

Year 6: Safe Relationships

Recognising and managing pressure; consent in different situations

Friendships

Healthy friendships are:

- kind and caring
- supportive
- complimentary
- trustworthy
- honest
- reliable



Unhealthy friendships are:

- mean and nasty
- hurtful
- dishonest
- unreliable
- when 'friends' tell people your secrets.
- relationships that make you feel bad about yourself.



Consent

Consent is giving permission for something to happen or agreeing to do something.

Before you give consent, think...

Is it safe or is it dangerous?

Do I trust this person?

What will the consequences be?

Is it legal?

Do I really want to?

Remember: Say, 'No!' if someone asks you to do something you are not comfortable with.

CRC Article 19: All children have the right to be safe.

CRC Article 12: All children have the right to have their opinions valued.



Risks of online challenges and dares

Next time you are given a challenge or dare, ask yourself:

- Is it safe?
- What happens if it goes wrong?
- Could you get into trouble?
- Who is making you do it?



Pressure can involve a number of different people.

It can make people feel scared, worried or confused.

Remember that if someone is put under pressure to do something dangerous and something goes wrong, then there is a **shared responsibility**.

Strategies to respond to pressure

- Say **no!**
- Tell an adult about who is pressuring you.
- Remove yourself from the conversation or situation.
- Take control if someone is trying to get personal information or images from you. Report them as it is against the law.

Advice and Reporting

- Childline - visit: www.childline.org.uk or call: 0800 1111
- CEOP - www.ceop.police.uk/safety-centre
- Report it on the website or app that you are using.
- Tell a trusted adult and they can help.



Vocabulary

assessing risk	to identify and understand what could happen after doing something
consent	where someone agrees to a situation or something
dares	where somebody asks you to do a task, usually dangerous or risky, for a challenge
pressure	the feeling where someone is pushing you to make a certain choice, good or bad