

Teacher's Notes

- How to recognise the characteristics and positive aspects for healthy one-to-one intimate relationships, which include mutual respect, consent, loyalty, trust, shared interests and outlook, sex and friendship.
- That all aspects of health can be affected by choices they make in sex and relationships, positively or negatively, e.g. physical, emotional, mental, sexual and reproductive health and wellbeing.
- That some types of behaviour within relationships are criminal, including violent behaviour and coercive control.
- What constitutes sexual harassment and sexual violence and why these are always unacceptable.
- The legal rights and responsibilities, regarding equality (particularly with reference to the protected characteristics as defined in the equality act 2010) and that everyone is unique and equal

Relationships, mutual consent and sexual violence

Objective

- describe how to recognise the characteristics and positive aspects for healthy one-to-one intimate relationships, which include mutual respect, consent, loyalty, trust, shared interests and outlook, sex and friendship.
- explain what is meant by 'consent', and what this means within healthy relationships
- explain some consequences of someone not receiving consent for sexual behaviour within a relationship
- describe how and from where to access support, and how to support a friend who may be experiencing abuse

This is ABUSE



RELATIONSHIP

- Draw a heart in your books
- In the middle list your closest, most important relationships
- Around the edge put those who are important but not as close

relationship

/rɪˈleɪʃ(ə)nʃɪp/ ◀▶

noun

1. the way in which two or more people or things are connected, or the state of being connected.



LIST SOME SIMILARITIES
LIST SOME DIFFERENCES

Friend, family, love,
support, care, bond,
like, enjoy, close, new,
old, choose, relation

WHAT MAKES A HEALTHY RELATIONSHIP?

THE DOMINATOR

Or

The Friend

Use the sheet to decide which traits belong to a Dominator and which belong to a friend – some may fall in the middle – can you say why???

Use 3 colour **red** for **Dominator**, **green** for **Friend** and **orange** for **in between**.

Shouts	Supports you	Takes people close to you away or seduces them	Supports your learning and independence
Is cheerful	Turns others against you	Is consistent	Uses your name
sulks	Welcomes your family and friends	Smashes things	Tells you that you can do things
Tells you, that you look good	Trusts your judgement	Admits to being wrong	Expects sex on demand
Stops you doing what you want	Never admits they are wrong	Is faithful	Makes you feel ugly and useless
Trusts you	Respects your right to say no to sex	Never does their share	Can compromise and communicate calmly
Uses others to control you	Threatens you to get their own way	Takes responsibility for themselves	Cuts you off from your friends
Blames you	Shares any work	Calls you names	Glares at you



MR. WRONG

by Roger Hargreaves



Imagine that you are in a relationship with someone. Let's call this person X (you can decide their gender).

Using the Dominator or Friend? list look at each of these situations and decide whether you think that X is a Mr / Miss Right or Mr / Miss Wrong.



Healthy or Unhealthy Relationship?' - Worksheet

Imagine that you are in a relationship with someone. Let's call this person X (you can decide their gender). Using the Dominator or Friend? list look at each of these situations and decide whether you think that X is a Mr / Miss Right or Mr / Miss Wrong.

1. X tells you that they love being with you because you always have such a laugh when you are together.
2. X tells you that you are so close and so meant for each other that you don't need anyone else. X doesn't like it when you spend time with your friends.
3. X is really attractive and popular and people tell you that you are lucky to be with them. X expects to have sex whenever you meet even if you don't want to.
4. You and X have had an argument and broke up. X has come round to see you and say that they want to get back together as they need you and that they can't cope without you.
5. You and X had an argument and broke up. X comes round to see you as they want to get back together. X apologises, says they have thought about what they said in the argument and that they were wrong.
6. X is very stressed at the moment and so they often say things to you that really hurt and upset you. X always apologise afterwards and says that it is just a combination of too much alcohol, stress and that some of things that you say really make them angry.
7. You went out with your friends last night and had a great time. X doesn't like it when you talk about what a good time you had and goes very moody and quiet.
8. X is angry because they want to kiss and you are not in the mood.

