

Healthy Relationships



Making Your Community Safer



Learning Objectives:

- To understand the importance of positive relationships.
- To understand the effect of negative relationships.
- To understand the risks of exploitation.
- To understand the importance of consent.
- To keep ourselves safe.



Let's Talk

What makes a healthy relationship?



What makes a healthy relationship?

SAFETY

EMPATHY

SUPPORT

RESPONSIBILITY

COMMUNICATION

RESPECT

TRUST

BOUNDARIES

HAPPINESS

UNDERSTANDING



Unhealthy relationships

What are the signs?



- Aggressive / violent behaviour towards you
- You feel you are being manipulated or controlled
- Someone is always making negative comments to you.
- Someone tries to 'cut you off' from your support network of family and friends.
- You are under pressure to do things you don't want to do.
- You don't feel like you are being true to yourself.



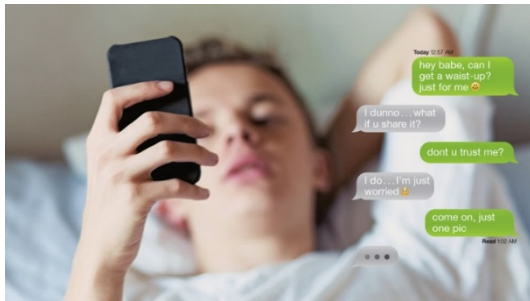
Scenario One

Your partner asks for a revealing picture of you for fun. They promise to keep it to themselves and not share it with anyone else.

Healthy, Unhealthy or Unsure?



Sexting



- A person younger than 18 who takes a inappropriate picture of him / herself is breaking the law.
- By sending these images it can be seen as distributing indecent images of a minor. This is a criminal offence.



Scenario Two

You and your partner/friends feel like you can share things with each other but you also feel you can keep some things private.

Healthy, Unhealthy or Unsure?



Scenario Three

A person notices their partner is getting a lot more texts than usual. When it is mentioned the partner says they're imagining things. When they go to bathroom they check their phone and read their texts.

Healthy, Unhealthy or Unsure ?



Scenario Four

A person walks their partner to school every morning, meets them for lunch and picks them up to walk them home at the end of each afternoon.

Healthy, Unhealthy or Unsure?



Scenario Five

Partner one wants to have sex, partner two says they're not ready but after talking about it gives in and has sex, even though they didn't really want to.

Healthy, Unhealthy or Unsure?



Consent



“ Consent is when someone agrees, gives permission, or says "yes" to sexual activity with other persons. Consent is always freely given and all people in a sexual situation must feel that they are able to say "yes" or "no" or stop the sexual activity at any point.

”

**CONSENT IS
EVERYTHING**



Let's just watch this alright. I don't know when my Mum's going to
You're gonna Well go on then. Show me something. ready now.



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BUT I SAID YES BEFORE...

Even if you've said yes to something before or felt OK with stuff, you can still change your mind and say no. It can be confusing if someone is pressuring you.





Underage Sex



- **It is a criminal offence to have sex under the age of 16.** (Sexual Offences Act 2003)
- **Even if consent is given (by either party – you are breaking the law).**
- **Prison sentences can be given to someone who partakes in underage sex.**



What is Domestic Abuse?

“ Domestic abuse is any type of controlling, bullying, threatening or violent behaviour between people in a relationship. But it isn't just physical violence- domestic abuse includes emotional, physical, sexual or psychological abuse.

”



