

CONTACT THE SCHOOL

If you have any questions or concerns about Healthy Relationships and what it means for your child, please do not hesitate to contact the school and ask for the Safeguarding Officer.

EXTERNAL SOURCES

The following sources may also be useful for further information:

Refuge – www.refuge.org.uk (women & children)

The national domestic violence helpline –
0808 2000 247
www.nationaldomesticviolencehelpline.org.uk/

Broken Rainbow – 0300 999 5428
www.brokenrainbow.org.uk/ (LGBT support organisation)

Men's Advice Line – 0808 801 0327
www.menadvice.org.uk/

National organisations that support young people who may be affected by controlling or abusive behaviour:

Respect Not Fear – www.respectnotfear.co.uk/

The Hideout – www.thehideout.org.uk

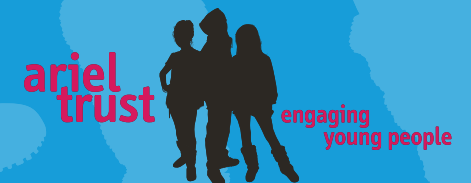
Barnardo's – www.barnardos.org.uk

Childline – 0800 1111
<http://www.childline.org.uk/>



Face Up

A Healthy Relationship programme for teenagers



FACE UP

Face Up is a programme designed to help young people learn about healthy teenage relationships at a time when they may be thinking about dating for the first time.

Schools are required to prepare young people for the responsibilities and opportunities of life ensuring they can cope with and contribute positively to their futures.

Face Up includes:

- Recognising the warning signs of when a relationship is becoming coercive.
- Understanding people's human rights and change in attitudes.
- Being assertive.
- How to end a difficult relationship safely.
- Who to turn to for advice and support.
- Having confidence to intervene as a bystander.

Isn't my child too young to learn about relationships?

The school will make sure any discussions are suitable for the age and maturity of the children involved.

We need to teach young people the skills they need for life and this is a message that permeates the personal, social, health and economic (PSHE) curriculum. Its core themes include supporting the development of high self-esteem and the skills to negotiate healthy, happy relationships now and in the future.

WHAT IS CONTROLLING BEHAVIOUR?

Controlling behaviour is a range of acts designed to make a person subordinate and/or dependent by isolating them from sources of support, exploiting their resources and capacities for personal gain, depriving them of the means needed for independence, resistance and escape and regulating their everyday behaviour.

WHAT IS COERCIVE BEHAVIOUR?

Coercive behaviour is an act or pattern of acts of assault, threats, humiliation and intimidation or other abuse that is used to harm, punish, or frighten a victim.

HOW DOES THIS APPLY TO SCHOOLS?

Schools have a duty to safeguard children. We have a responsibility to protect children from unhealthy relationships and violence in the same way we protect them from drugs or gang violence.

WHAT DOES THIS MEAN IN PRACTICE?

Many of the things we already do in school help children become positive, happy members of society.

These include:

- Developing critical thinking skills and a strong, positive self-identity
- Promoting the spiritual, moral, social and cultural development of pupils.

We aim to provide the resources to ensure that children can explain accurately and confidently how to keep themselves healthy, helping them make informed choices about their emotional and mental well-being.

They are given the skills to have an age-appropriate understanding of healthy relationships and are confident in staying safe from abuse and exploitation.

EXAMPLES OF COERCIVE OR CONTROLLING BEHAVIOUR.

Isolation – Someone pressures you to choose between them or family and friends

Humiliation – Someone puts you down or calls you names,

Harassment – Someone follows you, spreads rumours, prank phone calls

Intimidation – Someone tries to scare you or threatens to get you in trouble with family, friends or in school

Threats – Someone threatens to harm you, your friends or family, threatens to break up with you

Violating your privacy – Someone goes through your things without permission and refuses to stop when asked

Limiting independence – Someone pressures you to use cigarettes, alcohol or drugs. Wants to make all the decisions in a relationship.