

# ME, MY IDENTITY & RESPECTFUL RELATIONSHIPS



★ **REMEMBER:** You are never expected to deal with a concern on your own.

You can find this sheet with the links on the school website.

| KEY WORDS |  |                |                                                                                                                                                       |
|-----------|--|----------------|-------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1         |  | Identity       | The characteristics, experiences and qualities that help make someone who they are.                                                                   |
| 2         |  | Self-worth     | Recognising that you have value as a person.                                                                                                          |
| 3         |  | Equality       | Having the same rights and opportunities and being treated fairly.                                                                                    |
| 4         |  | Discrimination | Treating someone unfairly because of a characteristic they have.                                                                                      |
| 5         |  | Family         | People connected through relationships such as birth, adoption, marriage, partnership or long-term care and commitment.                               |
| 6         |  | Commitment     | Choosing to take responsibility for and continue to care about a person or relationship.                                                              |
| 7         |  | Trust          | Believing that someone is honest, reliable and will treat you appropriately.                                                                          |
| 8         |  | Respect        | Recognising another person's feelings, choices, rights and boundaries.                                                                                |
| 9         |  | Boundary       | A limit we set about what we are comfortable or uncomfortable with.                                                                                   |
| 10        |  | Consent        | Giving permission or agreeing to something by choice.                                                                                                 |
| 11        |  | Bullying       | At Macmillan, we describe bullying as – behaviour that is sustained over time, where someone repeatedly and deliberately aims to harm another person. |
| 12        |  | Stereotype     | A fixed or oversimplified ideas about a group of people.                                                                                              |
| 13        |  | Masculinity    | Qualities or behaviours traditionally associated with men and boys.                                                                                   |
| 14        |  | Femininity     | Qualities or behaviours traditionally associated with women and girls.                                                                                |

| HELPFUL WEBSITES & INFORMATION |                                                                                                                                                                                                                                                           |  |
|--------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--|
|                                | <b>Childline</b><br>Support and advice on any issue. Whatever your worry, you can talk to Childline.<br><a href="http://www.childline.org.uk">www.childline.org.uk</a>                                                                                    |  |
|                                | <b>CEOP Education 11–18</b><br>Advice about staying safe online, healthy relationships and where to get help.<br><a href="http://www.ceopeducation.co.uk">www.ceopeducation.co.uk</a>                                                                     |  |
|                                | <b>The Mix</b><br>Support for young people under 25 – mental health, money, relationships and more.<br><a href="http://www.themix.org.uk">www.themix.org.uk</a>                                                                                           |  |
|                                | <b>YoungMinds</b><br>Information and support about mental health.<br><a href="http://www.youngminds.org.uk">www.youngminds.org.uk</a>                                                                                                                     |  |
|                                | <b>Anti-Bullying Alliance</b><br>Information and support about bullying.<br><a href="http://www.anti-bullyingalliance.org.uk">www.anti-bullyingalliance.org.uk</a>                                                                                        |  |
|                                | <b>Macmillan Academy Behaviour Policy / Anti-Bullying Policy</b><br>Our school policies on behaviour, bullying and creating a safe, respectful community.<br><a href="http://www.macmillanacademy.co.uk/policies">www.macmillanacademy.co.uk/policies</a> |  |

| LINKING TO THIS UNIT |                                |                                                                                    |
|----------------------|--------------------------------|------------------------------------------------------------------------------------|
|                      | Identity & Self-worth          | Understanding who you are and recognising your value.                              |
|                      | Equality & Discrimination      | Exploring fairness, rights and how we treat others.                                |
|                      | Respect, Trust & Boundaries    | Building healthy, respectful relationships and looking after ourselves and others. |
|                      | Bullying, Stereotypes & Gender | Challenging harmful behaviour and ideas; celebrating diversity.                    |
|                      | Consent & Commitment           | Learning about choice, responsibility and caring relationships.                    |

| WHO CAN I SPEAK TO AT SCHOOL? |                          |                                                                                 |
|-------------------------------|--------------------------|---------------------------------------------------------------------------------|
|                               | Your Tutor               | Your first point of contact. They are there to listen and support you.          |
|                               | Head of Year             | Responsible for your year group and can help with any concerns.                 |
|                               | Assistant Head of Year   | Additional support for you and your year group.                                 |
|                               | Safeguarding Team        | Specialist support for anything worrying or impacting your safety or wellbeing. |
|                               | Student Development Team | Support with wellbeing, behaviour and helping you to make positive choices.     |



**FEELING WORRIED OR UNSAFE?**  
Speak to a trusted adult or a member of the Safeguarding Team. You will be listened to and supported.