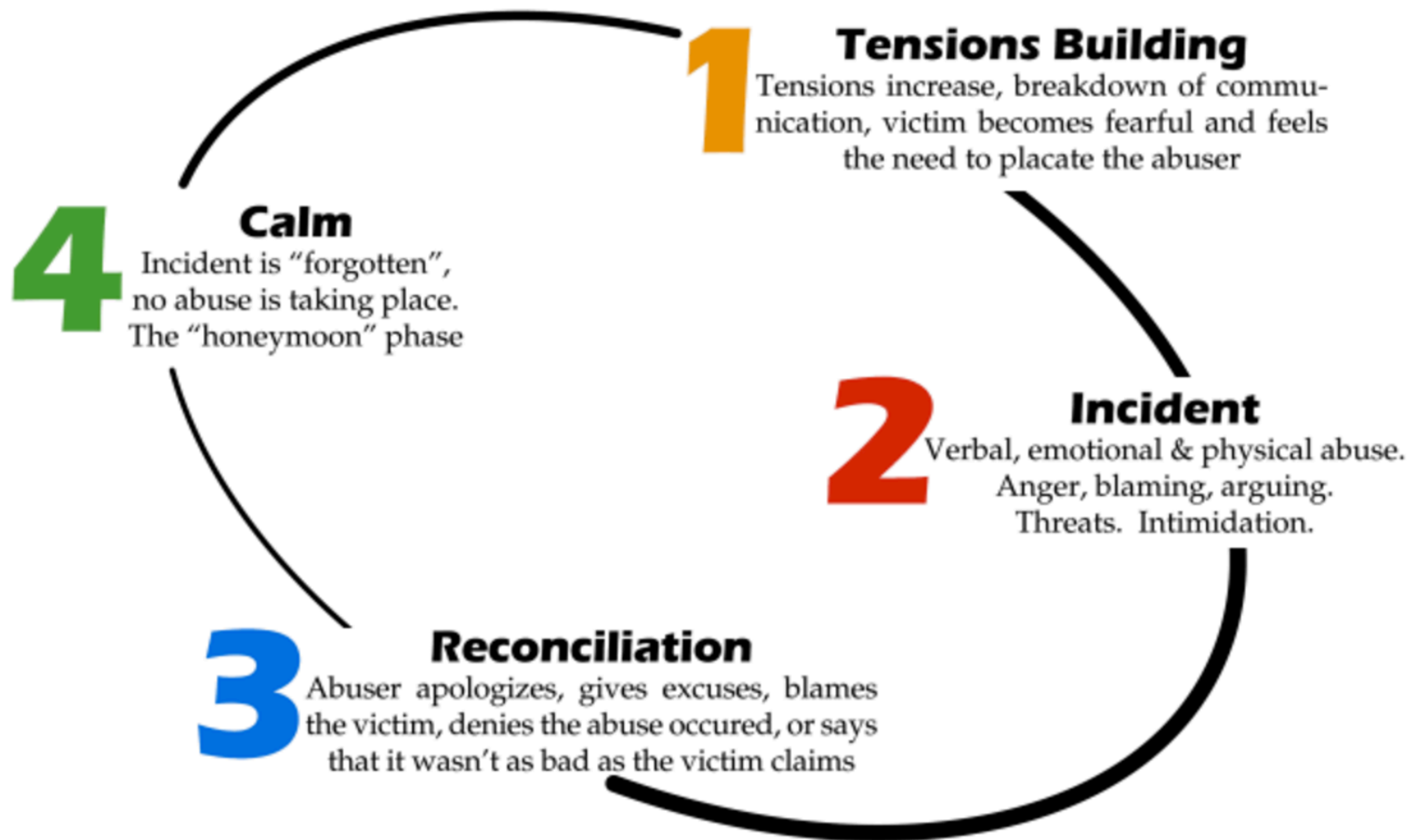


If you're having relationship problems, get help at The Change Project.