11. You and X go out to the cinema, X suggests that they pay for both tickets and you pay the next time you go to see a film together.
12. You and X go out to the cinema, X says that you have to pay for both tickets because you chose the film.
13. X comes to meet your family and gets on really well with them and is pleased to see them again in future.
14. You and X are going out. X tells you that you look really good.
15. You and X are going out. X tells you that you look really good and that you are nearly as attractive as your best friend.
16. You are at school / college when you see one of X's mates. He laughs and tells you things that you thought were private between you and X.
17. X wants to go out but you have a lot of studying to do. X gets angry and says that if you cared about them then you would leave your 'stupid studies' and come out. They threaten to end the relationship unless you show how much you care about them by coming out for the night.
18. X wants to go out but you have a lot of studying. X understands and says it is really important to get the grades if you want to go on to your chosen career. X asks if it is okay if they still go out as they would like to meet up with some friends.
19. X has a lot of studying to do but you want to go out. You are supportive of their studies but would like to go and meet with some of your friends. X doesn't want you to go out without them and gets into a bad mood.
20. You and X are going out. X tells you that you look really good and then immediately asks for sex

**WHAT WARNING SIGNS ARE THERE THAT THE
RELATIONSHIP MAY BE WITH MR WRONG?
WHY DOES SHE STAY IN THE RELATIONSHIP?
COULD ANYONE HAVE HELPED HER?**



- IT is NEVER OK to hit your boyfriend/ girlfriend
- No one ever deserves it
- No one ever asks for it
- You deserve to be respected
- If they think its OK to hit you, then they DON'T love you.
- People who love you RESPECT you.

Official definitions of 'consent'

Consent is defined in law as ***an agreement made by someone with the freedom and ability to decide something***. Under the law, it is the person seeking consent who is responsible for ensuring that these conditions are met

To ***give your consent*** you should be sure that it is your decision and not one you have been pressured to make

British law says that **both people** need to give their consent before sex or any physical closeness

The law also says that to consent to sex **a person must be 16 or over and have the ability to make informed decisions for themselves** (i.e. they have to be mature enough to make the decision and not be impaired by e.g. drugs or alcohol)

Consent



Understanding 'consent'



Understanding consent

After viewing the film, discuss:

- what are your initial thoughts?
- what do you think about the way the characters (puppets) in the film are behaving?
- what do you think about the behaviours which were mentioned in the film?

Further discussion of the film:

- Using both our class and official definitions of consent, discuss where or how in the film consent was or was not given.

True or false I

Sort the 'Myths and misconception?' cards into three piles: *True; False; Not sure*

A rapist is usually a stranger in a dark alley.

The majority of rapes are committed by people known to, and often trusted by, the person who is raped. They could be friends, partners, family members or known from school, college or work.

If two people have had sex before, it is always ok to have sex again.

Even if two people have had sex before, they should both be consenting each time they subsequently have sex.

People who are raped 'ask for it' by wearing revealing or provocative clothing.

The clothes a person wears never mean they are 'asking for it'. Rape or sexual assault are never the victim's fault. It is always the fault of the attacker. People who are assaulted and attackers can be any age, sex, religion, gender identity and sexual orientation; and come from any cultural background.

True or false II

If someone is raped while they are drunk, they are also somewhat responsible

If someone is drunk, they not be able to give consent to having sex. It is not acceptable for an attacker to blame drink or drugs for their actions.

When it comes to sex, 'no' sometimes means 'yes'

If two people want to have sex with each other it should be something that they both agree and consent to. They show this through their words and through their body language. Saying 'no' means consent has not been given.

Alcohol and drugs turn people into rapists.

Drugs and alcohol are never the cause of rape or sexual assault. The attacker commits the crime, not the drugs and/or alcohol.

If you go back to someone's house, you are saying you want to have sex with that person.

Going home with someone is not giving consent to have sex with that person. Consent must be sought and given, never assumed. Misplaced assumptions are no excuse, neither ethically, nor in the eyes of the law.

True or false III

Rape is only rape if someone is physically forced into having sex.

Rape happens when someone doesn't consent to sex. Rapists may threaten violence, or may take advantage of their victim being unable to consent (for example because they're drunk or asleep).

It is not rape if the target doesn't clearly say 'no'

There are many ways that someone can show they do not want sex as well as saying the word.

Men don't usually mean to force sex on anyone but sometimes they get carried away.

Consent to one sexual activity is not consent to another activity. Consent should not be assumed or treated as a 'one off' but rather as a continual process of checking a partner is happy to proceed. Withdrawal of consent at any point must always be respected and acted upon.

People often lie about being raped if they regret having sex with someone

Research suggests that most people who have been raped and report it are telling the truth. Many people also do not report rapes – sometimes because they are scared and sometimes because they are unsure how to do so.

True or false IV

It is only rape if someone is physically or violently forced into having sex.

