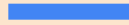


Healthy Relationships and Sexual Health



Core content for all students

Trigger warning & an Encouragement:

It is good to be well informed - and this can help keep you and others safe and well, both mentally, physically and emotionally. We encourage you to look at the materials and have given you time to do this in a safe space; **we have selected positive resources from trusted and safe sources.**

Some of this material may contain triggers for some individuals - please consider accessing support as you engage with the materials. Support is signposted and you can also contact your tutor or someone from the safeguarding team or contact Text Shout or The Mix or The Samaritans or Wiltshire FearFree.

Overview and Follow Up

Please take a look at a range of material in this session: you may not be exploring material which is relevant to you now - but it may be useful one day for yourself or to support a friend. All material should be positive, inclusive and diverse and has been sourced from trusted and safe sites.

We need to know, that you know, where to get information and support about these things, now and in the future.

Sexual Health ; Contraception; Consent; Definitions of Sexual Violence, Sexual Assault and Sexual Harrassment; Harrassment in the workplace; FGM; healthy relationships; Criminal Sexual Exploitation; pornography; mutual enjoyment of sexual activity; domestic violence; sexting laws; and a range of other useful and practical links.

Later in the week, we will release a short quiz, which everyone must complete - this will not ask you to reflect on or share any personal information, but means we can check that everyone has engaged with the materials and completed this compulsory college module.

MAIN RESOURCES

School of SexEd resources

School of SexEd's resource page is fascinating and specially designed with inclusion in mind. Development Days are all about knowing what resources are available to you so **scroll right to the bottom** and then pick a video. These are largely upbeat - there is lots to celebrate regarding sex and relationships, as well as things to be aware of and manage carefully.

<https://schoolofsexed.org/resources>

Fumble

Fumble specialise in inclusive, modern sex education for a digital age.

So many resources on here. Take a look.

<https://fumble.org.uk/>

WISE: Wiltshire Sexual Health Clinic

An amazing local provider who are here to do a talk today - you might like to bookmark the link so you can explore their services and advice further at a later date.

You can choose to research STIs, contraception, LGBTQ+ issues, advice for under 25s, HIV, Emergency contraception, reporting abuse, and you can order free STI home testing kits. <https://wiltshiresexualhealth.co.uk/>

Sexwise Resources from Brook

<https://www.brook.org.uk/service/sexwise/>

Similar to the WISE site but with a different style - decide which one you prefer?

Resources specifically for LGBTQ+ people

<https://www.theproudtrust.org/young-people/>

<https://www.theproudtrust.org/young-people/exploring-identity/gender-identity-t/>

<https://www.tht.org.uk/hiv-and-sexual-health/sexual-health/trans-people>

<https://www.tht.org.uk/hiv-and-sexual-health/sexual-health/improving-your-sexual-health>

The Fumble and Brook websites are very inclusive and positive and have dedicated LGBTQ content.

Porn issues and addiction

This website is excellent in giving a non-judgmental overview of some of the issues, and signposting help if you need it.

<https://www.brook.org.uk/your-life/porn/>

We need you to know: so take a quick look

What is FGM and why we should all be part of the campaign to end this.

<https://youtu.be/xqghjGBfB54>

It is also now illegal to get married if you are under 18, even with parental permission.

If you suspect something is happening that shouldn't, tell a trusted adult.

What are the laws about sexting, sharing nudes and semi nudes?

<https://www.nspcc.org.uk/keeping-children-safe/online-safety/sexting-sending-nudes/>

How to report online abuse?

<https://www.ceop.police.uk/Safety-Centre/>

How to get help for domestic violence or abuse? And what counts as an abusive relationship?

<https://www.nhs.uk/live-well/getting-help-for-domestic-violence/>

Remember - all harassment, discrimination, bullying, violence or threat - whether in person or online - should be shared with a trusted adult and reported to the police. As we insist on the creation of a culture where we are all safe, the police need to know the scale of the issue and be held to account for responding actively and supportively and equally.

You have a voice!

NSPCC resources: being informed about grooming could change a life.

Child Sexual Exploitation & Child Criminal Exploitation:

<https://www.nspcc.org.uk/what-is-child-abuse/types-of-abuse/child-sexual-exploitation/#what-is>

<https://www.nspcc.org.uk/what-is-child-abuse/types-of-abuse/gangs-criminal-exploitation/>

Vocabulary and Definitions

Sexual Violence: This is any act that violates your boundaries. So anything sexual that has happened without consent. It does not mean a violent act. Sexual violence is a term we use to describe **any kind of sexual activity or act that was unwanted or happened without consent.**

Sexual Assault: This is similar and both terms are often used interchangeably: Sexual assault happens when someone touches another person in a sexual manner without their consent. Or when someone makes another person take part in a sexual activity with them without that person's consent. It includes unwanted kissing and sexual touching. Sexual assault also includes you being made to witness anything sexual without your consent.

Sexual Harrassment: In England and Wales, the legal definition of sexual harassment is when someone carries out unwanted sexual behaviour towards another person that makes them feel upset, scared, offended or humiliated. It is also when someone carries out this behaviour with the intention of making someone else feel that way. This could take place online.

It IS sexual harassment if the sexual behaviour in question is *unwanted* and makes the recipient feel intimidated, offended, humiliated or threatened – even if the behaviour isn't deliberate.

You do not need to be the target to report sexual harassment - if sexual behaviour or sexual comments or sexual material have made you feel intimidated or negatively affected then this is inappropriate. People need to be given a chance to change, if they persist, this needs to be addressed further.

