define: 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.

Define: Affirmative Consent

Consent is only given when a person agrees verbally to engage in sexual activities including penetrative and oral sex.

Define: -A person who is a minor

A person who is under the age of 18 and legally considered a child.