

PSHCE Knowledge Organiser - Y11 Spring 1



Section 1 - Consent

ASK FOR CONSENT

When you want to get close to someone — whether you're hooking up for the first time or in a long-term relationship — it's important to know how to ask for consent.

BEFORE ASKING FOR CONSENT

- ASK YOURSELF**
How might my actions make someone feel?
- ASK YOUR PARTNER**
About things like protection, previous experiences, preferences, and more through texts or in casual settings.
- ASK YOURSELF**
Am I in a clear enough state to respect someone's boundaries or have I had too much to drink?

WHEN ASKING FOR CONSENT

- ASK YOUR PARTNER**
What they'd like to do. Be specific about what you're asking. For example, "Do you want to mess around? Like cuddling and making out?"
- ASK YOURSELF**
Am I making it clear from my words, tone, and body language that I'm OK with the answer, no matter what it is?

"Do you want to...?"

- IF YOUR PARTNER SAYS NO**
Accept their answer. Never try to convince or guilt someone to say yes when they've already said no.
- IF YOUR PARTNER SEEMS UNSURE**
Play it safe and don't go further. Instead ask them what they'd like to do.
- IF YOUR PARTNER SAYS YES**
You can move forward. Keep checking in to make sure they're enjoying what's happening.

CONSENT IS A SKILL - YOU GET BETTER AS YOU PRACTICE.

NSVRC Sexual Assault Awareness Month
NSVRC.ORG/SAAM #SAAM #IAsk
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Section 2 & 3 - Sexual harassment?

Sexual Harassment: Unwelcome behavior of a sexual nature that violates a person's dignity and creates an intimidating, hostile, or offensive environment. It can include various forms such as unwanted advances, comments, gestures, or physical contact.

Sexualised: When something is made sexual in nature or context, often in a manner that objectifies individuals or subjects them to inappropriate or unwanted sexual attention.

Threatened: Feeling or being in a situation where harm or negative consequences are implied or anticipated. In the context of sexual harassment, it can involve the threat of physical, emotional, or professional harm if a person does not comply with unwanted sexual advances or requests.

Dignity: The quality of being worthy of respect, honor, and decency. In the context of sexual harassment, it refers to the preservation of an individual's self-respect and right to be free from unwarranted and inappropriate behavior.

Exploited: To take advantage of someone unfairly or manipulate them for personal gain, often at the expense of their well-being or rights. In cases of sexual harassment, exploitation can involve using another person's vulnerability or position for sexual gratification or control.

Manipulated: Influencing or controlling someone shrewdly or deceptively, often to serve one's own interests. In the context of sexual harassment, this might involve manipulating someone's emotions, thoughts, or actions to engage in unwanted sexual behavior.

Coerced: To pressure or compel someone to do something against their will, often through threats, intimidation, or force. In the context of sexual harassment, coercion can involve forcing someone into unwanted sexual activity or behavior through fear or manipulation.



Section 4 - Sexting

THE TRUTH ABOUT TEEN SEXTING

SEXTING IS WHEN SOMEONE SHARES SEXUALLY EXPLICIT MESSAGES, SEXUAL, NAKED OR SEMI-NAKED IMAGES OR VIDEOS OF THEMSELVES OR OTHERS.

50% of teens have received a sexually explicit message.

WHY DO TEENS SEXT?

There are many reasons why a young person may want to send a naked or semi-naked picture, video or message to someone else.

- they may find it difficult to say no if somebody asks them for an explicit image, especially if the person asking is persistent
- joining in because they think that **'everyone is doing it'**
- boosting their self-esteem
- flirting with others and testing their sexual identity
- exploring their sexual feelings
- to get attention and connect with new people on social media

THINK BEFORE YOU SNAPCHAT

TEENS THINK IMAGES ONLY LAST A FEW SECONDS, BUT IMAGES CAN BE SAVED BY TAKING A SCREENSHOT OR BY USING A DIFFERENT MOBILE OR CAMERA.

SHORT TERM CONSEQUENCES

- UNINTENDED PEOPLE SEEING YOUR PHOTO
- HUMILIATION AT SCHOOL
- SUSPENSION OR EXPELLSION FROM SCHOOL
- A BAD REPUTATION

LONG TERM CONSEQUENCES

- THE IMAGE GOING VIRAL
- REJECTION OF UNIVERSITY OR JOB OFFER
- CRIMINAL CHARGE OR CONVICTION
- PLACED ON SEX OFFENDERS REGISTER

LEGAL CONSEQUENCES OF SENDING SEXUAL IMAGES

Creating or sharing explicit images of a young person is illegal, even if the person doing it is a young person. They are breaking the law if they:

- Take an explicit photo or video of themselves or a friend
- Share an explicit photo or video of a young person, even if it's shared between young people of the same age
- Possess, download or store an explicit image or video of a young person, even if the young person gave their permission for it to be taken

SEXUAL IMAGES SHOWING UNDER 18's ARE CONSIDERED CHILD PORNOGRAPHY IN THE LAW. YOU COULD BE CHARGED WITH A CRIMINAL OFFENCE.

DANGERS OF SEXTING

No control of images and how they're shared. When images are sent they become public.

BULLYING
If images are shared with others, the young person maybe bullied.

1 in 3
found their partner shared the image with others without their consent

UNWANTED ATTENTION
Images posted online can attract the attention of sex offenders, who know how to search for, collect and modify images.

BLACKMAIL
An offender may threaten to share the pictures with the young persons family & friends, unless they send money or more explicit pictures.

EMOTIONAL DISTRESS
98% of girls that were pressured, felt embarrassed or humiliated after sending, sometimes resulting in self-harm and even suicide.

HELP! IT'S GONE WRONG

If you have been sexting and it has gone wrong, there are some things you can do to take back control.

- If you posted something online, remove it as soon as you can
- Ask anyone who has received it to delete it too
- Talk to someone you trust, a family member, friend, teacher, school nurse or other trusted adult.
- Call the helplines to seek advice

TALK TO SOMEONE IF YOU FEEL SCARED OR UNCOMFORTABLE
IF YOU'RE WORRIED ABOUT A FRIEND OR SOMEONE ELSE CALL NSPCC
HELPLINE **0800 800 5000**

#KIDSSAFEZONE
NNECA
NATIONAL NETWORK TO END CHILD ABUSE
WWW.NNECA.ORG.UK

Section 5—Online Sexual Harassment

Online Sexual Harassment: Unwanted and inappropriate sexual behavior or comments that occur online, including but not limited to unwanted sexting, sexual messages, or sharing of explicit content.

Cyberbullying: Using digital technology to harass, threaten, or intimidate others, including spreading rumors, sharing explicit content, or making hurtful comments online.

Privacy Settings: Controls and settings on digital platforms that allow users to manage who can view their content or interact with them online.

Digital Footprint: The record or trail of someone's online activities, interactions, and communications that can be traced and potentially remain permanent.

Responsible Online Behavior: Engaging in ethical and considerate conduct while using digital platforms and devices.

Sextortion: Coercing or blackmailing someone into providing sexual images or videos by threatening to distribute or expose existing explicit content.

Digital Citizenship: The responsible use of technology and adherence to ethical guidelines while participating in online communities and interactions.

Consequences: The outcomes or results, both immediate and long-term, that may arise from engaging in inappropriate or harmful online behaviours.