

Year 10: Relationship and Sex Education Knowledge Organiser

1. Starting Out in a Romantic Relationship

- **What is a Romantic Relationship?**
 - A romantic relationship involves emotional, physical, and social intimacy between two people, often with feelings of attraction, care, and affection.
 - **Important qualities of a healthy romantic relationship:**
 - Trust, respect, communication, and mutual consent.
 - It's essential to understand boundaries and respect each other's individual space and needs.

Relationship Spectrum

Every relationship looks different. It is important to know where your relationship is so that you can be happy and safe.

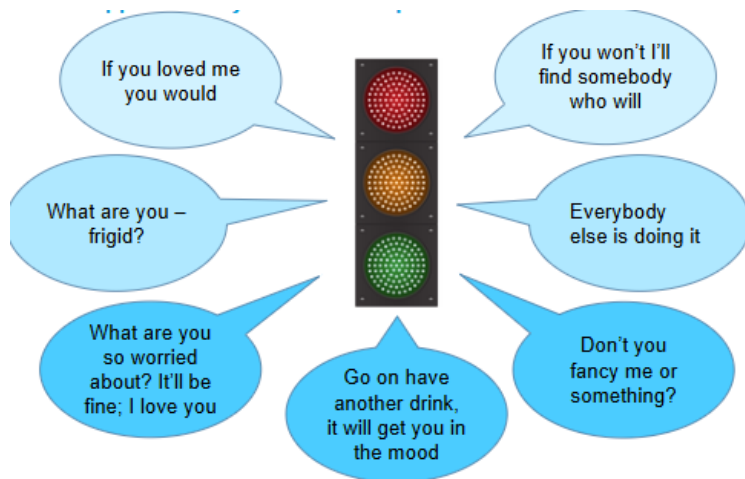
Healthy Relationships are based around equality and respect <ul style="list-style-type: none">• Communicating• Respectful• Trusting• Honest• Equal• Enjoying personal time away from each other• Making mutual choices• Economic/financial partners	Unhealthy Relationships are based on attempts to control the other person <ul style="list-style-type: none">• Not communicating• Disrespectful• Not trusting• Dishonest• Trying to take control• Only spending time together• Pressured into activities• Unequal economically	Abusive Relationships are based on an imbalance of power and control <ul style="list-style-type: none">• Mistreating• Controlling• Isolating their partner from others• Accusing the other of cheating when it's untrue• Communicating in a hurtful or threatening way• Denying their actions are abusive
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2. Being Ready for Sex

- **What does being ready for sex mean?**
 - Being ready for sex is not just about physical readiness but also emotional, mental, and relational maturity.
 - Consider personal feelings, values, and understanding of sexual health, including contraception and protection.
 - **Questions to ask yourself:**
 - Do I feel emotionally comfortable and secure in my relationship?
 - Do I understand the risks, including pregnancy and STIs?
 - Do I feel respected and listened to in my relationship?
 - **Contraception and Protection:**
 - Understand methods of contraception and sexually transmitted infection (STI) prevention (e.g., condoms, the pill, IUDs, etc.).
 - It's important to have open discussions with a partner about contraception choices.
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3. Pressure Statements

- **What are Pressure Statements?**
 - Pressure statements are comments or behaviors that make someone feel uncomfortable or coerced into doing something they're not ready for.
 - Common examples: "Everyone else is doing it" or "You would if you really loved me."
- **How to Recognize Pressure:**
 - Feeling anxious or unsure when someone asks or pressures you for something you're not ready for.
 - Feeling obligated or guilty when you say no.
- **What to Do If You Experience Pressure:**
 - Acknowledge your feelings and understand it's okay to say no.
 - Talk to a trusted friend, family member, or professional if you feel unsure.



4. Saying No Assertively

- **What is Assertiveness?**
 - Being assertive means expressing your thoughts, feelings, and needs confidently and respectfully.
 - It is different from being passive (not standing up for yourself) or aggressive (attacking or dominating others).
- **How to Say No Assertively:**
 - Use "I" statements to express your feelings, e.g., "I am not ready for that" or "I don't feel comfortable with this."
 - Stay calm, confident, and clear in your communication.
 - Don't feel pressured to give an explanation if you don't want to.
- **Practice Saying No:**
 - Role-play different situations where saying no might be necessary (e.g., when pressured to engage in unwanted activities).

Passive	Assertive	Aggressive
Too scared to say what you think	Expresses self clearly and confidently	Expresses self with aggression and irritation/anger
Avoids eye contact	Maintains eye contact	Stares in a judgmental way
Speaks softly or weakly	Speaks firmly	Speaks loudly (e.g., shouting)
Reduces own self-esteem	Increases own self-esteem	Reduces others' self-esteem
Makes body smaller (e.g., slouching)	Firm yet welcoming posture	Closed posture (e.g., making body bigger)
Others' needs are put first	Self and others' needs are taken into account	Own needs are put first
Can't say 'no' to others' requests or demands	Is able to say no in a calm and direct way	Says no in an aggressive and reactive way
Aims to please others	Aims to express needs	Aims to win

5. Capacity for Consent

- **What is Consent?**
 - Consent is a clear, mutual, and voluntary agreement between participants to engage in specific activities, including sexual activities.
 - Consent must be given freely, without pressure or manipulation.
- **Factors Affecting Consent:**
 - Age (legal age of consent varies by country).
 - Mental and emotional state (if someone is intoxicated, unconscious, or unable to make decisions, they cannot give consent).
 - Coercion, manipulation, or threats invalidate consent.
- **Key Principles of Consent:**
 - Consent must be active, informed, and ongoing.
 - Consent can be withdrawn at any time.
 - Both parties should feel comfortable and free to say no.

CONSENT IS:

- CLEAR**
Consent is active.
It's expressed through words or actions that create mutually understandable permission.
Consent is never implied, and the absence of a no is not a yes.
Silence is NOT consent.
"I'm not sure," "I don't know," "Maybe" and similar phrases are NOT consent.
- COHERENT**
People incapacitated by drugs or alcohol cannot consent.
Someone who cannot make rational, reasonable decisions because she or he lacks the capacity to understand the "who, what, when, where, why or how" of the situation cannot consent.
People who are asleep or in another vulnerable position cannot consent.
- WILLING**
Consent is never given under pressure.
Consent is not obtained through psychological or emotional manipulation.
Consent cannot be obtained through physical violence or threat.
Someone in an unbalanced power situation (i.e. someone under your authority) cannot consent.
- ONGOING**
Consent must be granted every time.
Consent must be obtained at each step of physical intimacy. If someone consents to one sexual activity, she or he may or may not be willing to go further.

Key Takeaways:

- Healthy relationships are built on trust, respect, and communication.
- Always ensure that both you and your partner are ready for any steps you take in the relationship, including sex.
- Be aware of pressure statements and know how to say no assertively.
- Understand the importance of consent—both parties must feel comfortable and clear about what they are agreeing to.
- Family relationships should be supportive and free from abuse. If you ever feel unsafe, seek help immediately.