**YOU ARE NEVER ALONE. WE ARE HERE TO LISTEN, SUPPORT AND HELP.**

Supporting **TEAM**

T  
E  
A  
M

Trustworthy  
Empathetic  
Ambitious  
Motivated



### REMEMBER:

You are never expected to deal with a concern on your own.



#### KEY WORDS

|    |                                                                                     |                |                                                                                            |
|----|-------------------------------------------------------------------------------------|----------------|--------------------------------------------------------------------------------------------|
| 1  |    | Relationship   | A connection between two or more people.                                                   |
| 2  |    | Love           | It is a broad word but used to describe different forms of care, connection and affection. |
| 3  |    | Disagreement   | When people have different views, opinions or ideas about something.                       |
| 4  |    | Consent        | Giving permission or agreeing to something by choice.                                      |
| 5  |   | Boundaries     | A limit we set about what we are comfortable or uncomfortable with.                        |
| 6  |  | Body Language  | Communicating through non-verbal signals.                                                  |
| 7  |  | Influence      | Someone or something that affects the way we think, feel or act/ behave.                   |
| 8  |  | Pressure       | An attempt to persuade or push someone into doing something they may not want to do.       |
| 9  |  | Sexting        | Sending or receiving sexual messages, images or videos using technology.                   |
| 10 |  | Nude/Semi-Nude | An image or video showing someone naked, partially naked or in a sexual context.           |
| 11 |  | Bystander      | Someone who witnesses or is aware of something happening but is not directly involved.     |



#### FEELING WORRIED OR UNSAFE?

Speak to a trusted adult or a member of staff.  
You will be listened to and supported.



#### YOU ARE NEVER ALONE.

We are here to listen, support and help.

#### WHO CAN I SPEAK TO AT SCHOOL?



Your Tutor



Head of Year



Assistant Head of Year



Safeguarding Team



Student Development Team

#### LINKING TO THIS UNIT



This unit is about building respect, understanding boundaries, equality and making safe choices in all relationships.



It links to our school values of respect, responsibility and kindness.



We all have a role in creating a safe, inclusive and supportive community.



If something doesn't feel right, reach out. Asking for help is a sign of strength.



We look out for each other.

#### BE A BYSTANDER: THE 4 D'S

Stay safe. Check the situation.  
Choose the safest option for you.



#### DIRECT

Directly challenge the behaviour (only if safe to do so).



#### DISTRACT

Distract to de-escalate the situation.



#### DELEGATE

Get help from someone else – tell a trusted adult.



#### DELAY

Check in afterwards with the person being affected.



#### YOUR SAFETY COMES FIRST.



#### HELPFUL WEBSITES



Childline  
Support and advice on any issue. Whatever your worry, you can talk to Childline.  
[www.childline.org.uk](http://www.childline.org.uk)



Education 11–18

CEOP Education 11–18  
Help, advice and support about staying safe online, healthy relationships and where to get help.  
[www.ceopeducation.co.uk](http://www.ceopeducation.co.uk)



The Mix  
Support for young people under 25 – mental health, money, relationships and more.  
[www.themix.org.uk](http://www.themix.org.uk)



NSPCC  
Advice and support for children and young people who are worried about abuse or staying safe.  
[www.nspcc.org.uk](http://www.nspcc.org.uk)



Report Remove  
Report nude or sexual images of someone under 18 to get them removed online.  
[www.reportremove.io](http://www.reportremove.io)



#### A REMINDER OF THE LAW

The law is in place to protect everyone and to help keep you safe.



#### AGE 10

The law says you must tell a trusted adult if you see something that makes you feel unsafe or worried about someone else.



#### AGE 16

You can agree to a relationship and consent to sexual activity – but it must always be safe, legal and respectful.



#### AGE 18

You are an adult in the eyes of the law and responsible for your own choices and the impact they have on others.



#### WHY DOES THIS MATTER?

These ages help protect you and others. If anyone pressures you, shows you something inappropriate or makes you feel unsafe, it is never your fault. Speak to a trusted adult.



You can ask for help about yourself OR someone else. Asking for help is a positive step.



For more information and support, visit the PSHE support section on the school website.

Supporting **TEAM**

**T** Trustworthy  
**E** Empathetic  
**A** Ambitious  
**M** Motivated





## ★ OUR UNIT SLOGAN



Understand **POWER**.  
Choose **CONSENT**.  
Challenge **HARM**.  
Build a safer, fairer future.

## REMEMBER

- You are never expected to deal with a concern on your own.
- It's okay to ask for help.
- Healthy relationships are built on respect, equality, consent and safety.
- Everyone deserves to feel safe, respected and in control of their own choices.

