



Do now: What do you already know ?



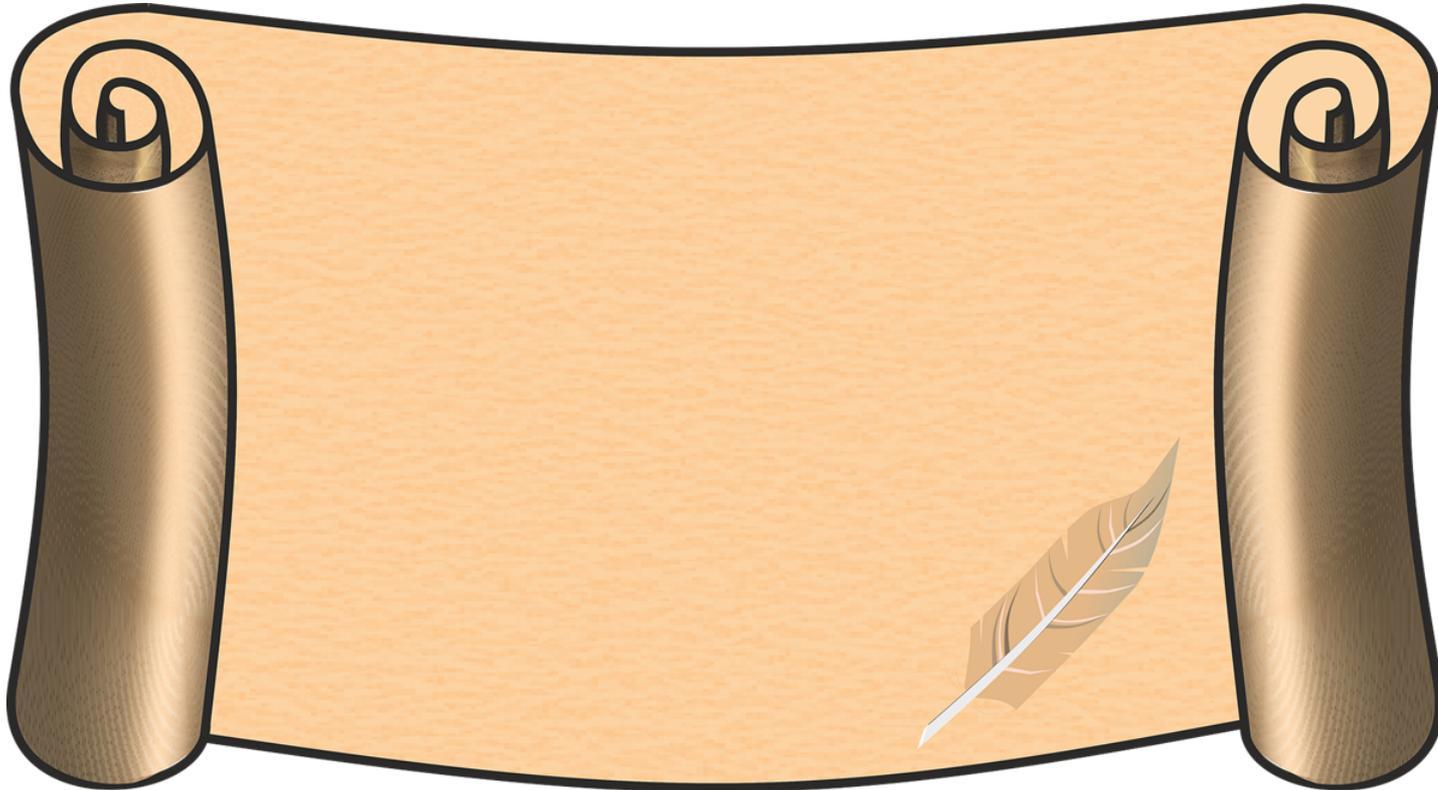
In your booklets complete the mindmap with what you think you already know on the following topics:

- **Healthy relationships**
 - **Consent**
 - **Sexting**

5:00



PSHE Ground Rules



We will now set some ground rules for our PSHE sessions.

We will be looking at some sensitive topics this term, so what rules do you think we need to have as a class, when looking at different topics in PSHE?



4th May 2021

Today I will learn about unhealthy relationships



Steps to success

I can identify the range of support available for those in abusive relationships and could confidently access this support for myself or others

I can recognise that abuse in a relationship is always wrong, and that both men and women can be perpetrators and victims of abuse

I can identify different forms of abuse and describe possible effects on the victims of abuse



 Skills 4 Success

S4S:

- Identifying and accessing help and support
- Decision making
- Building healthy relationships



Today I will learn about unhealthy relationships



Unhealthy relationships: What do you think?

I can identify the range of support available for those in abusive relationships and could confidently access this support for myself or others

I can recognise that abuse in a relationship is always wrong, and that both men and women can be perpetrators and victims of abuse

I can identify different forms of abuse and describe possible effects on the victims of abuse

TASK:

Complete the questionnaire in your booklets and share your ideas once you have finished.

This is a baseline assessment that we will come back to at the end of the second session.



Steps to success



Today I will learn about unhealthy relationships



Key terms

I can identify the range of support available for those in abusive relationships and could confidently access this support for myself or others

I can recognise that abuse in a relationship is always wrong, and that both men and women can be perpetrators and victims of abuse

I can identify different forms of abuse and describe possible effects on the victims of abuse

Consent - Consent occurs when one person voluntarily agrees to the proposal or desires of another.

