

# Relationships.

## Year 8/9 cycle B term 6- PHSE: Relationships and sex education including healthy relationships and consent

### PHSE Golden Concepts

Respect

Safety

Communication

Health

Relationships

### Key Vocabulary

Boundaries –	Personal rules about what you are and aren't comfortable with.
Consent –	Freely giving permission for something to happen; must be clear, informed, ongoing, and enthusiastic.
Unhealthy relationship –	A relationship where someone is controlling, disrespectful, or abusive.
Healthy relationship –	A relationship based on respect, equality, trust, and support.
Intimacy –	A close emotional or physical connection between people.
Mutual respect –	Both people valuing and listening to each other equally

### What I will know by the end of the unit:

**Understand what a healthy relationship is and how both people must give consent.**

#### What Makes a Relationship Healthy?

- ✓ Respect
- ✓ Trust
- ✓ Honesty
- ✓ Communication
- ✓ Equality
- ✓ Support

Healthy relationships can be between friends, family, or romantic partners.  
In healthy relationships, no one feels pressured, unsafe, or controlled.

#### Understanding Consent

Consent is:

Freely given – no pressure or guilt

Informed – both people understand what they're agreeing to

Reversible – you can change your mind at any time

Enthusiastic – both people want to take part

Specific – saying yes to one thing doesn't mean yes to everything

● Consent cannot be given if someone is scared, pressured, asleep, drunk, or underage.

#### Unhealthy & Abusive Relationships

⚠ Signs to look out for:

Control or manipulation

Jealousy and possessiveness

Pressure to do things you're uncomfortable with

Verbal insults or threats

Ignoring your boundaries or feelings

If it doesn't feel right, it probably isn't. Talk to someone you trust.

#### Romantic & Sexual Relationships

You have the right to wait until you are ready – emotionally and legally.

It's OK not to be in a relationship.

Any sexual activity must be consensual and legal.

In the UK, the age of consent is 16.

**Relationships.**  
**Year 8/9 cycle B term 6- PHSE: The risks of sexting**

PHSE Golden Concepts				
Respect	Safety	Communication	Health	Relationships

**What I will know by the end of the unit:**  
**Understand what sexting is and the concerns and dangers.**

Key Vocabulary	
Sexting –	Sending or receiving sexually explicit images, messages, or videos, usually via a mobile phone or social media.
Consent –	Freely agreeing to something; in sexting, consent doesn't make it legal if you're under 18.
Pressure –	Being made to feel you have to do something, even if you're uncomfortable.
Exploitation –	Taking advantage of someone, often in a manipulative or harmful way.
Cyberbullying –	Bullying that happens through digital devices or online platforms.
Digital footprint –	The trail of data you leave behind online

**SEXTING**

'Sexting' is sending sexually explicit messages or photographs to somebody else using a mobile phone.

Some people see sexting as a means of showing affection, flirting or just having fun. BUT...

As soon as you send a picture you lose control of who else will see the picture, how it is shared and how it is used. Would you be happy with other people seeing the picture? You lose this control FOREVER - remember this before hitting send!

**WHAT IS THE LAW?**  
Technically, having 'sexting' pictures of children under 18 on your phone or computer is illegal even if you are under 18 yourself. If you RECEIVE one you should tell an appropriate adult.  
If you are under 18, SENDING or uploading sexting pictures of yourself is also technically illegal.

**WHAT TO DO**  
Remember the 'Grandma Rule' - only share pictures you would be happy for your family to see.  
If you are feeling pressured to send pictures or have sent some and regret it - tell an appropriate adult (e.g. parent, carer or teacher) or visit the Click CEOP website.

**CLICK CEOP Internet Safety**

**What Is Sexting?**  
Sexting includes:  
Sending or receiving nude or partially nude photos  
Sending explicit or sexual messages  
Sharing images via Snapchat, WhatsApp, Instagram, etc.

⚠ In UK law, taking, sending or sharing sexual images of anyone under 18 – even yourself – is illegal, even if both people agree.

**Why People Might Sext**  
Pressure from friends or a partner  
Wanting attention or approval  
Thinking it's normal because of media or peers  
Not understanding the risks

🔑 Key Point: Just because others are doing it doesn't mean it's safe or legal.

**Staying Safe Online**

- ✅ Think before you send
- ✅ Use privacy settings on apps
- ✅ Never share personal images
- ✅ Talk to someone if you're worried

❌ Don't forward or screenshot explicit images – it's a serious offence

**Risks of Sexting**

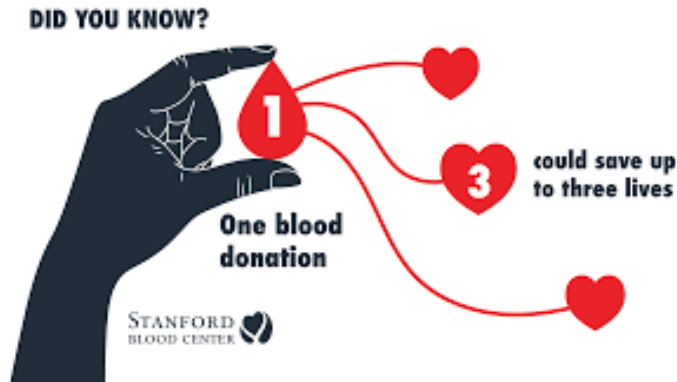
Type of Risk	Example
<b>Emotional</b>	Regret, anxiety, embarrassment, loss of trust
<b>Social</b>	Damage to reputation, bullying, rumours
<b>Legal</b>	Possession or sharing of indecent images of under-18s is a criminal offence
<b>Safety</b>	Images can be screenshotted, shared, or used for blackmail

**Relationships.**  
**Year 8/9 cycle B term 6- PHSE: Blood donation**

PHSE Golden Concepts				
Respect	Safety	Communication	Health	Relationships

**What I will know by the end of the unit:**  
**What is blood donation and why it is important**

Key Vocabulary	
Blood donation –	Giving a small amount of your blood so it can be used to help others in need.
Transfusion –	When donated blood is given to someone who needs it (e.g. after an accident or during surgery).
Donor –	A person who gives blood.
Recipient –	A person who receives blood.
NHS Blood and Transplant (NHSBT) –	The organisation in charge of blood donation in the UK.



<p><b>What Is Blood Donation?</b></p> <p>A safe, voluntary process where blood is taken from a healthy person (the donor). The blood is tested, stored, and used to help patients in hospitals. A typical donation is about 470ml (just under a pint). The body replaces the blood within weeks.</p>
<p><b>Why Is It Important?</b></p> <p>Blood donations are used for: Treating people with serious injuries or blood loss Helping patients with cancer or anaemia Supporting surgery and childbirth Saving lives in emergencies <b>1 donation can save up to 3 lives!</b></p>
<p><b>Who Can Donate?</b></p> <p>You must be: Aged 17–65 (in most cases) In good general health Weigh at least 50kg Free from certain illnesses or recent travel risks</p>
<p><b>Blood Types</b></p> <p>Main blood groups: A, B, AB, and O O negative is the universal donor – can be used for anyone AB positive is the universal recipient – can receive any blood type</p>

**Myths vs. Facts**

<b>Myth</b>	<b>Fact</b>
“It’s painful.”	You might feel a pinch, but it's generally quick and safe.
“You can catch diseases from donating.”	All equipment is sterile and used once.
“Young people can’t help.”	You can raise awareness and support the cause now.