## ⚠ SYMPTOMS / WARNING SIGNS

These may be signs that something isn't right...

- Feeling pressured to do something you're not comfortable with.
- Someone trying to control your choices, who you see or what you do.
- Being asked to share intimate images.
- Exposure to harmful or unrealistic content online.
- Experiencing sexist, misogynistic or discriminatory comments.
- Feeling unsafe, anxious or that your boundaries are not being respected.
- A relationship that feels unequal or one-sided.

## 📖 KEY WORDS

Match the key word to its definition.

|    |     |                                 |                                                                                                                                |
|----|-----|---------------------------------|--------------------------------------------------------------------------------------------------------------------------------|
| 1  | ❤   | <b>Attraction</b>               | A feeling of interest or connection towards another person.                                                                    |
| 2  | 👥   | <b>Sexual orientation</b>       | Who somebody is sexually attracted to, or whether they experience sexual attraction.                                           |
| 3  | 🛡   | <b>Sexual consent</b>           | A person freely and actively agreeing to sexual activity by choice, with freedom and capacity to make that choice.             |
| 4  | 🧠   | <b>Capacity</b>                 | Being able to understand and make a decision.                                                                                  |
| 5  | 👤   | <b>Power</b>                    | The ability to influence another person's choice, actions or situation.                                                        |
| 6  | ⚖   | <b>Inequality</b>               | When people do not have equal power, opportunities or treatment.                                                               |
| 7  | 🚫   | <b>Coercion</b>                 | Using pressure, threats, intimidation or manipulation to make someone do something they do not freely choose.                  |
| 8  | 🔗   | <b>Coercive control</b>         | A pattern of behaviour used to control another person and restrict their freedom and independence.                             |
| 9  | 18+ | <b>Pornography</b>              | Sexually explicit media created primarily to sexually arouse its audience.                                                     |
| 10 | 🖼   | <b>Image-based sexual abuse</b> | Creating, sharing or threatening to share intimate images of someone without their consent.                                    |
| 11 | ⚖   | <b>Sexual ethics</b>            | The principles and values that help us decide what is right, respectful and responsible in sexual relationships and behaviour. |
| 12 | ♀   | <b>Misogyny</b>                 | Prejudice, contempt or hostility towards women and girls.                                                                      |

## 💬 HOW TO RESPOND

You are not wasting anyone's time by asking for help.

- |                                                                                                                                                                                             |                                                                                                                                                                        |                                                                                                                                                                       |                                                                                                                                                                            |                                                                                                                                                                                |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|  <b>1 NOTICE</b><br>Pay attention to your feelings and any warning signs. Something might not feel right. |  <b>2 CHECK</b><br>Think about what is happening and gather information if you can. |  <b>3 ACT</b><br>Choose the safest and most appropriate action for your situation. |  <b>4 TALK</b><br>Speak to a trusted adult or use a support service. You are not alone. |  <b>5 KEEP SAFE</b><br>Look after your wellbeing and keep seeking support if you need it. |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

## 🔗 WHERE CAN I GO FOR HELP?

Talk to a trusted adult or use one of the services below.

|                                                                                                                                                                                                  |                                                                                                                                                                                                              |                                                                                                                                                                                                                   |                                                                                                                                                                                                                                     |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>TRUSTED ADULT</b><br><br>Talk to a parent, carer, family member, teacher or any adult you trust in school. | <b>CHILDLINE</b><br><br>Call: 0800 1111<br>Online chat:<br><a href="http://www.childline.org.uk">www.childline.org.uk</a> | <b>THE MIX</b><br><br>Support for under 25s<br>Call: 0808 808 4994<br><a href="http://www.themix.org.uk">www.themix.org.uk</a> | <b>SHOUT</b><br><br>Text: SHOUT to 85258<br>Free, confidential<br>24/7 support<br><a href="http://www.giveusashout.org">www.giveusashout.org</a> |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

## 🌐 MORE SUPPORT

Useful websites for trusted information.

|                                                                                                                                                                                                                            |                                                                                                                                                                                                               |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>YOUNG MINDS</b><br><br>Mental health support for young people.<br><a href="http://www.youngminds.org.uk">www.youngminds.org.uk</a> | <b>CEOP</b><br><br>Advice and support about online safety.<br><a href="http://www.ceop.police.uk">www.ceop.police.uk</a> |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|



You are not alone.



We will listen.



We will support you.



A safer, fairer future.

