

areyouok?
ask the question - make a difference

Healthy Transition



Starting at Secondary



Dear Student

I hope that this letter finds you well and that you are settling in to your new school.

We understand that the transition from primary to secondary school can be both exciting and nerve wracking. There are lots of new faces to get familiar with and many more teachers' names to remember! Some of you may have felt quite nervous and unsettled to begin with. You may have felt pressure to fit in with your classmates or act in a certain way. Everyone is different and it is important to remember there is no 'normal' way to feel about the change.

Starting secondary school is a great opportunity to meet new people and build new relationships. This tool kit has been designed to help you make these relationships the best that they can possibly be! It offers advice, information and support to help you learn more about YOU; who you are, how to take care of yourself, how to build healthy relationships and how to keep yourself safe - whilst also having fun along the way.

The most important message that we hope you take away from this tool kit is that you are never alone. There are always people out there to support you. At the back of this tool kit, there are a number of organisations listed that can offer help and advice if you're feeling a little lost or confused. Reach out to us - we are here to support you!

Very best wishes,

Splitz





I have the right to...

Always be treated with respect.

Always be treated as equal.

Be in a healthy relationship which is not controlling, manipulative or jealous.

Not be hurt physically or emotionally.

Not be threatened, harassed or intimidated.

Refuse physical contact or affection at any time.

Spend time away from my boyfriend or girlfriend.

Spend time alone, with my female and male friends and with my family.

End any relationship when I want to, without feeling guilty.

Feel safe.



The Plum

You should learn that you cannot be loved by everyone.

You may be the finest plum in the world - ripe, juicy and succulent - and offer yourself to all, but there will be some people who do not like plums.

You must understand that if you are the world's finest plum,
and someone you like doesn't happen to like plums,
you have the choice of becoming a banana,
but you must be warned that if you choose to become a banana,
you will be a second rate banana.

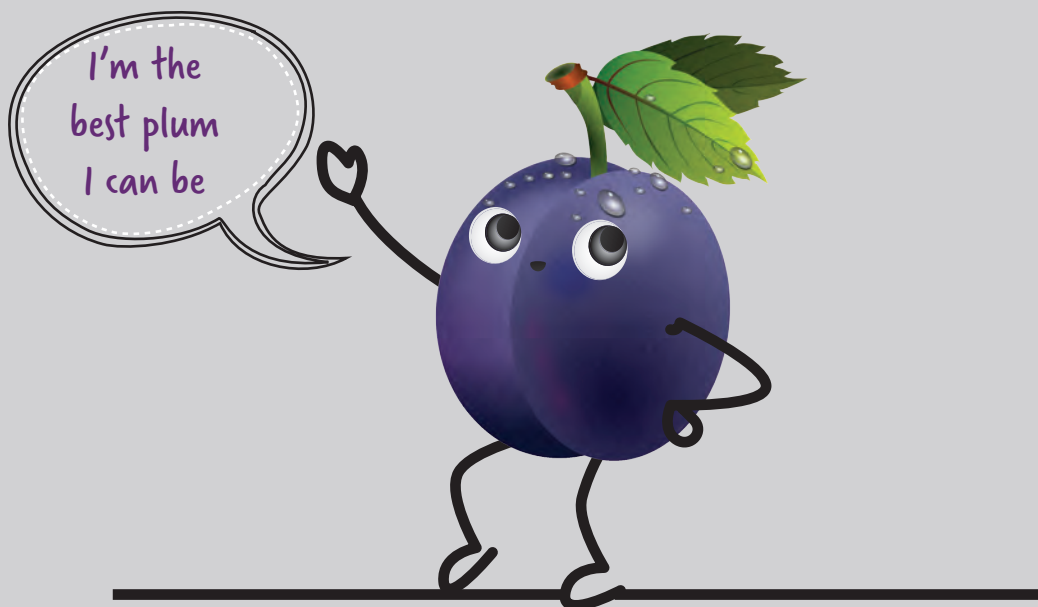
But you can always be the best plum...

You must also realise, if you choose to be a banana,
there will be some people who do not like bananas.

Furthermore, you could spend your life trying to become the best banana,
which is impossible if you are a plum!

or

You can seek again to be the best plum!







Being You

In Being You we look into:

- ▶ **Gender Stereotypes**
page 8
- ▶ **Peer Pressure & Friendships**
page 10
- ▶ **Assertiveness**
page 11
- ▶ **Managing Conflict**
page 13





What is my 'Gender' Attitude?

We can sometimes assume certain things about women, men, girls and boys. This quiz is to help you to learn and think about your own attitudes toward gender.

<p>Men should not be nurses – that is a woman's job</p> <ul style="list-style-type: none">a. Agreeb. Disagreec. Don't know	<p>Boys are born more violent than girls</p> <ul style="list-style-type: none">a. Agreeb. Disagreec. Don't know	<p>Women should stay at home and look after the kids</p> <ul style="list-style-type: none">a. Agreeb. Disagreec. Don't know
<p>Both people in a relationship are equal</p> <ul style="list-style-type: none">a. Agreeb. Disagreec. Don't know	<p>Girls should keep themselves looking nice</p> <ul style="list-style-type: none">a. Agreeb. Disagreec. Don't know	<p>It's okay for boys to cry</p> <ul style="list-style-type: none">a. Agreeb. Disagreec. Don't know
<p>The boy should always pay on a date</p> <ul style="list-style-type: none">a. Agreeb. Disagreec. Don't know	<p>Women make better parents</p> <ul style="list-style-type: none">a. Agreeb. Disagreec. Don't know	<p>Girls are born more violent than boys</p> <ul style="list-style-type: none">a. Agreeb. Disagreec. Don't know
<p>It's okay for a girl to go out on a date with another girl</p> <ul style="list-style-type: none">a. Agreeb. Disagreec. Don't know	<p>Women should not be mechanics – that's a man's job</p> <ul style="list-style-type: none">a. Agreeb. Disagreec. Don't know	<p>It's okay for a boy to go out on a date with another boy</p> <ul style="list-style-type: none">a. Agreeb. Disagreec. Don't know

Mainly A's: People shouldn't be treated differently because of their gender.
To help you learn about this, turn to the next page.

Mainly B's: You understand that people shouldn't be treated differently based on their gender. Good job!

Mainly C's: It's okay to be unsure - it just means there is more for us to learn and discover.
Speak with a teacher or trusted friend, and have a chat to them about this quiz.

Gender Stereotypes

What is a stereotype?

Stereotypes are ideas that we have about people where we judge them without even knowing them. We often judge people on what they look like instead of taking the time to find out who they really are.

What is a gender stereotype?

Gender stereotypes are certain ideas about appropriate behaviours for males and females

Women stay at home to cook and look after children

Girls are more sensitive and worry about how they look

Boys are naturally aggressive

It's not okay for boys to cry

So what? What's the problem with gender stereotypes?

Putting people into categories can send out the message that there are certain ways that girls and boys SHOULD behave. This can make you feel like someone is putting rules around who you can be and what you can do.

The problem is that stereotypes aren't very accurate. It isn't always true that women stay at home and do the cooking. Boys can be sensitive and cry, just as girls can be tough and strong.

The truth is there are no limits to who you can be and what you can do. In reality, people are a lot more interesting than a stereotype. People can be so many different things!

How would you describe yourself?

I'm smart

I'm funny

I'm kind

I'm competitive

I'm sporty

I'm sensitive



Peer Pressure

What is Peer Pressure?

Friends, peers and fellow students influence your day to day decisions, even if you don't realise it. This can be a good thing, for example, a friend suggesting a film or place to go which you then really enjoy.

