

PSHCE Knowledge Organiser - Y9 Autumn 2



Section 1 - Boundaries and Consent

Consent: Permission or agreement given voluntarily and explicitly for something to happen or be done.

Boundaries: Personal limits or guidelines that define acceptable behaviour, actions, or interactions.

Respect: Treating others with consideration, honouring their feelings, opinions, and autonomy.

Affirmative Consent: An explicit and clear agreement to engage in specific activities, indicating willingness at each stage.

Physical Boundaries: Limits relating to physical touch or proximity that should be respected between individuals.

Verbal Consent: Consent communicated through words or verbal agreement.

Non-verbal Cues: Gestures, body language, or facial expressions used to express consent or discomfort.

Personal Space: An individual's immediate surrounding area where they feel comfortable and safe from intrusion.

Sexual Consent: Agreement to engage in sexual activities willingly and consensually.

Peer Pressure: Influence from friends or peers that may sway an individual's decisions or actions.

Coercion: Pressuring or manipulating someone into doing something they may not want to do.

Digital Consent: Agreeing or giving permission for activities, sharing information, or engaging online.

Section 2 & 3 - Unhealthy Relationships

Abuse: Any form of mistreatment, cruelty, or harm inflicted intentionally on someone else, which may be physical, emotional, or verbal.

Manipulation: Controlling or influencing someone in a cunning or unfair manner to achieve one's own desires or goals.

Isolation: Separating or cutting someone off from their friends, family, or support networks, making them feel alone or helpless.

Coercive Control: Consistent patterns of controlling behavior that may include intimidation, isolation, threats, or monitoring.

Toxic Relationship: A relationship that is emotionally or mentally damaging, often characterized by negativity, manipulation, or disrespect.

Intimidation: Using threats or actions to make someone feel frightened or scared.

Insecurity: Feeling uncertain or lacking confidence in oneself, often leading to seeking validation or control in relationships.

Red Flags: Warning signs or indicators that suggest a relationship might be unhealthy or abusive.

Healthy Boundaries: Clear and respectful limits set in relationships that prioritize well-being and mutual respect.



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Section 4 & 5 - Grooming

Grooming: Grooming involves building a relationship, often through deceptive means, to establish trust and emotional connection with someone for the purpose of exploitation or manipulation.

Consent: Consent is freely given agreement or permission. In the context of grooming, it's important to understand that genuine consent cannot be obtained if it is manipulated or coerced.

Targeted: Targeted refers to the deliberate selection of individuals for a specific purpose or goal, such as a groomer targeting someone for manipulation or exploitation.

Befriending: Befriending is the act of establishing a friendship or friendly relationship with someone. In grooming, it can be a tactic used by the groomer to gain trust and access to their victim.

Exploit: To exploit means to take advantage of someone's vulnerabilities or weaknesses for one's benefit, often in a manipulative or unfair manner.

Trust: Trust is the belief in the reliability, truthfulness, or ability of someone. Groomers often manipulate victims into trusting them to gain control over them.

Dependency: Dependency refers to a situation where someone relies heavily on another person, often emotionally or psychologically. Groomers may foster dependency in their victims to maintain control.

Isolation: Isolation is the act of separating or cutting off someone from others, often to increase their vulnerability or dependence on the groomer and prevent them from seeking help.

Section 6 - FGM - Female Genital Mutilation

Key Term	Definition
FGM (Female Genital Mutilation)	The partial or total removal of external female genitalia or other injury to the female genital organs for non-medical reasons.
Cultural Practices	Customs, traditions, or rituals within certain societies or communities, which may include harmful practices like FGM.
Gender Inequality	The unequal treatment or perceptions of individuals based on their gender, often associated with harmful practices like FGM.
Human Rights Violation	Actions that infringe upon basic rights and freedoms inherent to all individuals; FGM is considered a violation of human rights.
Health Consequences	Physical and psychological effects resulting from FGM, including infections, childbirth complications, and long-term health issues.
Consent	Permission or agreement for something to happen; FGM is often performed on girls without their informed consent.