**KEY WORDS**

Match the correct term to its definition.

|     |                              |                                                                                                                                                             |
|-----|------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1.  | <b>Sexual Responsibility</b> | Making informed, respectful and safe decisions about sexual behaviour, considering the law, consent, your own wellbeing and the wellbeing of others.        |
| 2.  | <b>Readiness</b>             | Feeling personally and emotionally prepared to make a choice freely, safely and without pressure.                                                           |
| 3.  | <b>Mutuality</b>             | When both people contribute to and consider each other's needs, feelings and choices.                                                                       |
| 4.  | <b>Gender Stereotype</b>     | A generalised belief about how people should behave or what they should be like because of their sex or gender.                                             |
| 5.  | <b>Biological sex</b>        | Biological characteristics associated with being female or male.                                                                                            |
| 6.  | <b>Gender reassignment</b>   | A person proposing to undergo, undergoing or having undergone a process of reassigning their sex.                                                           |
| 7.  | <b>Contraception</b>         | Methods used to prevent pregnancy.                                                                                                                          |
| 8.  | <b>Efficacy</b>              | How effective something is at producing its intended result.                                                                                                |
| 9.  | <b>HIV</b>                   | A virus that attacks cells in the immune system.                                                                                                            |
| 10. | <b>Risk reduction</b>        | Taking practical steps to make a situation safer or reduce the likelihood of harm.                                                                          |
| 11. | <b>Sexual Harassment</b>     | Unwanted behaviour of a sexual nature that violates someone's dignity or creates an intimidating, hostile, degrading, humiliating or offensive environment. |
| 12. | <b>Victim Blaming</b>        | Placing responsibility for harmful behaviour on the person who experiences it rather than the person responsible for the behaviour.                         |

**RISK & RESPONSIBILITY****NOTICE**

Pay attention to your health, your feelings and any signs or symptoms. Notice changes and get help.

**CHECK**

Check your symptoms and find trustworthy information.

**ACT**

Get the right help. Choose the most appropriate service for your needs.

**COMMUNICATE**

Talk to the right people. Share what you've noticed, ask questions and make informed decisions.

**REMEMBER:**

You are never expected to deal with a concern on your own.

You are not alone. It's okay to ask for help.

**HELPFUL WEBSITES & INFORMATION**

NHS – Sexual Health Information & Services

[www.nhs.uk/conditions/sexual-health/](http://www.nhs.uk/conditions/sexual-health/)

Call 111

Advice and support for young people on sexual health, contraception, STIs and relationships.



Brook – Sexual health support for young people

[www.brook.org.uk](http://www.brook.org.uk)

Call 0808 802 1234 (12pm–10pm every day)

Confidential advice and support.

**shout**  
**85258**

Text SHOUT to 85258

Free, confidential 24/7 text support for any issue.

[www.giveusashout.org](http://www.giveusashout.org)

**childline**  
ONLINE, ON THE PHONE, ANYTIME

[www.childline.org.uk](http://www.childline.org.uk)

Call 0800 1111

Confidential support for anything that's worrying you.



Talk to us about drugs

[www.talktofrank.com](http://www.talktofrank.com)

Information and support about drugs and their impact on your health.

**YOUNG MINDS**

Mental health advice and support

[www.youngminds.org.uk](http://www.youngminds.org.uk)

Help for young people and how to get help for your mental health.

**WHERE SHOULD I GO?**

|  |                     |                                                               |
|--|---------------------|---------------------------------------------------------------|
|  | <b>YOUR GP</b>      | Advice and treatment for many common illnesses and concerns.  |
|  | <b>PHARMACY</b>     | Advice on treatments and minor health concerns.               |
|  | <b>SCHOOL STAFF</b> | Speak to a trusted member of staff you feel comfortable with. |
|  | <b>NHS 111</b>      | For urgent medical help when you're unsure what to do.        |
|  | <b>A&amp;E</b>      | For serious injuries or life-threatening emergencies.         |

**NOW WHAT? Key slogans to remember**

Consent is clear, freely given and can be withdrawn at any time.



Healthy relationships are built on respect, trust, honesty and equality.



Your body. Your choice. Your voice matters.



It's OK to wait. There's no right time for everyone.



Get the facts. Make informed, responsible decisions.



Look out for your friends. Support, don't judge.

**REMEMBER: SPEAK UP, GET SUPPORT, STAY SAFE**

- ☒ You have rights.
- ☒ You have choices.
- ☒ You deserve respect.
- ☒ You can ask for help.



Talk to someone you trust.



Look after your physical and mental health.



Know your rights and responsibilities.



Make safe choices for yourself and others.



You don't need to face this alone. Help is here.



**INFORMED CHOICES. HEALTHY RELATIONSHIPS. RESPECT FOR ALL.**