However, sometimes people may pressure you to do things you don't want to do. This could be behaving badly or being horrible to another person. Some other examples of peer pressure may be;

- ▶ A friend is trying to force you to smoke, or take drugs or do something illegal
- ▶ Someone pressuring you to do something you don't feel ready for

Young people describe peer pressure as:

"Feeling as if I have to do something, just because all my friends are doing it.
I feel that you need to do what others say to be accepted in the group;
else I will end up being on my own."

It is important to realise that whilst it's hard to say 'no' to your friends or challenge someone's behaviour, you are your own person. It's okay to make your own decisions, choices and say no to things you don't want to do! We understand that this isn't always as easy as it sounds, so we've got some advice for you...

Top Tips

1. Confidence:

Be assertive. Others are more likely to stop pressuring you if they know that you are firm in your decision choice and can't be swayed.

2. Respect:

If you are seen to respect your friends and peers decisions, then this is likely to lead them to respect yours.

3. Listen and Learn:

We can learn different ways to deal with situations by watching how others act, talk and react to their situations.

4. Negotiate:

If you feel uncomfortable taking part in what your friends are doing, try suggesting something you could all do instead.

Assertiveness Quiz:

1. Someone cuts in front of you in the lunch queue. You:

- a. Assume they didn't know you were in line; gently explain that you waiting before them
- b. Say nothing, but glare at them and 'accidentally' push them a little
- c. Say nothing and do nothing
- d. Tell them you don't appreciate their behaviour that they need to return to their place

2. Someone in your class is making mean comments about you. You:

- a. Say nothing. You don't want to make things worse
- b. Tell them you don't appreciate their comments, and start a more neutral conversation to set a different tone
- c. Make inappropriate jokes at their expense
- d. Tell other people in your class how this person is not very nice

3. You have a friend who is consistently 15 to 20 minutes late when meeting you. Eventually, you:

- a. Finally blow up at them one day, and then stop making dates with this friend
- b. Just learn to deal with it so you don't risk any conflict
- c. Tell them that you value their friendship, but are becoming increasingly frustrated
- d. Start telling them to meet you 20 minutes early, so they end up 'on time' without knowing it

4. Your friend regularly makes you the butt of jokes, even after you say that it hurts you. You:

- a. Decide that maybe you do need to develop a thicker skin
- b. Re-evaluate whether or not your friendship is healthy, and consider spending more time with other friends
- c. Start making similar jokes about your friend, matching each veiled insult with one of your own
- d. Don't bring up the jokes again, but begin doing things that bother your friend to even things up

5. You go out for dinner with your friends; after a very long wait, it arrives cold. You:

- a. Tell the waiter how incompetent you think he is and demand that the food be free
- b. Tell the waiter that this is unacceptable and ask what they can do to make things right
- c. Say nothing, but leave a ridiculously small tip
- d. Say nothing; you don't want to risk having the waiter spit in your food!

6. Standing up for your right to be treated fairly is called:

- a. Combativeness
- b. Arrogance
- c. Assertiveness
- d. Rudeness

7. One of the biggest steps for being assertive is:

- a. Agreeing with other people
- b. Not expressing your point of view
- c. Letting others speak for you
- d. Speaking up when you have an idea and sticking to it even if others disagree

8. Which of the following is an example of being assertive?

- a. Refusing requests if they are unreasonable
- b. Agreeing with other people even though you don't agree
- c. Not expressing your point of view
- d. Letting others think for you

9. People you know should do the following to you:

- a. Respect you
- b. Offend you
- c. Exploit you
- d. Hurt you

Add up your totals on the page overleaf to check your level of assertiveness

Assertiveness Quiz:

Answer Page

Use the boxes below to add up your total score.

For example, if you answered (c) to Question 1 give yourself 3 points.

Question	A	B	C	D
Question 1	1	2	3	4
Question 2	3	1	4	2
Question 3	4	3	1	2
Question 4	3	1	4	2
Question 5	4	1	2	3

Question	A	B	C	D
Question 6	3	2	1	4
Question 7	3	2	4	1
Question 8	1	3	2	4
Question 9	1	2	3	4
Total points				

Now you've got your total score, use the boxes below to check your level of assertiveness...

SCORE 9 - 15

ASSERTIVE

You are clearly able to say how you feel and what you want or need from others.

You are also able to do this in a way that is not rude or aggressive.
Good job!

SCORE 16 - 22

PASSIVE AGGRESSIVE

You try to avoid direct confrontation but still want the other person to know that you're unhappy with them.

Be careful, as this can come across as rude.

SCORE 22 - 29

PASSIVE

You find it difficult asking for what you want or being honest about how you feel, out of fear of upsetting the other person.

This can result in you feeling unable to speak your mind.

SCORE 29 - 36

AGGRESSIVE

If you're being rude or unkind, or if you're angry and shouting, then you are being aggressive.

Aggressive behaviour can hurt other people, and might end up causing more problems.

Top tips

Keep using your assertiveness skills.

Top tips

Be clear. It can help to write down what you want first or practice saying it with a friend

Top tips

Work on building your confidence. Recognise that it is okay to say what you feel

Top tips

If you feel yourself getting angry or frustrated, try taking some deep breaths and counting to 10



Managing conflict

What is Bullying?

Bullying can be defined as any behaviour by an individual or a group that deliberately harms another. This can be threats or actual physical harm. Such behaviour is usually repeated over a period of time. The victim often feels that the individual or group bullying them have power over them. Bullying can take many other forms such as name-calling or teasing, demanding money, or making someone do something they do not want to do.

Is it My Fault?

No! No one should be bullied and it definitely isn't your fault if you are being bullied. Very few people who are happy with themselves bully other people. Bullying can make people feel strong, respected and powerful, but they often feel bad too. Sometimes bullies have been bullied themselves and are looking for someone to take their anger out on. The bully could also be jealous of you and what you have or do.

You have the right to live without the stress or fear of being bullied. There is nothing embarrassing about being bullied- in 2013; almost 45,000 children in the UK talked to Childline about bullying. So if you're being bullied, you're far from alone.

If you think there is something wrong with you, is it because the bullies have made you feel this way? This is a common effect of being bullied and **it's not true!**

What Can I Do?

- ▶ Don't keep it to yourself; always tell someone, ideally a teacher, a parent or another adult that you trust.
- ▶ Try and remain positive; say positive things about yourself and other people. Remember to be proud of whom and what you are. We are all equally valuable.

How Should I React?

- ▶ Ignore it and walk away
- ▶ Talk to someone that you trust
- ▶ Be assertive. Think about your body language, eye-contact, tone of voice and the words you say.
- ▶ Remember all the reasons why someone might bully another person. Empathising with the other person can help to remind you that it isn't your fault.
- ▶ Use the 'fogging technique'. This involves acknowledging what the bully has said without getting defensive or upset. For example:



This does not mean that you should believe what they tell you. It simply avoids giving them the reaction that they want. Gradually, over time, the bully gets bored and discouraged.



Am I the Bully?

Some teasing is done in good-natured fun. However, when teasing gets out of control it can be hurtful. Before jokingly teasing a friend, ask yourself these questions:

- ▶ Is this an okay subject to tease someone about?
- ▶ Will my friend understand that I'm teasing?
- ▶ Have I been teasing my friend a lot lately?
- ▶ Will this get on my friend's nerves?

Sometimes the words people use in teasing have nice meaning, but the way they are spoken and the expression on the persons face makes it come across sarcastic.

We might think that what we're saying is just *"banter"* and therefore not harmful. We might use phrases such as *"no offence but..."* or *"I don't mean to be rude but..."* to try and soften the blow. However, it's important to recognise that there is never an excuse for bullying.