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Cycle of Abuse





COERCIVE CONTROL IS A CRIME



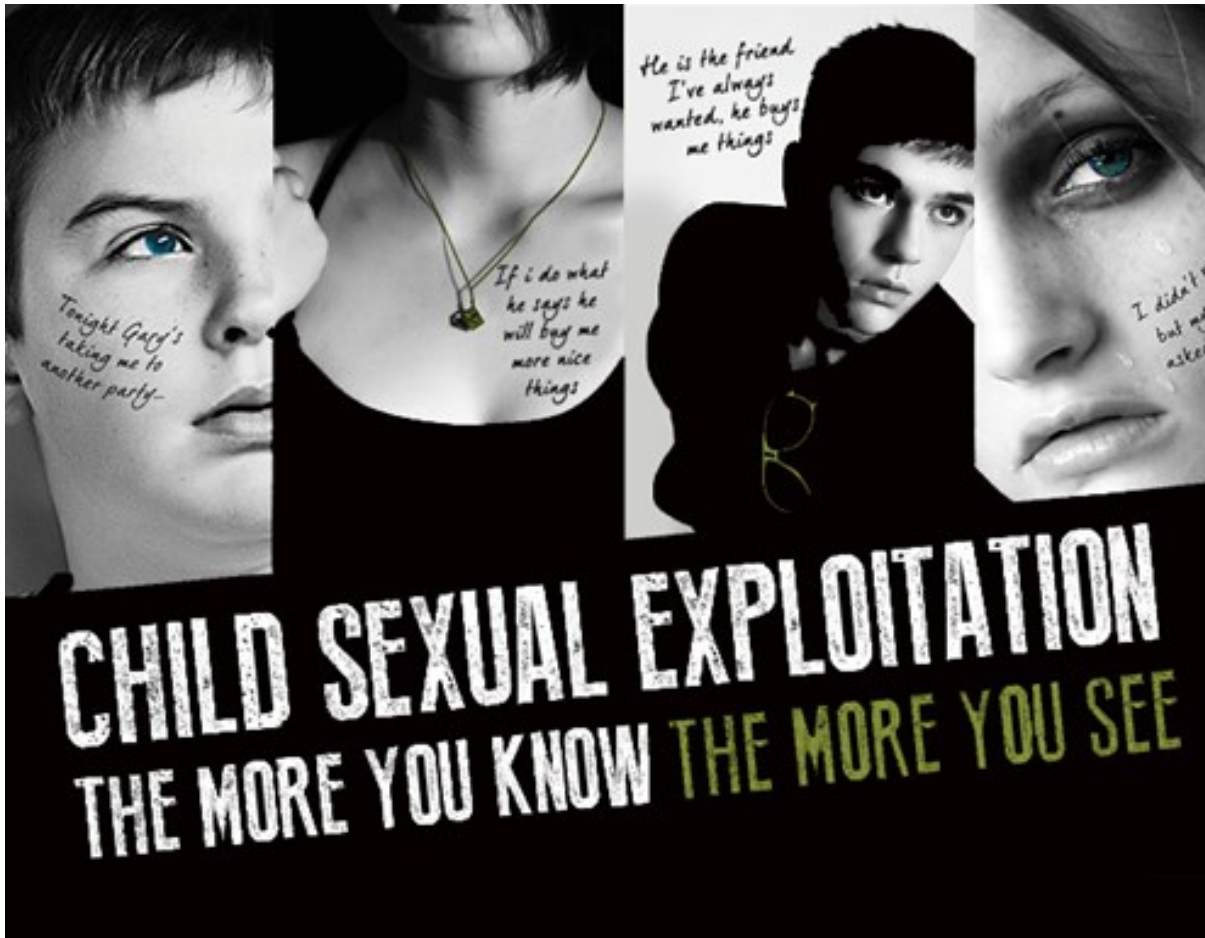


If you believe it's happening to you, don't ignore it. You can talk to Childline.

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What is Child Sexual Exploitation (CSE)?





Child Sexual Exploitation (CSE)

“ Child sexual exploitation is a type of child abuse. It happens when a young person is encouraged, or forced, to take part in sexual activity in exchange for something.

”



My New Friend



My new friend sold me to a group of men. Who sexually abused

Grooming and sexual knowledge signs, both Girls and Boys. Let's talk about it.

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Grooming

(What methods might be used)

- Targeting vulnerable people.
- Pretending to be a friend, mentor or parental figure (to fill a void in person's life).
- Lots of flattery and attention.
- Gaining someone's trust.
- Making someone feel that their friends and family don't understand them (turning them against everything they know).
- Using emotional blackmail.
- The promise of a better, more glamorous life (parties, gifts, money, alcohol, drugs)






'I Didn't Know'



For more information on Sexual Exploitation and where to get help. Visit [essex.police.uk/CSE](https://www.essex.police.uk/CSE)

Exploitation
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A young woman with long blonde hair is shown in a close-up, looking down with a sad and thoughtful expression. She is wearing a pink top. The background is slightly blurred, showing what appears to be a window with a view of a city.

Kayleigh's Love Story

Leicestershire Police

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CSE warning signs



- S**exual health and behaviour
- A**bsent from school or repeatedly running away
- F**amily abuse/problems at home
- E**mootional/physical condition
- G**angs, older age groups and involvement in crime
- U**se of technology and sexting
- A**lcohol/drug misuse
- R**eceipt of unexplained gifts/money
- D**istrust of authority figures





How might we manage a bad relationship?