Coercion - the practice of persuading someone to do something by using force or threats

Repeat these terms aloud three times

Form a contextual sentence in your booklet for each key term



Steps to success



RETRIEVAL: KNOWLEDGE CHECK!



Questions:

1. What does the term “peer influence” mean?
1. What does the term “coercion” mean?
1. Give three features of an abusive relationship

Answers:

1. When a person chooses to do something they wouldn't otherwise do, because they want to feel accepted and valued by friends.
1. the practice of persuading someone to do something by using force or threats
1. Coercion, physical violence, emotional abuse e.g. blackmail, lack of trust, hostile atmosphere, constant judgment, persistent unreliability. Did you get anything else?



4th May 2021

Today I will learn about unhealthy relationships



Steps to success

I can identify the range of support available for those in abusive relationships and could confidently access this support for myself or others

I can recognise that abuse in a relationship is always wrong, and that both men and women can be perpetrators and victims of abuse

I can identify different forms of abuse and describe possible effects on the victims of abuse



 Skills 4 Success

S4S:

- Identifying and accessing help and support
- Decision making
- Building healthy relationships



Today I will learn about unhealthy relationships



Case studies: Diary entries



I can identify the range of support available for those in abusive relationships and could confidently access this support for myself or others

I can recognise that abuse in a relationship is always wrong, and that both men and women can be perpetrators and victims of abuse

I can identify different forms of abuse and describe possible effects on the victims of abuse



READING TASK:

1. Read through the three diary entries in your booklet
2. Think about the set of questions and note down your initial thoughts and responses.

CHALLENGE: Write a script for the conversation between the target of abuse (Alina) and her friend Jamie when they see each other the following day. How might they try to explain what happened? How might their friend react? What would be the most positive way to react?



Today I will learn about unhealthy relationships



Circles of support

TASK:

Thinking back to Alina in the diary entries
what sources of support are available to her?

Reflect on how these different groups (friends,
family, school, other) might know that the
characters needed help.

Then, annotate in each circle with what they
think each group might say or do to help the
characters in the situation they are in.

**Other external sources of support might
include sources of online support (such as
Childline), the police, youth club etc.**



I can identify the range of support available for those in abusive relationships and could confidently access this support for myself or others

I can recognise that abuse in a relationship is always wrong, and that both men and women can be perpetrators and victims of abuse

I can identify different forms of abuse and describe possible effects on the victims of abuse

Steps to success



Today I will learn about unhealthy relationships



Focusing on Jamie...

I can identify the range of support available for those in abusive relationships and could confidently access this support for myself or others

I can recognise that abuse in a relationship is always wrong, and that both men and women can be perpetrators and victims of abuse

I can identify different forms of abuse and describe possible effects on the victims of abuse

Sometimes when someone is in a relationship it can be hard for them to recognise when they are experiencing abuse or to know how to seek help.

Friends can play a really important role in recognising abuse and seeking help on another person's behalf. Which of the following statements do you think are true about Jamie?

- 1. Jamie thinks Alina and Bradley's relationship is going really well.**
- 2. Jamie is worried about losing their friendship.**
- 3. Jamie wants to help their friend.**
- 4. Jamie doesn't think it's their place to get involved.**
- 5. Jamie is scared of Bradley (or Alina).**
- 6. Jamie doesn't know where or how to seek help.**
- 7. Jamie is not a good friend.**
- 8. Jamie has a responsibility to help even if it will upset someone**

Steps to success



Today I will learn about unhealthy relationships



Further support...

I can identify the range of support available for those in abusive relationships and could confidently access this support for myself or others

I can recognise that abuse in a relationship is always wrong, and that both men and women can be perpetrators and victims of abuse

I can identify different forms of abuse and describe possible effects on the victims of abuse

If you need any support with any of the issues discussed in these sessions, there are always members of staff in school who can help. Your form teacher and the house teams can support you with any issues or concerns about unhealthy relationships and behaviours.

Additionally, there are lots of external agencies who can provide help and support for young people who are experiencing unhealthy relationships or abuse or any kind:

[refuge.org.uk](https://www.refuge.org.uk) – support services for women and children

[womensaid.org.uk](https://www.womensaid.org.uk) – support services for women

[standingtogether.org.uk](https://www.standingtogether.org.uk) – support for both men and women

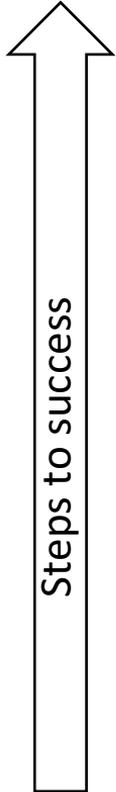
[mankind.org.uk](https://www.mankind.org.uk) – support for men

[respect.uk.net](https://www.respect.uk.net) – support for perpetrators



4th May 2021

Today I will learn about unhealthy relationships



I can identify the range of support available for those in abusive relationships and could confidently access this support for myself or others

I can recognise that abuse in a relationship is always wrong, and that both men and women can be perpetrators and victims of abuse

I can identify different forms of abuse and describe possible effects on the victims of abuse

Self-Assessment

Which steps do you think you have achieved in today's lesson?

Explain how you know you have achieved them in your green pen.