Before you tease someone, ask yourself this question:

Am I treating this person the way I would like to be treated?





Taking Care of You



In Taking Care of You
we look into:

- ▶ **Recognising
Our Emotions**
page 18
- ▶ **Dealing with
Emotions**
Anger
Anxiety & Low Mood
page 22
- ▶ **Self-Esteem**
Mood boards & journal
Goal setting & plans
page 25



Recognising our Emotions

Activity

In order to **DEAL** with our emotions we first need to **UNDERSTAND** our emotions. To understand our emotions we need to ask ourselves two questions:

How do I feel?	How do I know I feel that way?
EXAMPLE I feel angry	EXAMPLE Because my heart is racing and my fists are clenched

How can we tell how others are feeling?

There are lots of ways that we can tell how others are feeling, such as observing **what they say** and **how they behave**.

Research shows us that more than 80% of communication is non-verbal, meaning that it comes from **body language** and **facial expressions**.

Many of us don't like to talk about our emotions and so they tend to be expressed even more in our body language.

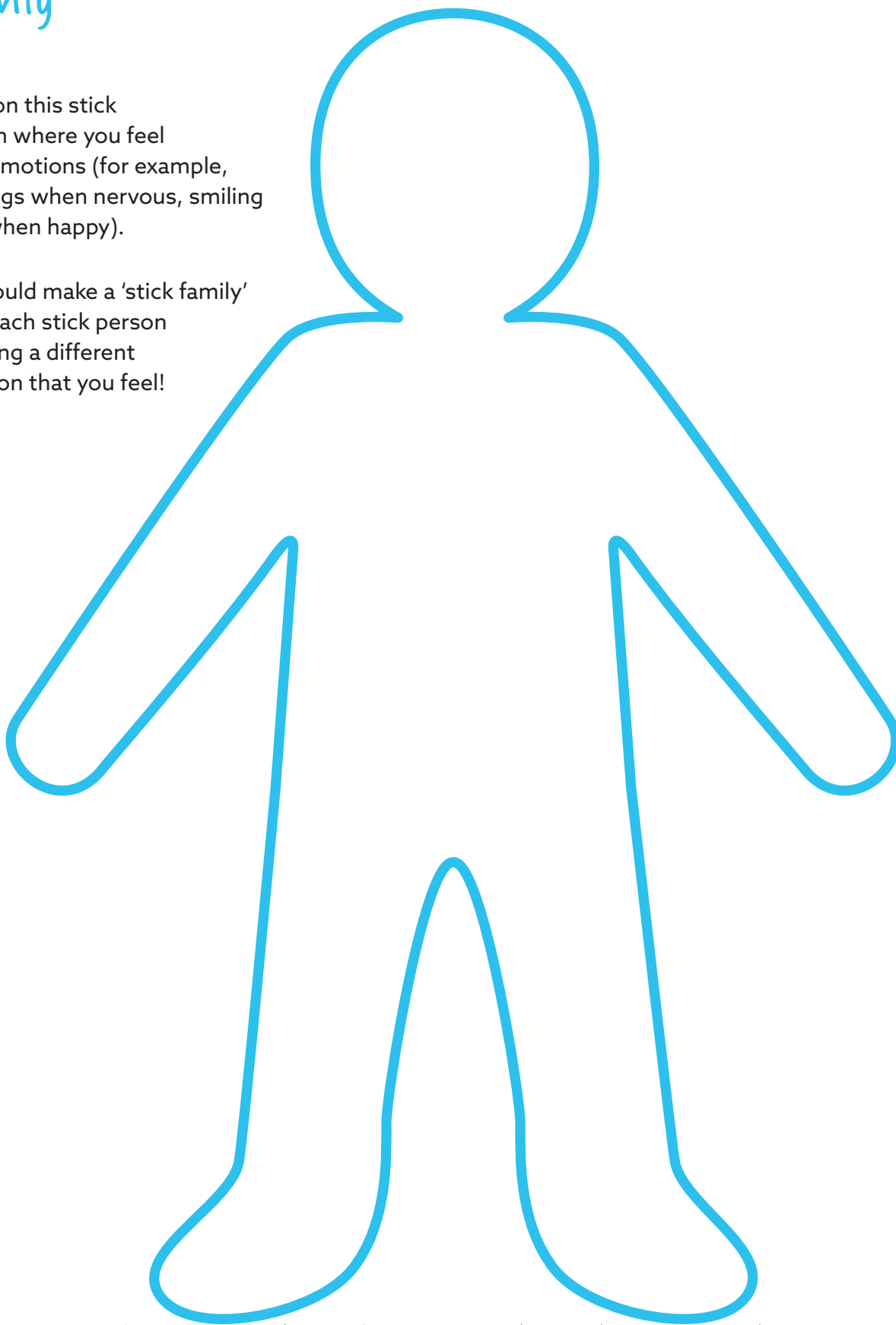
Remember, everyone experiences emotions!

Emotions are normal and healthy, and it's important to recognise when we feel emotions and what has triggered this feeling. This way we can learn how to deal with our emotions.

Activity

Mark on this stick person where you feel your emotions (for example, jelly legs when nervous, smiling face when happy).

You could make a 'stick family' with each stick person showing a different emotion that you feel!



Dealing with Emotions

Anger

Anger is a natural response to feeling attacked, deceived, frustrated or treated unfairly. Everyone gets angry sometimes- it's part of being human!

However, sometimes the feeling of 'anger' can become overwhelming and lead to outbursts that harm ourselves and others.

There are things you can do to stay in control of your anger when you find yourself in a difficult situation. For example:

Look out for warning signs

Anger has a physical effect on the body. You might feel your heart beating faster; your palms start to sweat; your breathing getting quicker; your body tensing up; and/or your feet starting to stamp. Recognising these signs early gives you the chance to think about how you want to react to a situation appropriately.

Give yourself the space and time to think

If you're starting to feel angry, try walking away from the situation for a little while. Find a quiet space where you feel safe and practice some of the breathing exercises below. This will help you to feel calm and give you the time to think about the situation and how you wish to react, this will give you time to then go back and discuss the situation in a more constructive way as you feel calm.

Count to 10 in your head...

1 Mississippi...
2 Mississippi...
3 Mississippi...
4 Mississippi...
5 Mississippi...
6 Mississippi...
7 Mississippi...
8 Mississippi...
9 Mississippi...





Breathe slowly

Focus on each breath you take. Think about your stomach expanding as you inhale and sinking when you exhale. Try to breathe out for longer than you breathe in, such as count to five as you inhale then exhale.

Equally, you could try relaxation techniques, such as mindfulness or meditation. There are some great free apps out there, including:

Smiling Minds:

<http://smilingmind.com.au/smiling-mind-app>

Stop, Breathe, Think:

<https://www.stopbreathethink.com>

Use up some of your energy in other ways

Physical activity can help relieve angry feelings. Try kicking a football outside or running around the park. Even throwing a bouncy ball at the wall can help.

Do something to distract yourself

Rather than dwelling on the negative thoughts which can maintain and even increase the anger, do an activity that you know you enjoy and will help you focus on something other than the situation. You could listen to some music, read something, play on a console (as long as it doesn't increase your anger!) or go for a walk.

Talk to a trusted friend or adult who is not connected to the situation

Sharing your thoughts and feelings out loud with someone you trust can help you understand why it is that you're angry and help to calm you down.



Dealing with Emotions

Anxiety

Anxiety is a feeling of fear or panic. It can make your heart race, your legs tremble and your palms sweat. This is a normal reaction. It is sometimes called our 'fight or flight' response because it's our brains way of telling our bodies to prepare to flee from a dangerous or scary situation.

