

Year 10 - RSE - Respectful Relationships/Being Safe

Key Terms

Conflict	A disagreement, argument or clash between people
Conflict Management	Being able to stop an argument getting out of hand, and to take steps to find a resolution
Grief	Intense sorrow, felt usually after a death but can also be felt at the end of a long-term relationship
FGM (Female Genital Mutilation)	All procedures that involve partial or total removal of the external female genitalia, or other injuries to the female genital organs for non-medical reasons

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



Relationships and Partners

For a romantic relationship to be healthy it will have certain qualities. These can include: good communication, trust, independence, safety and affection.

Sometimes relationships break down and people split up. This can be a painful experience and can happen for many reasons.

Key Skills

- Active listening and communication
- Teamwork
- Presentation and debate

#MeToo and Time's Up Movement

These campaigns have started in recent years, their aim is to draw awareness to the treatment of women. Their focus is sexual harassment and abuse of women.

Domestic Abuse and Violence

This is abuse which happens in the home. It can include physical, emotional, financial or sexual abuse.

Forced Marriage

Forced marriage is one in which one or both spouses do not or, in the case of some adults with learning or physical disabilities or mental incapacity, cannot consent.