Speaking Up

- Fear of retribution can stop someone from speaking up. But it's *crucial* to remember that this can be the most successful way to put an end to sexual harassment.

'Feel the fear, and do it anyway.' - *Susan Jeffers*

- If you are the recipient, it's important to check that your offence or upset isn't because of a prejudice or bias you have against someone for another reason.
- It's just as important to consider your own behaviour too. If you are upsetting someone, even without intending to, things need to change.

Most recent Police definitions

Sexual assault is when someone touches you sexually without your permission, with an object or body part.

The legal definition of 'sexual' depends on whether a 'reasonable person' would consider something sexual.

It is also an offence if someone gets you to do or see something sexual without your permission.

Consent means everyone agreeing to what's happening by choice, and having the freedom and ability to make and change that choice. Sex without consent is rape.

<https://www.police.uk/ro/report/rsa/alpha-v1/advice/rape-sexual-assault-and-other-sexual-offences/what-are-rape-sexual-assault/>

This police website is really useful for definitions and includes this encouragement to report: the police have been working hard to improve their service in this area.

Myths about rape and sexual assault

There are many [common myths about rape and sexual assault](#) that can put people off getting the help they need or reporting it.

For example, rape and sexual assault do not have to involve violence or force, cause physical injury or leave visible marks.

We don't believe these myths and we won't doubt you because of them.

Also from Police UK

Other sexual offences

Other sexual crimes you can report to us include:

- [Voyeurism and upskirting](#)
- [Indecent exposure and outraging public decency](#)
- [Revenge porn](#)

More Vocabulary and Definitions:

Domestic violence: Domestic abuse is an incident or pattern of incidents of controlling, coercive, threatening, degrading and violent behaviour, including sexual violence.

<https://www.fearfree.org.uk/refer/wiltshire/>

You can ask for a referral or refer yourself or someone else.

Sexting and sharing nudes/semi nudes

Sexting is when people share a sexual message and/or a naked or semi-naked image, video or text message with another person. It's also known as nude image sharing.

Children and young people under 18 might consent to sending a nude image of themselves or they can be forced or coerced into sharing images by their peers or adults online. **It is illegal either way.**

If a child or young person originally shares the image consensually, they have no control over how other people might use it. Therefore, it is a criminal offence to create or share explicit images of a child under 18, even if you yourself are consenting or creating the image.

If the image is shared around peer groups it may lead to bullying and isolation. Perpetrators of abuse may circulate a nude image more widely and use this to blackmail a child and/or groom them for further sexual abuse.

It's a criminal offence to create or share explicit images of a child, even if the person doing it is a child. If sexting is reported to the police, they will make a record but may decide not take any formal action against a young person, depending on the circumstances.

Online Blackmail - we are seeing this more and more but no one wants to tell their friends they were affected. The criminals running this are clever and know how to draw you in and flatter you - do not be ashamed. But do the right thing and block immediately and let someone know.

Here is all the info:

<https://www.nationalcrimeagency.gov.uk/additional-support-and-resources/>

Workplace Issues

Your working environment should be a place where you feel safe, appreciated and motivated.

The environment should be good for your wellbeing; it should promote dignity and respect.

Employers have a legal duty to take steps to promote and protect a safe environment at work.

Harassment is illegal no matter where it takes place. Employers are responsible for their employee's health, safety and wellbeing in connection with their work.

1. See your organisation's policies for advice and guidance
2. Keep a record of what happens. Make copies of any evidence
3. Chat with a manager about what's happening

You can always confide in a trusted friend, family member, colleague or college support systems.

Be firm, calm and factual

Your organisation should have a Zero Tolerance rule in place to protect its employees from all kinds of bullying and harassment. A positive workplace culture simply comes down to treating each other with respect, compassion and understanding.

Sexual harassment at work: Sexual harassment is unwanted behaviour of a sexual nature. The law (Equality Act 2010) protects the following people against sexual harassment at work: To be sexual harassment, the unwanted behaviour must have either:

- violated someone's dignity, whether it was intended or not
- created an intimidating, hostile, degrading, humiliating or offensive environment for them, whether it was intended or not

You can find more out here: <https://www.acas.org.uk/sexual-harassment>

Other useful resources

The Mix has a page on workplace harassment - they also have a helpline and chat service and are an excellent source of support.

https://www.themix.org.uk/work-and-study/working-life/sexual-harassment-in-the-workplace-25950.html?gclid=CjwKCAjw7J6EBhBDEiwA5UUM2teoDOMvSfjiJ-HIX3RW-M0tbkfDAzDAVOPJAoJbeGGGZ8aNN1ruvRoCUHMQAvD_BwE

Childline: can be contacted 24/7 about anything which is troubling you.

<https://www.childline.org.uk/>

Samaritans: can also be contacted 24/7 about anything which is troubling you.

<https://www.samaritans.org/>

An important message from S6C

We all need to be part of a culture that makes it clear that abuse, assault, harassment, discrimination and inequality are unacceptable.

No one should ever be putting up with things because 'that's just the way it is' or 'there is nothing that can be done'. It should not be this way - action can be taken - choices can be made - support is available.

You are never alone -

you can always speak out -

there will always be a way through.

Help is available 24/7 from the Samaritans or Text Shout - specialist support for domestic violence or sexual harassment or sexual assault can be arranged through Fearless. <https://www.fear-less.org.uk/what-we-do/>