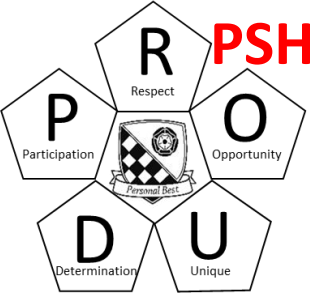


# PSHCE Knowledge Map – YEAR 9



## HEALTHY RELATIONSHIPS

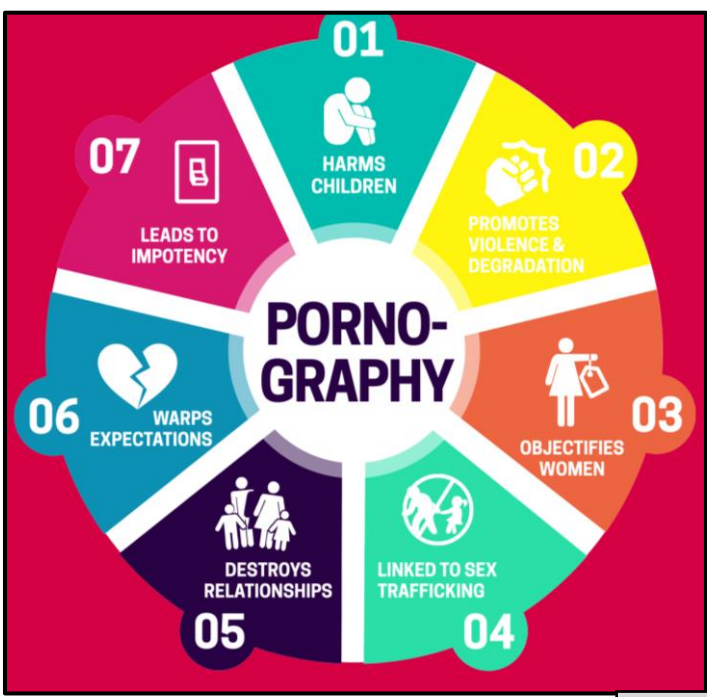
Signs of Abuse		
Physical	Emotional	Social
<p>Unexplained and an increase in Injuries such as:</p> <ul style="list-style-type: none"> <li>Black eyes</li> <li>Busted lips</li> <li>Red or purple marks on the neck</li> <li>Sprained wrists</li> <li>Bruises on the arms</li> </ul> <p>It's also common for someone to try to cover up the physical signs with clothing. For example:</p> <ul style="list-style-type: none"> <li>Wearing long sleeves or scarves in the hot summer.</li> <li>Wearing heavier than normal makeup</li> <li>Wearing sunglasses inside</li> </ul>	<p>Domestic abuse, of course, can take a serious emotional toll, creating a sense of helplessness, hopelessness, or despair.</p> <p>Other emotional signs of abuse include:</p> <ul style="list-style-type: none"> <li>Low self-esteem</li> <li>Extremely apologetic or meek</li> <li>Seeming fearful</li> <li>Changes in sleep habits</li> <li>Agitation, anxiety, or constant apprehension</li> <li>Developing a drug or alcohol problem</li> <li>Symptoms of depression</li> <li>Loss of interest in daily activities</li> <li>Talking about or attempting suicide</li> </ul>	<p>If you notice that someone who was once outgoing and cheerful has gradually become quiet and withdrawn, it could be a sign of domestic abuse.</p> <p>You may notice that the person:</p> <ul style="list-style-type: none"> <li>Is reserved and distant</li> <li>Drops out of activities they would usually enjoy.</li> <li>Cancels appointments or meetings with you at the last minute.</li> <li>Is often late to work or other appointments.</li> <li>Exhibits excessive privacy concerning their personal life or the person with whom they're in a relationship.</li> <li>Begins isolating themselves by cutting off contacts with friends and family members</li> </ul>

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

Key words

Freedom, capacity, consent, pressure, manipulation

Harassment, coercion, respect, delay, intimacy, sex



### When can consent not be given?

1	<b>When a person is drunk or high</b> , to the point that they are unable to speak or look after themselves.
2	<b>Asleep or Passed Out</b> – if they are not conscious they are unable to agree to any sexual activity. If someone passes out whilst engaging in sexual activity – STOP!
3	<b>They are Underage</b> – Legally a person under the age of 16 cannot give consent to any sexual activity.
4	<b>Mental disability or learning difficulties</b> which mean they are unable to fully understand what they are consenting to.

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:  
**A person who is a minor**

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

Define:  
**Affirmative Consent**

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