However, feelings of anxiety can become too much. You may start feeling overwhelmed and anxious all the time, or start feeling anxious in situations where there is nothing to be afraid of. When this happens, you may also find:

- ▶ You have trouble sleeping
- ▶ You feel tired and irritable
- ▶ You find it difficult to concentrate
- ▶ You get stomach cramps
- ▶ You feel faint and nauseous

Everyone feels low from time to time

You might feel a sense of unhappiness or emptiness. You might feel tired, achy and/or a heaviness in your chest. These 'low' feelings are normal and can be our body's way of telling us that we need to slow down and take a break.

However, if these feelings go on for a long time or stop you from doing things that you previously loved to do (like playing football in the park with your friends, or going to the cinema at the weekend) it might be time to act on them.

You may also find:

- ▶ You eat more or less than usual
- ▶ You feel like crying a lot of the time
- ▶ You feel lonely
- ▶ You are sleeping more or less than usual

It's important to know that you are not alone in feeling this way and there are things you can do to help manage your anxiety and/or low feelings.

1. Learn more about yourself

When you start to feel afraid or fearful, stop and think for a second... What thoughts are going through your mind? How are you feeling? How is your body reacting? The more you become aware of your thoughts and feelings, the easier it is to manage them.

2. Breathe slowly

Take some deep breaths. Feel your belly expand when you inhale and sink when you exhale. Practice focusing on the movement of breathing.

3. Talk to someone

Share how you are feeling with someone you like and trust. This can be a teacher, friend, family member, youth worker, counsellor or a GP.

4. Face your fears

Sometimes anxiety is a helpful response to a dangerous or unsafe situation. However, often it can get in the way of us doing the things you really want to do.

For example, you may feel anxious about going to a friend's party because you don't know many people there. You might feel like you want to run and hide, or cancel your plans. However, the chances are you'll have a great time!

The more you do something, the easier it will become.

If you feel uncomfortable talking to someone face-to-face (or someone you know) there are helplines such as Childline and the Samaritans who you can share your thoughts and feelings with in confidence. You can also write to them if you find it easier. You can find their contact details in the back of this tool kit.

5. Relax

Don't be too hard on yourself if you do feel too anxious or low to follow plans. Instead, do something else you know will help you to relax. You could read a book; listen to music; go for a walk; write or draw - whatever works best for you!

6. Keep a routine

Eating and sleeping well are equally as important. Aim to get the same amount of sleep each night.

Keeping a routine can help you to remember to look after yourself.

7. Get physical

Physical exercise can really help to make you feel better. You can get involved in activities you used to enjoy or start a whole new hobby. Go for a bike ride, walk the dog, play a game, go to the park... Anything active that gets you out and about and moving!



Dealing with Emotions

Anxiety & Low Feelings

I feel anxious when...

I feel low when...

People I can talk to...

To help relax, I can...

Self-Esteem Diary

Diary

Monday

Three things I am good at:

- 1
- 2
- 3

Tuesday

Three challenges I've overcome:

- 1
- 2
- 3

Wednesday

Three things I like about myself:

- 1
- 2
- 3

Thursday

Three things I value the most:

- 1
- 2
- 3

Friday

Three times I've made other people happy:

- 1
- 2
- 3

Saturday

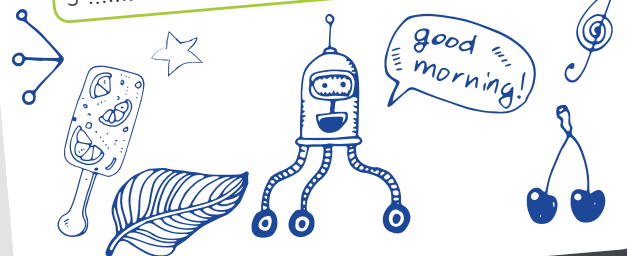
Three things that make me unique:

- 1
- 2
- 3

Sunday

Three compliments I've received:

- 1
- 2
- 3



Extra Activity

Sometimes our self-esteem requires a little boost. We might be struggling to hold on to our strengths and/or be obsessing over our weaknesses. If this is the case:

Write 6 personal strengths or skills on a postcard and keep them in your bag. Repeat each one at least 3 times a day for the next week.

A Guide To Journal Work

Anxiety & Low Feelings

You can write or draw anything that comes into your mind.

It can be happy, sad, funny, interesting, boring. The idea is to get it out of your head and on to the paper!

Start small and keep it simple. You could begin by just recording your mood and slowly, as you get used to writing things down, you may find it easier to open up and write lots.

It doesn't matter if the spelling or grammar is correct. It's just for you.

Find time to write or draw in your journal regularly. The more you do it the easier and more fulfilling it will become.



What if I get stuck for ideas?

Check out the internet for inspiring quotes, and then record them in your diary.

Decorate the pages with doodles or drawings. You don't have to be a great artist.

The idea is to have fun!

Interview yourself. Write a list of questions and then answer them. You could answer these questions every month and check out what's changed.

Health and Well Being

How to Create a Mood Board

What could I put on my Mood Board?

Ideas for a Mood Board could be anything from a new decorating theme for your room to your ideal design for ... anything!

Take this further ...

What is a Mood Board?

A Mood Board is simply a collection of images and words that create a 'theme'.

It can help you to focus on where you currently are, as well as where you want to be.

Create a Mood Board of Yourself

This could be your personal history. Add photos (copies!) of your life. Google images of toys you had as a child or draw from memory and add these. Write words or sentences that remind you of certain things.

Or you could put together a Mood Board of yourself now. Put photos on, favourite quotes that 'sum you up' or inspire you. Cut out pictures of your favourite clothes from catalogues or magazines.

Try to really concentrate on your favourite things and not dwell too much on things that make you feel bad or depressed.

The idea of making a Mood Board is to be fun and inspiring!

Goal Setting and Planning

It is important that we make goals within our lives so that we have a clear focus on what we want to do and where our lives are heading.

The goals can be big and long term, for example "I want to be a vet" or smaller and short term, for example "I want to read the new book that all of my friends are talking about".

A great way to break down our goals and make it easier to see how we can achieve them is by making a SMART plan.

SMART stands for:

SPECIFIC You are much more likely to achieve a clear and well defined goal. If you find that your goals aren't specific enough try questioning them and ask yourself how you could make it more specific. For example 'I want to be a better person' could be changed into 'I want to volunteer'.

MEASURABLE Make sure that you can measure the success of your goal. For example there is no way to measure becoming a better person, but volunteering for an hour per week is easy to measure. For example 'I want to volunteer for an hour per week at a local charity' is much easier to measure than 'I want to volunteer'.

ACHIEVABLE Do you know how to achieve your goals? For example there will be lots of charities that you could volunteer at but to make your goal more achievable you could try volunteering at the closest charity to your house.

REALISTIC Make sure that you are confident that you know that can achieve your goal. If you think that your goal will be difficult or impossible to achieve try altering it to make it more realistic, this way you are not setting yourself up to fail. For example 'I want to volunteer for an hour per week' is much more achievable than 'I want to volunteer for 20 hours per week'.

TIME SPECIFIC Have a clear idea in your head when you want to complete your goal by. Bear in mind how long it will take you to complete the events leading up to achieving your goal. For example 'I will volunteer for a local charity for an hour per week starting in two months time, which allows me time to research, choose a charity and get in touch with them'.

SMART Plan Template

Add your own goals

[illegible]





Safety

In Safety we
look into:

- ▶ Safety Planning
page 32
- ▶ Online Safety
page 35
- ▶ Should I Be
Worried...?
page 37

Staying safe when I'm out and about

What do I do if...?

