



# Student Wellbeing Resource

Healthy Relationships

# Healthy Relationships

## Overview

The types of relationships we have impact on all areas of our lives whether these are family relationships, friendships, relationships with people in authority, relationships with people in organisations we belong to or young people's intimate partner relationships.

It is important that all members of a school community (staff, volunteers, parents/carers and pupils/students) have a clear understanding of what constitutes a healthy relationship.

What makes a healthy relationship?

- Fairness/equality.
- Separate identities.
- Good communication.
- A sense of playfulness/fondness.
- Mutual respect.
- Trust.
- Honesty.
- Support.

Unfortunately we know that there are many adults, children and young people in Sheffield that are experiencing unhealthy relationships where people are bullied, controlled or abused.

People don't always recognise that the relationship is unhealthy, or if they do they may not know what to do about it. They may not realise there is support available or if they do, they may not have the confidence to ask for help. Some adults or children and young people experience threats or intimidation which can mean they are less likely to come forward. Or they are frightened that they will not be believed or are worried about what will happen next. For some people cultural barriers can increase fear and isolation, although it's important to remember not to make generalisations.

Abuse can take place in all communities.

Think about how you can incorporate healthy relationships in:

- curricular or non-curricular activity.
- your code of conduct .
- PSHE provision.
- sex and relationship education or equivalent.

## Resources

The Sheffield Young People and Domestic Abuse pathway and traffic light tool can be found here:

<http://sheffielddact.org.uk/domestic-abuse/resources/children-young-people/>

Resources for children and young people from Women's Aid  
<http://thehideout.org.uk/>

Resources for young people from government campaign <https://www.disrespectnobody.co.uk/>

Website aimed at young women by Women's Aid  
<http://www.lovedontfeelbad.co.uk/>

Educational Toolkit  
<https://www.womensaid.org.uk/what-we-do/safer-futures/expect-respect-educational-toolkit/>

PSHE Association  
<https://pshe-association.org.uk/curriculum-and-resources>

# Healthy Relationships

## Key Facts

Unhealthy relationships are relationships in which physical, sexual, psychological, or emotional abuse take place. Many unhealthy relationships can be avoided by helping children and young people to develop skills to create healthy relationships and by teaching them to recognize the signs of unhealthy relationships.

Signs of an unhealthy relationship are where you:

- Put one person before the other by neglecting yourself or your partner.
- Feel pressure to change who you are for the other person.
- Feel worried when you disagree with the other person.
- Feel pressure to stop activities you usually/used to enjoy
- Pressure the other person into agreeing with you or changing to suit you better.
- Notice one of you has to justify your actions (e.g., where you go, who you see.)
- Notice one partner feels obligated to have sex or has been forced.
- Have a lack of privacy, and may be forced to share everything with the other person.
- You or your partner refuse to use safer sex methods.
- Notice arguments are not settled fairly.
- Experience yelling or physical violence during an argument.

- Attempt to control or manipulate each other.
- Notice your partner attempts to control how you dress and criticises your behaviour.
- Do not make time to spend with one another.
- Have no common friends, or have a lack of respect for each others' friends and family.
- Notice an unequal control of resources (e.g., food, money, home, car, etc.).
- Experience a lack of fairness and equality.

## Best Practice

Good practice guides:

Ofsted <https://www.gov.uk/government/publications/learning-about-healthy-relationships-abuse-and-consent>

National Children's Bureau <https://www.ncb.org.uk/resources-publications/resources/whole-school-framework-emotional-well-being-and-mental-health>

# Healthy Relationships

## Local Offers and Providers

Provider	What they offer	Cost	Contact details
SAYit	Staff training, group work with students, peer education sessions for students, one to one work (including peer mentoring), assemblies, support to develop and run Gay Straight Alliance groups about sex and relationships.	All primary work and any work that exceeds the capacity of our funded work must pay.  - £250+ for whole day of workshops to classes. £175 for 2.5 hour staff training. £25 for one assembly. 1-1 work - £10 per session, £40 for block of six sessions.  -Unlimited package - £1000 per year: assemblies and workshops for up to 3 year groups, 2 training sessions for teachers in HIV and LGBT awareness, staff/management support in work with pupils and teachers, support in developing LGBT friendly and HIV friendly policies and procedures, unlimited one-to-one support for pupils.	<b><a href="mailto:judy@sayouthtrust.org.uk">judy@sayouthtrust.org.uk</a></b>  0114 241 2728
Development Education Centre South Yorkshire (DECSY)	Resources on gender equality: training for teachers - groups.  Individual support to teachers using resources via website	Website materials open to any teacher.  Option to join DECSy and get more resources on other teaching areas (costs).	0114 241 2750  <b><a href="mailto:info@decsy.org.uk">info@decsy.org.uk</a></b>  <b><a href="http://www.decsy.org.uk/">http://www.decsy.org.uk/</a></b>  <b><a href="https://genderrespect2013.wordpress.com/home/">https://genderrespect2013.wordpress.com/home/</a></b>

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## Local Offers and Providers (cont)

Provider	What they offer	Cost	Contact details
Talkabout	Group work, Teacher Training on sex and relationships.	£100 per session or £250 for a day.	<a href="mailto:talkaboutconsent.co.uk@gmail.com">talkaboutconsent.co.uk@gmail.com</a> <b>07982 722 811</b>
Golddigger Trust	<p>Golddigger Trust is a Sheffield based Charity, offering a variety of wellbeing projects, both within the school environment, and extra-curricular activities within the community, for young people aged 11-19.</p> <p>Services include:</p> <p><b>1:1 Mentoring</b> – Bespoke, flexible programmes of mentoring for students addressing specific needs identified. Minimum 6 sessions (usual course approx. 8-14 sessions).</p> <p>Students accessing Golddigger Trust services via school can also access additional free services outside of school hours, including drop in youth clubs, sexual health clinic, sports and music sessions and online support.</p>	<p>Cost varies based on service and available charitable funding, contact for most up to date costings.</p> <p>Community based services are free, accessed by community referral (MAST, CAMHS, Self-referral etc). There is no charge to young people.</p>	<p>0114 327 1191</p> <p>Golddigger Trust Centre For Young People, 10 Psalter Lane, Sheffield, S11 8YN</p> <p><a href="mailto:info@golddiggertrust.co.uk">info@golddiggertrust.co.uk</a> <a href="http://www.golddiggertrust.co.uk">www.golddiggertrust.co.uk</a></p>
YWHP Sexual Abuse Support Service (Young Women's Housing Project)	<p>Our "Protect Yourself" initiative includes group-work programmes and/or one to one sessions for girls and young women.</p> <ul style="list-style-type: none"> <li>• "Escape the Trap" Teenage Relationship Abuse Programme. 8 sessions (ASDAN accredited)</li> <li>• "Friend or Foe" Relationships &amp; Risk (CSE). 6 sessions</li> <li>• "Parent As First Teachers" programme for pregnant girls and young parents affected by abuse. PAFT support helps parents develop a positive relationship with their child</li> </ul>	FREE Donation welcome	<p>0114 268 0580</p> <p><a href="mailto:ywhp@ywhp.org.uk">ywhp@ywhp.org.uk</a></p>