

Delegate Pack




EVENT:

D&C Police CCPT Conference

WORKSHOP:

Supporting Young People to have Healthy Relationships

23/2/23



Why these conversations matter...

(Feedback from young people who have had input around Healthy Relationships)

“I will respect others”

“I can recognise red flags”

“I will always treat girls well”

“This has increased my self-esteem”

“I won't stay in another abusive or unstable relationship”

“I feel more confident about myself and feel less insecure”

“This has helped me to understand deeper communication”

“I feel more positive about my body image and I will accept who I am”

“I will be able to put myself in a position to build a healthy relationship”

“I know what a healthy relationship should include...I know what I'm looking for”

“I feel more confident about what I want in a relationship (and when to walk away)”

“This has helped me recognise what is a healthy relationship and what is an unhealthy relationship”

“I will improve myself to have more of these qualities so that I can maintain stronger relationships”

**Sometimes one sentence is all it takes to know someone,
somewhere has been empowered to make a change for the better...**

"I won't let him treat me in an unhealthy way now"

(14 yr old - following a conversation about 'gaslighting')

Top Tips: *How to inform and empower young people to make healthy choices when it comes to relationships*

- **Positive approach** - removes the shame/taboo around this subject, and gives young people 'permission' to ask the questions they desperately need answers to.
- **Person-centric** – 'see' the person in front of you, not their gender or sexuality
- **Sexpert** You don't need to be one! Good to show you're learning too
- **'THE TALK'** - Scaffolding approach instead (knowledge bank)
- **Everyday opportunities** (distancing technique) – TV shows, films, social media, magazines etc to talk about sex and relationships i.e. Love Island

Top Tips (continued):

- **Correct terminology** for body parts
- **Be approachable...** Avoid judgmental responses (Shame / judgement big issue re sex and relationships)
- **Awkward questions ...** (*Support less confident colleagues by practicing answering questions and chatting through concerns - CCPT*)
- **'Ecosystem' / 'circle of influence'** informs young people - You are part of theirs.

(ecosystem can consist of media, culture, films, tv, sports, music, parents, wider community outside of school, siblings, friends, peers, online world)

You matter!

Be their ally



Reminder for teens...

- Just because someone consents to something once, does not mean they will always consent
- Regularly check-in with each other – look for verbal and non-verbal cues (body language)
- Consensual sexual activity means feeling safe and happy at **ALL** times
- In a healthy relationship, no-one will pressurise anyone to do anything they don't want to, even if it is something they have done before.
- If you're not sure, STOP and check-in....communication is key!

Ways to check-in...

- *"Are you sure you want to do this?"*
- *"Are you ok?"*
- *"Do you want to keep going?"*
- *"Does this feel good for you?"*
- *"Do you want me to stop?"*
- *"What do you want to do next?"*



Signs of Teen Dating violence 'Red Flags'

- Excessive jealousy or insecurity;
- Invasions of your privacy;
- Unexpected bouts of anger, moodiness, explosive temper;
- Pressurising a partner into unwanted sexual activity;
- Blaming you for problems in the relationship and not taking any responsibility for them;
- Controlling behaviour (who you see, what you wear etc);
- Constantly checking to see what you're doing / who you're with;
- Falsely accusing you of things;
- Vandalizing your personal property;
- Taunting, bullying, threatening or causing physical violence.

Key messages for Young people:

- YOU deserve and have the right to experience healthy relationships
- Qualities such as communication, trust, respect, faithfulness are the foundation of a healthy relationship.
- Knowing what you want in a relationship can help you protect your boundaries, values and expectations.
- Understanding / naming 'red flags' can help you avoid unhealthy love
- Consent... Think **F .R. I. E. S** (Freely given, Reversible, Informed, Enthusiastic, Specific)
- You can experience intimacy in a relationship without having sex and delaying sex is a perfectly valid decision too
- Not everyone experiences sexual attraction and that's ok (Asexuality)
- Healthy relationships require: mutual respect and mutual consent

Signposting for Young People

- Trusted adult
- **Childline** (up to 18yrs) (0800 1111 anonymous on phone bill / no mobile credit needed; online chat)
- **CEOP** - <https://www.ceop.police.uk>
- **Thinkuknow.co.uk** (help about sex, relationships and the internet)
- **The Mix** (www.themix.org.uk) (up to 25yrs)
- **Love is Respect** (www.loveisrespect.org) (13-26yrs - Healthy relationships info.)
- **5 Love Languages Questionnaire** – find out yours : www.5lovelanguages.com
- **SH:24 partnership with NHS** (sh24.org.uk)
- **Brook** (www.brook.org.uk) (Sexual Health)
- **National Domestic Violence Helpline** (0808 2000 247)
- **Intercom** <https://www.intercomtrust.org.uk/> (Supporting LGBTQIA+ communities)
- **Devon Sexual abuse / Rape Crisis Centre** (01392 204174)
 - Anonymous Email: support@devonrapsecrisis.org.uk
 - Website: www.devonrapsecrisis.org.uk





Providing
Healthy
Relationships
And
Sex
Education

(without the awkwardness!)

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