Rape happens when someone doesn't consent to sex. Rapists may threaten violence, or may take advantage of their victims being unable to consent (for example because they are drunk or asleep)

Boys and men don't get raped.

While the majority of rapes and sexual assaults are committed against women, it also happens to a significant number of men.

Key consent messages

- Write a list of ways that someone can show **non-verbally** that they are not consenting to sex or a sexual act.
- Match the quotations with the corresponding ‘key messages’ on the sheet

1	<i>"It's only illegal if one of you's over 16 and the other's under 16. We were both under 16, so it's fine"</i>	A	Consent to one sort of sexual activity does not mean consent to everything. Consent is required for each sexual activity.
2	<i>"She's very quiet and isn't making eye contact – does she want me to go ahead?"</i>	B	A partner has the right to change their mind and withdraw consent to sexual activity at any time.
3	<i>"They didn't say no, so I think it was fine"</i>	C	Always be sure that you have consent. If a person wants to be intimate with you, they'll show it through their words and body language.
4	<i>"Oh come on – you were fine when it was just touching. Why don't you want to do more?"</i>	D	Even if two people have had sex before, consent is still required each time.
5	<i>"Of course we can stop. Shall we just cuddle and watch the rest of the film?"</i>	E	Giving oral sex to someone without their permission is illegal. In law, if a male forces someone to perform oral sex on him, that is rape.
6	<i>"I like her but I'm going to wait – just not sure it's the right time and I don't really know her well enough to talk about contraception and stuff"</i>	F	Sex with anyone under 16 is unlawful, including oral sex. This is true whether or not consent is given.
7	<i>"We've done it before so I can't see the point in asking – it must be ok"</i>	G	There are many ways for someone to show that they don't consent to sexual activity: they don't just have to say 'no'.
8	<i>"It wasn't rape 'cos it was only oral. It's different, isn't it?"</i>	H	When it comes to sex or physical closeness, both people should feel safe with a partner, trust them and have mutual respect for decisions.

Remember:

- The importance of getting consent for sexual activity
- Look out for the signs that a partner is consenting (and keep checking)
- It is the legal and ethical responsibility of the seeker of consent to get it
- Saying 'No' is just one way of not consenting to something and not saying 'No' does not mean someone has given consent



Also remember:

- Good communication between both partners ensures understanding about sex or physical closeness. Check with your partner by asking if they are enjoying what you are doing and asking if they want to continue.
- Reading body language is also important. If your partner is relaxed it is likely that they feel comfortable. If they are tense, they may be nervous or frightened and trying to hide how they really feel.
- Look out for signs of someone not consenting to sex – sometimes people might find it hard to say anything at all if they don't want to have sex, If someone stops kissing you or doesn't want to be hugged or held, this could be a sign of non-consent. Don't ignore it.
- If one person doesn't want to have sex, the other person needs to accept that. It's not ok to try and change their minds, as pressuring someone into sex is rape. This also applies to pressurising someone to have sex without using contraception.

Consequences I

- Every action has consequences – an effect on something or someone.
- Consequences can be positive or negative, and can have a lasting impact on people's lives. Sex or physical closeness without consent can have extremely damaging consequences for both people involved.

Sort your 'Consequences' cards into three piles: 'physical', 'emotional' and 'legal'

- Can your group think of any others to add to each list?



Consequences II

Physical:

- sexually transmitted infections for both people and any other future partners
- physical injury
- internal injury
- mental health problems including depression
- unwanted pregnancy

Emotional:

- lower self-esteem and sense of worth
- humiliation
- fear
- hurt
- embarrassment
- problems trusting future partners
- problems forming new relationships

Legal:

- possible custodial sentence if found guilty of rape
- sexual assault could lead to a community order, fine or prison sentence
- having sex without consent and sexual assault could result in the perpetrator being added to the Sex Offenders' Register
- having a criminal record, and/or being put on the Sex Offenders Register will have major impact on future life events such as getting work

Plenary

- Is there anything you would change in our original definitions of consent?
- Do you feel differently about anything as a result of what you have seen and heard in this session?
- Has anything surprised you/shocked you?
- Can you describe signs of consent/non-consent?
- If you thought someone was being pressured into having sex, or any sexual activity, could you explain where they could get help?

Remember: it is always the seeker's responsibility to get consent and act on the signs of consent/non-consent

Have we achieved the learning outcomes?

Can you:

- Explain what is meant by the term 'consent' and what it means within healthy relationships?
- Describe how someone can get help if they experience abuse and support a friend who may be experiencing abuse?

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