I miss the last bus

My friends and I get lost

A friend's older boyfriend offers me a lift in their car

I have to cross a busy road to get to my friend's house

A stranger starts talking to me and my friends

Someone shouts something abusive at me

Safety Plan

Keeping myself safe when I'm out and about

I will let know where I am.

I will do this by

Places I know I'm safe/feel safe

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.....

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.....

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If I feel unsafe I will

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Adults who help me feel safe...

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Things to help keep me safe

I will keep my mobile phone with me, fully charged and with credit

I will identify people who know my situation and can help me

I will leave the situation if I feel unsafe

I will phone 999 if I need to

I will let someone know where I am

I will tell someone if I feel unsafe

I will spend time with people who make me feel safe and happy

I will keep all my social media profiles as private as possible

Phonebook

Police: **999**

Non emergency police: **101**

Crime stoppers: **0800 555 111**

Childline: **0800 11 11**

Other numbers that could be useful for me:

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.....

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Staying Safe

At Home

At home, I can talk to about my worries and concerns.

If I needed to leave my house in an emergency, I could contact

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.....

If I don't want to be alone, I can contact

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At School

The safest way to get to and from school is

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I can move between classes safely by

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.....

.....

If I feel upset or unsafe in school I can

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People and places I can go to
for support in school

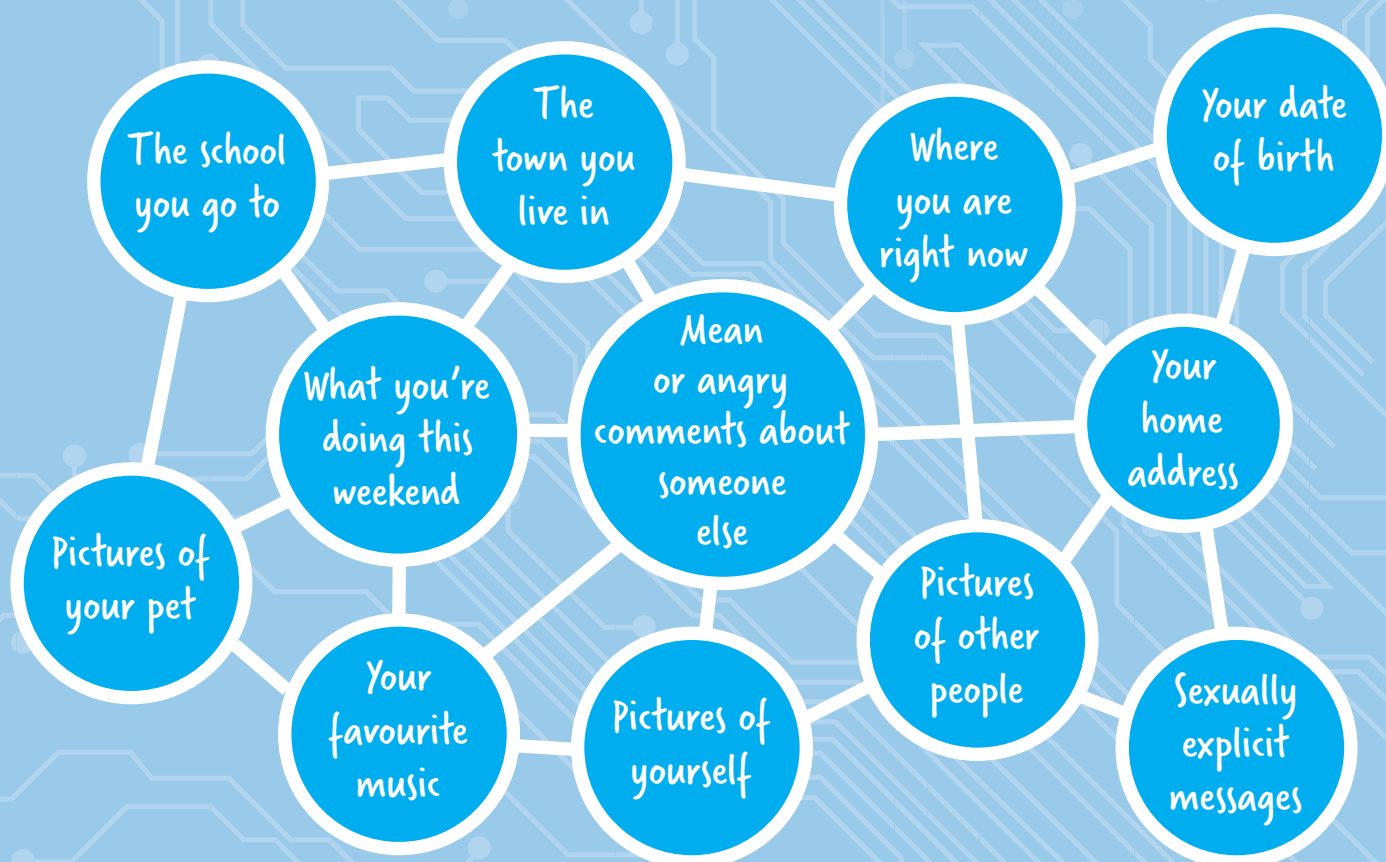
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Supportive friends



- ▶ It's okay to say no to requests
- ▶ Think before you post
- ▶ Check your privacy settings
- ▶ Share your concerns with an adult if you see something that worries you

The internet is an amazing tool. It can be used to find information, discover new things and connect with friends. However, some information could be dangerous to share with others online. Can you identify which information might be harmful?



online Safety

It is important to remember that the online world is a **public place**. If you share something online, you may no longer have full control over who sees it or what happens to it. People can easily copy, share or discuss something you've posted online.

There are many reasons why this could be dangerous:

- ▶ It could leave you vulnerable to someone finding out where you live, go to school etc. This person could be harmful or dangerous.
- ▶ Other family members, friends, classmates or teachers might see what you've posted, and this can be upsetting for you if you did not intend to share it with them.
- ▶ Personal insults, threats or discrimination online can get you into trouble with the law *even if you intended it to be a joke*.
- ▶ It is illegal to take and post sexually explicit pictures of children under the age of 16. This is true even if you are taking and posting pictures of yourself.

Once you've posted or shared something online, it can be difficult to remove. Therefore, it's important to remember to **stop and think about how others will react **before** you post or share anything. However, if you've already posted or shared something, and want it deleted or are worried about the consequences, there are steps you can take to ensure your safety:**

1. **Talk to a trusted adult, for example, a parent or teacher.** This might be difficult to do, particularly if you're embarrassed or ashamed by what has been posted/shared. However, they can be there to give you emotional support and practical advice about what to do next.
2. **Delete it.** If it has already been shared by others, you could ask them to delete it too.
3. **Edit what you can't delete.** If you're unable to delete it, see if you could edit what you've posted so it doesn't give away personal information.
4. **Ask the website to take it down.** Social media sites, such as Facebook, often have a "report" link that appears next to things that have been posted.
5. **Change your privacy and location settings.** Change your settings to private or friends only. Some sites, like Snapchat, let you share your location with others. Make sure this is switched off.
6. **Ask search engines, such as Google and Bing, to remove links to it.** You can contact Google and Bing to request the site or image to be removed from their search results.
7. **If the content is sexually explicit and being shared without your permission, you can report it to the police or get in touch with Childline. Childline can work with the Internet Watch Foundation (IWF) to get the image removed. Equally, you can contact the IWF directly yourself.**

Should I Be Worried...?

A person might ask you have sexual conversations online or via text message. They might ask you to send naked pictures of yourself, which is also known as sexting. They could ask you to send videos of yourself, or ask you to do something sexual on a webcam. The person might also ask for you to meet up with them in person.