- If you feel threatened or fearful – tell someone.
- Explain to someone how they make you feel.
- Listen to each other – Communicate.
- Recognise and manage your own negative behaviours.
- Take a step back – think about the impact your actions might have on someone.
- You may need to end a relationship.





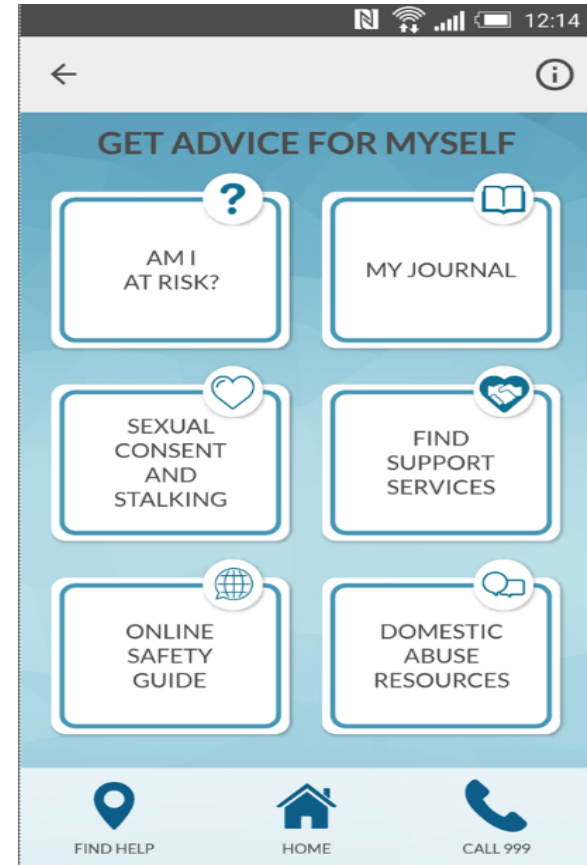
The Silent Solution

- Dial 999 then press 55 when prompted – to inform police you are in a genuine emergency





Bright Sky





**A FUTURE WITHOUT
DOMESTIC ABUSE**

  Get help: 01206 500585 \ 01206 761276

- **Uttlesford**
- **Braintree**
- **Colchester**
- **Tendring**
- **Chelmsford**
- **Maldon**

A yellow kite with a long tail, flying upwards and to the right, positioned above the main title.

Changing Pathways

ENDING ABUSE. EMPOWERING LIVES.

Our Helpline:



01268 729707

24hr 0330 3337444

- **Basildon**
- **Castlepoint**
- **Rochford**
- **Brentwood**
- **Harlow**
- **Epping**



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- **Thurrock Districts**

The logo for SOS Domestic Abuse Projects, featuring the letters 'SOS' in a large, white, stylized font on a teal background. Below 'SOS' are the words 'DOMESTIC ABUSE PROJECTS' in a white, sans-serif font. At the bottom of the teal box, the helpline number '01702 302333' is written in white.

Helpline: 01702 302333

- **Southend districts**



COMPASS

Essex Domestic Abuse Helpline

From 1st April

Call us on:

0330 333 7 444

www.essexcompass.org.uk

PFCC
POLICE, FIRE AND CRIME
COMMISSIONER FOR ESSEX

SOS
DOMESTIC
ABUSE
PROJECTS


Essex County Council

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The majority of UK homes are happy, safe and secure.



Look After Each Other!

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Please talk to someone if you have any worries.

NSPCC 
HELPLINE
0808 800 5000
help@nspcc.org.uk

ChildLine
0800 1111 

**CALL YOUR
LOCAL
POLICE**
 **101**
IN AN EMERGENCY
ALWAYS CALL 999

Call SAMARITANS
No names. No pressure. No judgement.
We're here for you. Any time.
 **08457 90 90 90***
 jo@samaritans.org  www.samaritans.org
*See our website for latest call charges. A registered charity.
Worried about cost? We'll call you back.

 **CLICK CEOP**
Internet Safety

Don't suffer in silence!



Thank you for listening



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