

Year 7 - RSE - Respectful Relationships

Key Terms

Relationship	The way in which two things are connected
Respect	Due regard for the feelings, wishes, or rights of others
Consent	Consent is an agreement which is given willingly and freely without exploitation, threat or fear, and by a person who has the capacity to give their agreement

RSE covers a variety of topics and focuses on developing understanding of different aspects of relationships. This includes with yourself, friendships, romantic and sexual relationships

What Makes a Good Friend

A friendship is a non-romantic bond with another person. A friend should be someone you trust. If someone makes you feel bad or you don't enjoy spending time with them then maybe they're not really your friend.

Key Skills

- Active listening and communication
- Teamwork
- Presentation and debate

Bullying or Banter

Banter - A type of teasing which although usually friendly, easily turns into something people can take offensively.

Bullying: To harm or intimidate someone e.g., name calling or physically hurting them. This can also be online (cyber bullying).

Remember bullying is not just someone acting unkindly a single time - bullying is something which happens repeatedly.

If someone says that something you are doing or saying is upsetting them - stop!

Friendships and Managing Them

Friendships can be in real-life, online only, or a mixture. If your friends are online, it's important to remember to keep yourself safe like you would in real-life. Be careful about how much personal information you reveal.

Threshold Concepts:

TC1	Know that there are different types of committed, stable relationships.
TC2	Know practical steps they can take in a range of different contexts to improve or support respectful relationships
TC3	Know about different types of bullying (including cyberbullying), the impact of bullying, responsibilities of bystanders to report bullying and how and where to get help.
TC4	That there are indicators of positive, healthy relationships and unhealthy relationships, including online