- ▶ Someone you don't know adding you on social media
- ▶ Asking you to keep conversations "secret"
- ▶ Asking how old you are, being vague about their age and/or telling you they are older
- ▶ Sending you sexual messages. This might be really subtle at first. They might ask you about your appearance or ask personal questions like "have you ever been kissed?"
- ▶ Sending you lots of messages
- ▶ Threatening to tell others about your conversations or trying to blackmail you

What do I need to look out for?

What can I do about it?

- ▶ Ask the person to stop. If they're talking to you on social media, block them from your profile and ignore requests.
- ▶ You could try using something like the 'Zipit app'. This app allows to you send back funny images if someone asks you to send inappropriate pictures or messages.
- ▶ Tell an adult you trust. This can be a parent, teacher or social worker.
- ▶ If someone online is putting pressure on you to do something you don't want to do, you can report it to a CEOP's Child Protection Advisor. If you're unsure about how to do this, contact Childline on 0800 11 11 who will be able to offer you advice and support.



Healthy Future Relationships



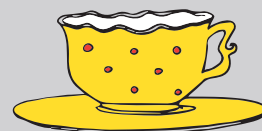
In Healthy Future Relationships we look into:

- ▶ **Consent & Saying No**
page 40
- ▶ **What is a Healthy Relationship?**
page 42
- ▶ **Understanding & Setting Boundaries**
page 43
- ▶ **My Support Tree**
page 47
- ▶ **My Rights & the Law**
page 49



CONSENT

IT'S SIMPLE AS TEA



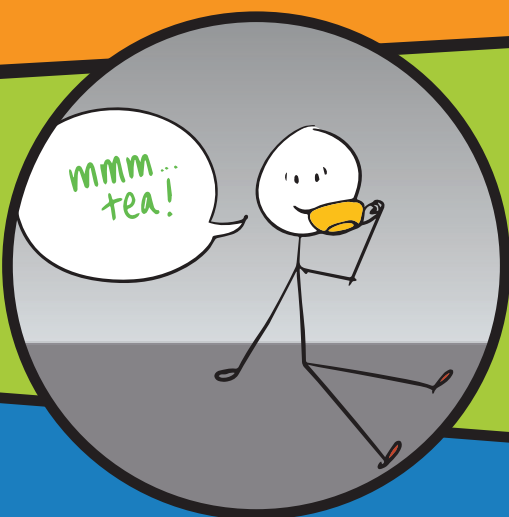
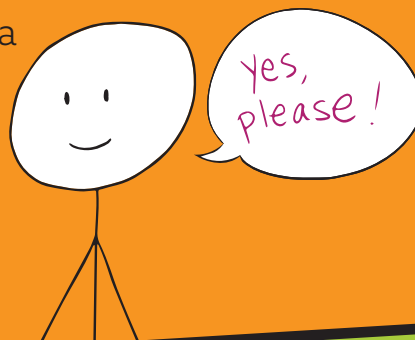
Consent really is as simple as asking for a cup of tea

If a friend asks you for a cup of tea, you put the kettle on...

You wait a few minutes for it to boil
(perhaps dance around the room)...

Pour the milk in and offer it to your friend...

There are a number of things that might then happen ...



Your friend looks happy and relaxed.

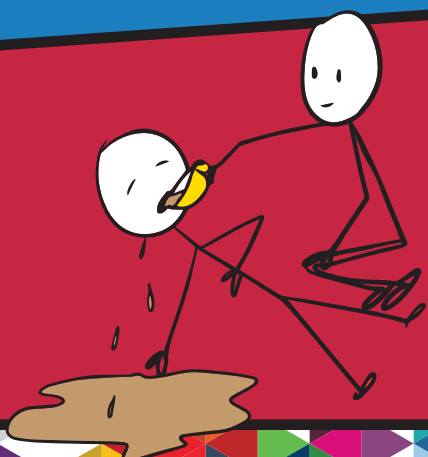
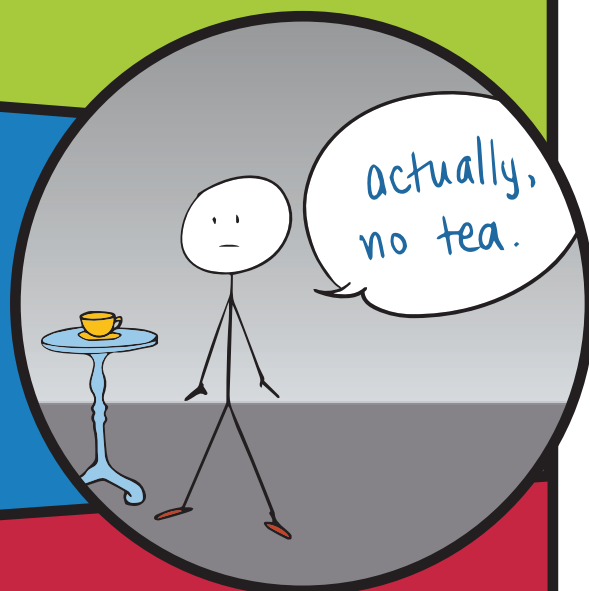
They are smiling and responsive.

You pass them their cup of tea and
you drink your tea together.

Or, in the time it has taken you to brew the cup
of tea your friend may have changed their mind.

They may not want a cup of tea anymore.
It is okay for them to change their mind...

It doesn't mean you should force them or
pressure them into drinking the cup of tea.



If your friend has fallen asleep by the time it has taken
to brew the tea, again, do not force them to drink it.

They cannot consent to drink the cup of tea if they
are asleep.

It is much better to leave them to rest and offer
them a cup of tea when they wake up.

Just Say No.

There are also lots of other ways to say "no" without saying "no"

just
say no.

Let me think about that

It's really kind of you to ask but
I will have to pass

That doesn't work for me

I appreciate you asking but I can't

Thanks for asking me but unfortunately I'm busy

Sorry, but I can't help you

You're very nice but I'm not interested

I'd appreciate if you stop speaking to me like that

I'm not comfortable doing that

I don't like that idea

I don't feel like doing that

That's not my kind of thing,
but I hope you have fun

Can I get back to you?

That's not my
kind of thing,
but I hope you
have fun

It might sound strange, but try practising say "no" out loud:

"No, I don't
feel ready"

"No, I don't
want to"

"No,
it doesn't
feel right"

"No."



Healthy Relationships

There are lots of different ways that we can talk about love and relationships. There are often so many different images of “what love is” on TV and in films that it can be confusing to know what it looks like. So we’ve broken it down for you...

Love is...

- ▲ Friendship
- ▲ Respect
- ▲ Communication
- ▲ Sharing
- ▲ Trust
- ▲ Openness
- ▲ Honesty
- ▲ Caring
- ▲ Fun
- ▲ Recognising difference
- ▲ Listening to one another
- ▲ Supportive

Love isn't...

- ▼ Jealousy
- ▼ Pain
- ▼ Obsession
- ▼ Fear
- ▼ Telling you not to see friends
- ▼ Controlling
- ▼ Violent
- ▼ Sending 100s of messages
- ▼ Putting you down
- ▼ Making threats
- ▼ Selfish

Love is...

