

Before we begin...

This session may cover issues that have affected you or somebody else.

This is a '**safe learning environment**', where everyone can improve their knowledge and understanding of the today's topic.

If you or another person becomes distressed at any point, or want to discuss any feelings or thoughts relating to this session, please tell a member of staff.



Remember:

- Be respectful
- Listen carefully
- Value everyone's opinion
- Understand people's views are not always the same
- Conversations about the experiences of others must not be shared outside of this session



CONSENT

noun

permission for something to happen or agreement to do something.

"no change may be made without the consent of all the partners"

Consent can refer to taking a drink off somebody to more serious concerns of physical touch.

Watch the video and discuss

<https://youtu.be/h3nhM9UIJjc>

WARNING

Some people may find content in
this article upsetting or distressing

RSHE

You will notice that PSHE has changed to RSHE.

This reflects the focus on relationships.

Relationships, social, health education.

Each week you will see a slide that says "How to stay safe", our RSHE mantra.



HOW TO STAY SAFE

A reminder of how to stay safe

Ask for consent

Do not do anything unless the other person agrees

If the other person says yes and then changes their mind you stop

Age of sexual consent is 16

Support at the yellow door in social time

Speak to any adult in the building about your worries



CHAT HEALTH NHS

<https://vimeo.com/866286375>

Chat confidentially to a nurse about any issues over text.

You can also see our school nurse Leanne, any staff can make a referral.



Confidential help and advice

It's safe and easy for you to speak to a qualified health professional. Just send a message, you don't have to give your name.

Discreet and quick. It only takes one message to start making a difference. You'll get confidential advice from trained health staff in your area.

START A CHAT

