

Relationships.
Year 10/11 Cycle B term 3- PHSE: Personal values and assertive communication in relationships

PHSE Golden Concepts

Respect

Safety

Communication

Health

Relationships

Key Vocabulary

Personal Values:	Principles and beliefs that guide an individual's actions, choices, and interactions in life. These include things like honesty, respect, kindness, and fairness.
Aggressive Communication:	Expressing thoughts and feelings in a way that can harm others, often involving yelling, blaming, or disrespect.
Passive Communication:	Avoiding expressing personal feelings, needs, or desires; letting others make decisions or control situations.
Respect:	Treating others with kindness, consideration, and understanding, acknowledging their values and boundaries.
Assertive Communication:	The ability to express your thoughts, feelings, and needs in an open, honest, and respectful way, without aggression or passivity.

What I will know by the end of the unit:

How to communicate effectively within a relationship

Examples of Personal Values:

Honesty: Being truthful with others and yourself.

Trust: Valuing trust in others and giving it in return.

Respect: Respecting boundaries, feelings, and opinions of others.

Equality: Believing in equal power and fairness in relationships.

What Is Assertive Communication?

Clear and direct: Expressing needs, thoughts, and feelings in a straightforward manner.

Respectful: Being mindful of others' feelings while being honest and open.

Confident: Expressing yourself without apologizing or feeling guilty.

Non-aggressive: Avoiding insults, threats, or controlling behaviours.

Examples of Assertive Communication:

"I feel upset when you cancel plans last minute because I was looking forward to spending time with you."

"I understand your point of view, but I need some space to think about this."

"I don't like when my personal items are borrowed without asking, can you please ask me first next time?"

Benefits of Assertive Communication

Improved Relationships: Fosters mutual respect and understanding between people.

Better Problem-Solving: Helps to address issues before they escalate into conflicts.

Boosts Self-Confidence: Encourages self-respect and builds confidence in expressing one's needs.

Healthy Boundaries: Assertiveness enables you to set clear and respectful boundaries in relationships.

Emotional Well-being: Reduces stress and frustration by promoting honest communication.

Relationships.
Year 10/11 Cycle B term 3- PHSE: Tackling domestic abuse and forced marriage

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Key Vocabulary

Domestic Abuse:	A pattern of behaviour in a relationship that is used to gain or maintain control over an intimate partner. It can involve physical, emotional, sexual, or financial abuse.
Forced Marriage:	A marriage in which one or both parties are coerced or pressured into marrying without their full consent.
Coercion:	Being pressured, threatened, or forced into marriage.
Legal Context:	Forced marriage is illegal in many countries, including the UK, and is considered a human rights violation.
Lack of Consent:	Not being allowed to make a free, informed, and voluntary decision about marriage.

What I will know by the end of the unit:

Understand types of domestic abuse and forced marriage and the law.

Forms of Domestic Abuse

- Physical Abuse: Hitting, slapping, choking, kicking, or using objects to hurt someone.
- Psychological/Emotional Abuse: Controlling behaviour, isolation from friends and family, threats, manipulation, gaslighting (making someone question their reality).
- Sexual Abuse: Any form of sexual coercion, assault, or pressure, including rape.
- Financial Abuse: Restricting access to money, controlling spending, not allowing the partner to work or have financial independence.
- Technology-Facilitated Abuse: Using digital devices or social media to monitor, harass, or control a partner.

Signs of Domestic Abuse

- Physical Signs: Unexplained injuries, frequent doctor visits, wearing long clothes to cover bruises, or signs of neglect.
- Emotional Signs: Fearfulness, depression, anxiety, withdrawal from social situations, low self-esteem, or feelings of hopelessness.
- Behavioural Signs: Sudden changes in behaviour or routine, frequent absences from school/work, or secretive behaviour.
- Control Signs: A partner monitoring phone calls, dictating what the victim wears, where they go, or who they see.
- Isolation: The person being abused may be kept away from family or friends, or may show signs of being socially isolated.

The Law and Domestic Abuse

- Legal Rights: Victims of domestic abuse have the right to live free from violence and fear. The law provides protection through various means, such as:
 - Domestic Violence Protection Orders (DVPOs): Legal orders to protect victims from further abuse.
 - Restraining Orders: Orders that prevent abusers from contacting or approaching the victim.
- Reporting Abuse: Encouraging students to report domestic abuse to trusted adults, or to call the police if they or someone they know is in immediate danger.

Forced Marriage (UK Law):

Forced marriage is illegal under the Anti-social Behaviour, Crime and Policing Act 2014 in the UK. It is also illegal to force someone to marry under The Forced Marriage (Civil Protection) Act 2007. Victims of forced marriage can be granted protection orders.

Relationships.

Year 10/11 Cycle B term 3- PHSE: Harassment and stalking

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Key Vocabulary

Physical Harassment:	Threatening or unwanted physical contact.
Stalking:	A type of harassment that involves repeated and persistent behaviour intended to cause fear, distress, or harm to the victim. Stalking often involves monitoring someone's activities, such as following them or tracking their online activity.
Online Harassment:	Abusive behaviour or threats made through social media, texts, or emails (cyberbullying).
Verbal Harassment:	Using offensive, insulting, or threatening language.

What I will know by the end of the unit:

What harassment and stalking is, recognising harassment and stalking and where to get help

Physical Harassment:
Unwanted touching, inappropriate gestures, or blocking someone's path.

Verbal Harassment:
Insulting or offensive comments, name-calling, or yelling.
Threatening or intimidating language, or spreading rumours.

Emotional and Psychological Harassment
Manipulation, control, gaslighting (making someone doubt their own reality), or belittling.

Cyberstalking and Online Harassment:
Sending unwanted or abusive messages on social media, texts, emails, or through online platforms.
Posting personal information online without consent to harass or intimidate the victim.

Physical Stalking:
Following someone in person, showing up at their home, school, or workplace uninvited.

Technological Stalking:
Tracking someone's location through their phone or computer, hacking into their online accounts, or installing surveillance software.

Signs of Harassment:
Receiving unwanted, repeated contact from someone.
Feeling unsafe or anxious due to someone's actions.
Being threatened or made to feel intimidated.
Having your personal space or boundaries repeatedly violated.

Signs of Stalking:
Being followed or watched in person or online.
Receiving constant messages or calls, even when you've asked the person to stop.
Finding evidence that the person knows where you are or what you are doing without your consent.
Feeling unable to go about your daily activities without fear of encountering the stalker.

Where to Seek Help
National Helplines:
National Stalking Helpline (UK): 0808 802 0300 for advice, support, and information about stalking.
Childline: 0800 1111 for young people facing harassment or stalking, providing confidential support and guidance.
Police: In cases of immediate danger or emergency, contact 999 (UK).
Women's Aid: Offers support and advice for those experiencing harassment or domestic abuse.