10 Steps to Setting Healthy Boundaries

1 Trust your gut feeling

2 Use a support system

3 If someone oversteps your boundaries, let them know

4 Don't make it personal

5 Use a calm and polite tone

6 Start with tighter boundaries (and then loosen them if appropriate)

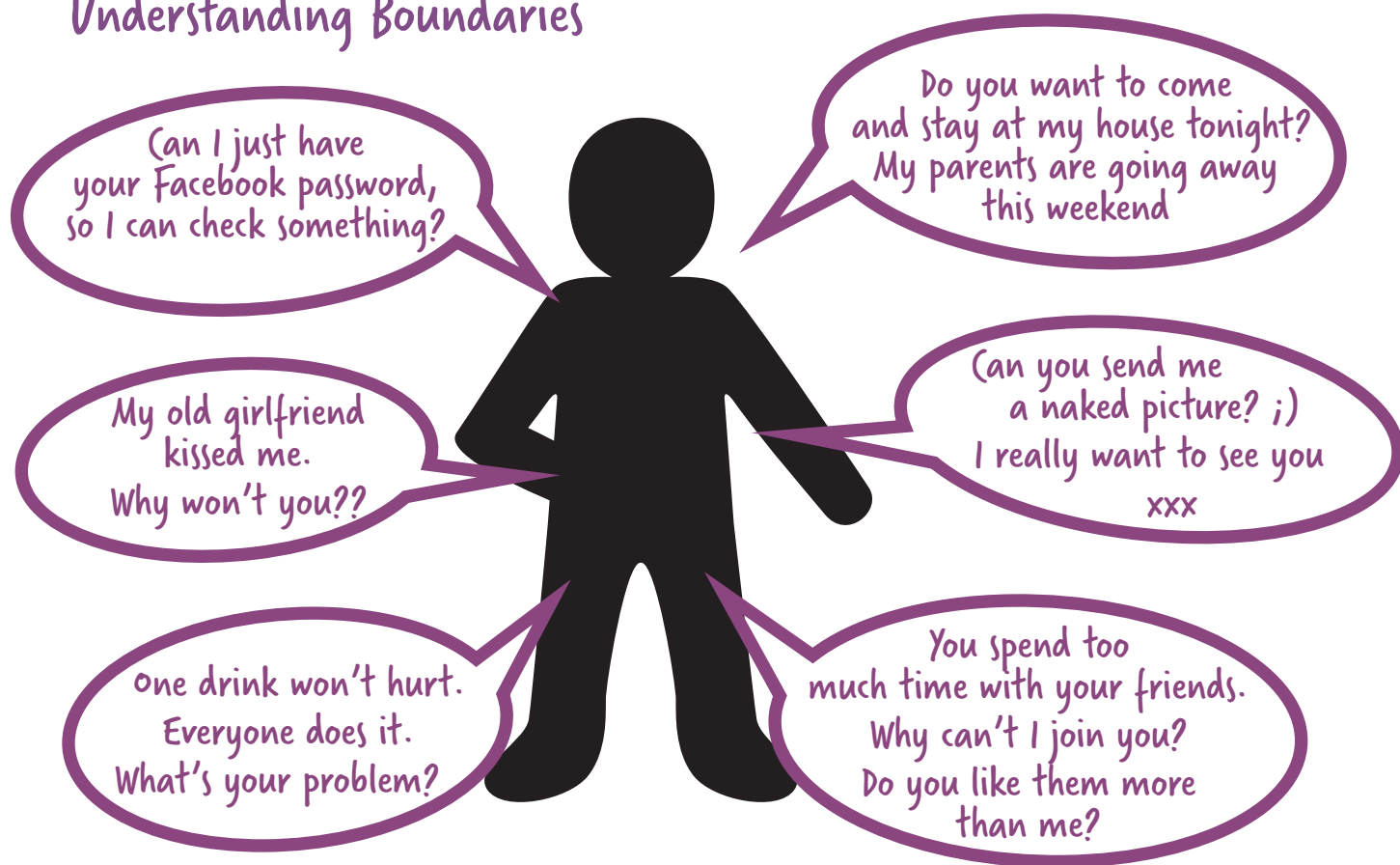
7 Be straight forward

8 Don't apologize or give long explanations

9 Understand why you need the boundary

10 Clearly identify your boundary

Understanding Boundaries



Creating boundaries is an important part of keeping any relationship healthy. It allows you to learn what is okay and not okay, and helps make sure you feel safe and comfortable in each other's company.

Emotional Boundaries

- ▶ Don't feel pressured into saying "I love you" or agreeing to be someone's boyfriend/girlfriend if you don't feel ready
- ▶ As great as it is that you want to spend lots of time with the other person, make sure you spend some time away from each other too

Physical Boundaries

- ▶ You do not need to do anything you don't feel 100% comfortable with

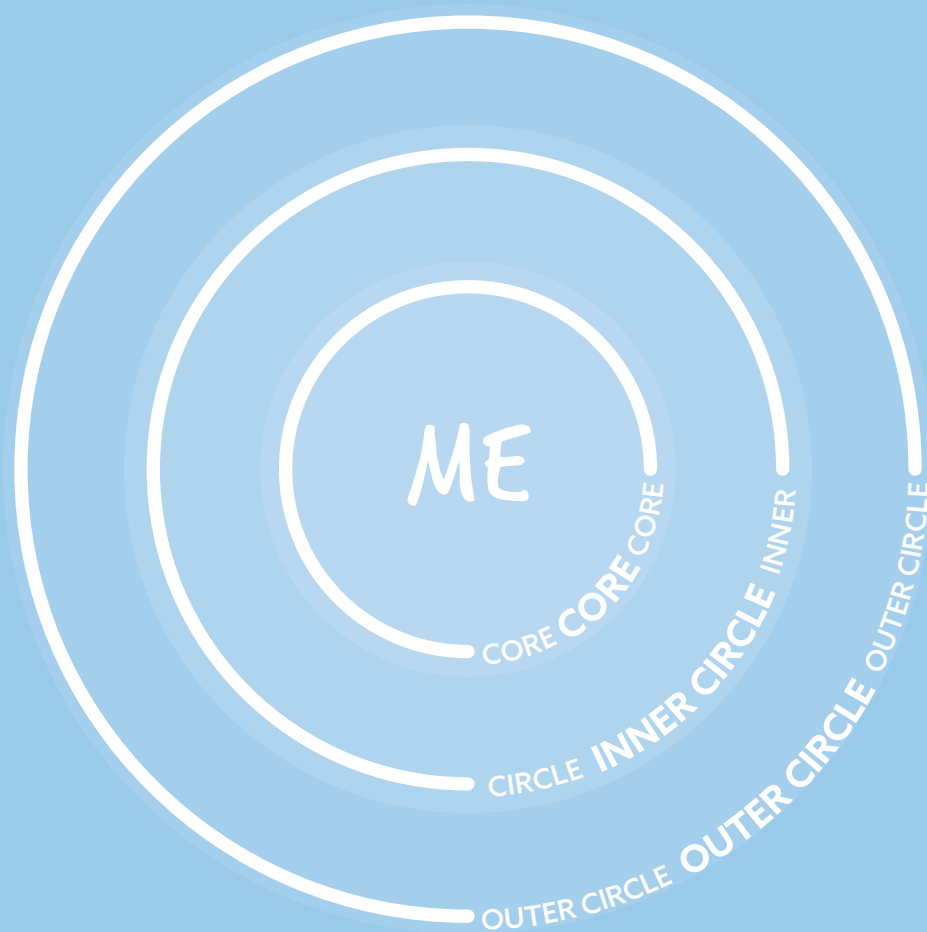
Digital Boundaries

- ▶ Check with each other before you do anything on social media (for example, tagging a picture or changing relationship status)

Setting Boundaries

Setting boundaries is healthy for both you and the people around you.

It is important to recognise what your boundaries are and how they apply to different people in your life. This will help you to develop assertiveness and, in turn, boost your self-esteem. Setting boundaries can also help you to build healthy relationships with others.

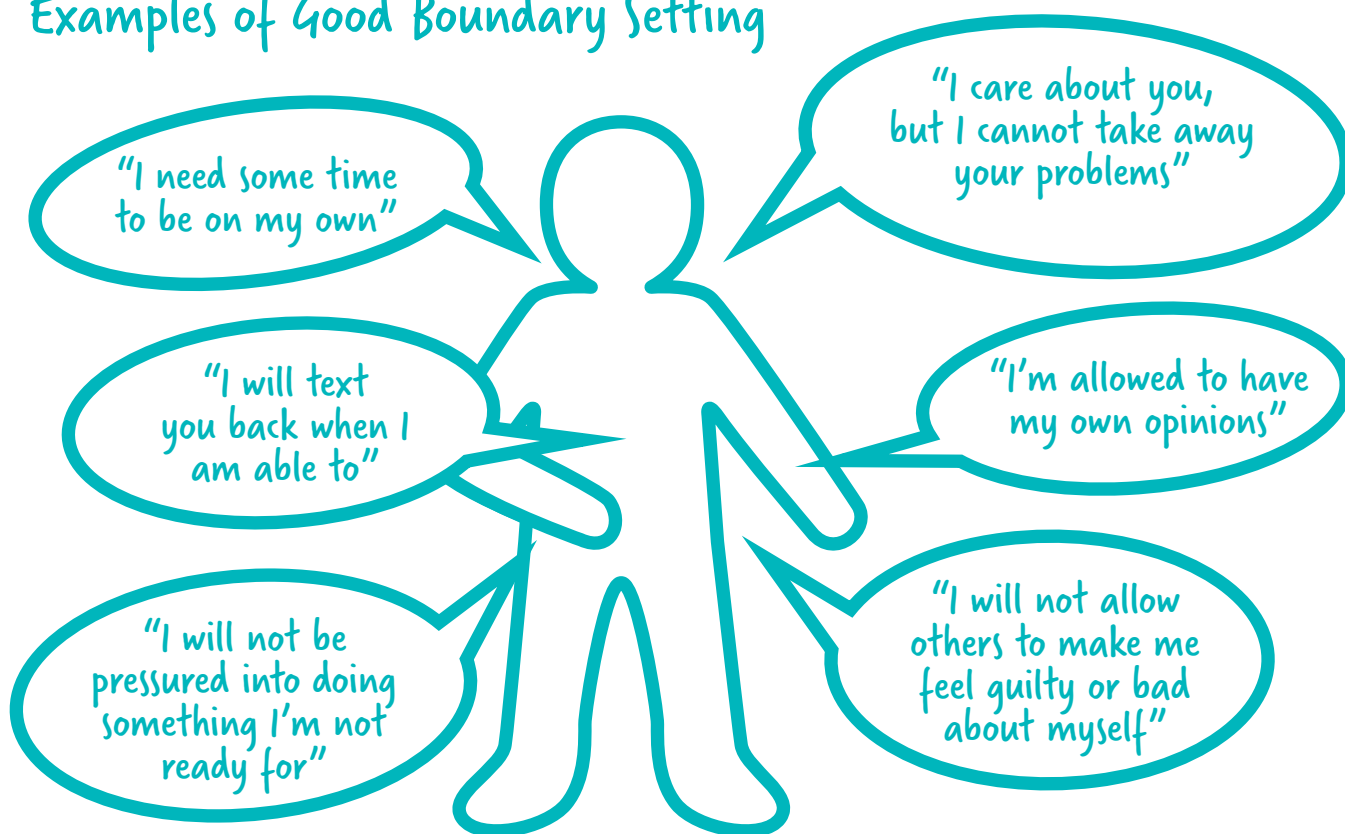


In order to help you think about what your boundaries are:

- ▶ Write the names of your closest friends and family members in your Inner Circle. Think about what you would share with this Inner Circle of people
- ▶ Write the names of people who you are friendly with but perhaps not as close to in your Outer Circle. Think about what you would share with this Outer Circle of people

It's important to remember that **YOU** are at the core and need to have some space for yourself. How would you feel if all those people in your Outer Circle and Inner Circle came in to your Core Circle? Can you imagine how squashed and cramped that would be?

Examples of Good Boundary Setting



"I'm not sure I want to do this but maybe I'll just do it this one time..."



If you're thinking about doing something "just this once" chances are that this is something that you don't fully feel comfortable with. It's probably something that is overstepping your boundaries.

Many people find that it is a lot harder to say "no" once they've said "yes" in the past. Therefore, it is important to make sure your boundaries are established from the beginning.

If you're someone who finds it difficult to say "no", take a look at our advice on page 41.

Warning Signs

Relationships can make you feel happy and excited, but they can also be confusing.

Sometimes it can be difficult to know what is 'normal' or 'right', especially if you really like the other person.

However, it is important to know that some things are never okay in a relationship:

Making you feel bad for saying "no"

Making you feel bad about yourself, name calling or making mean comments about you

Checking your phone or social media pages without your permission

Trying to control what you wear or do

Not letting you see your friends or family

Spreading lies or rumours about you

Pressuring you to do things you don't feel ready for or do not want to do

Threatening to hurt you or leave you, if you don't do something they want you to

Getting jealous

These things are never okay



What Are My Rights and The Law?

Alcohol

The law is complicated when it comes to alcohol. It's worth knowing the general laws:

- ▶ **Age 14** you can go to a pub which has a children's certificate, but you cannot drink alcohol
- ▶ **Age 16** you can drink wine, beer or cider with a meal in a restaurant
- ▶ **Age 18** you can buy alcohol, but it is against the law to buy alcohol for anyone under 18

Smoking

You can buy tobacco at the age of 18 along with cigarettes and other smoking products, including electronic cigarettes. Smoking cannabis or weed is illegal at any age.

Sex

Sex **WITHOUT** consent is illegal at any age. Consent must be obtained every time sex or sexual activity is going to take place.

- ▶ **Age 16** having sex with someone under the age of 16 is a crime

It is illegal for a person of any age who occupies a position of trust (e.g. teacher or youth worker) to have sexual activity with someone who is under 18 and in their care. This includes sharing explicit images of someone 18 years or under.

Contraception

A young person can visit a doctor or advisor to talk about contraception. This includes pregnancy advice and abortion information.

Medical Records

- ▶ **Age 14** you're able to see your medical records, as long as your doctor believes that you'll be able to understand what they mean. Medical records are details of any condition or illness you have and what treatment you may have been given.

If you just want to have a look at your records, you can ask your doctor or nurse and they should be able to help you. If you want to be able to keep your medical records, you'll have to email or write to your GP to ask. There may be a charge for this.



Marriage

Although marriage is probably the last thing you're thinking about, it's still worth knowing the law. All couples, including same sex couples, can marry at the age of 18 years. Before this, your parent/guardians will need to provide their consent.

Leaving School

Within England, you must stay in some sort of education or training setting until the end of the academic year when you turn 18 years old. This can be:

- ▶ Full-time education
- ▶ An apprenticeship
- ▶ Part-time education or training (as well as being employed, self-employed or volunteering for 20 hours or more a week)

Crime and the Law

- ▶ **Age 10** In England, Wales and Northern Ireland, you're criminally responsible at 10 years old. That means that you're legally responsible for your actions. Any criminal behaviour will be dealt with by the courts unless you're cautioned or given a verbal warning
- ▶ **Age 18** You can be called for jury service. A jury is a group of people who have normal jobs and come together just for a court case and decide if the person on trial is guilty or not. You can also change your name
- ▶ **At any age** You can make a complaint if you think you're being discriminated against because of race, colour, ethnic origin, sexuality. You can also make an official complaint against the police

Leaving Home or Moving Out

- ▶ **Age 16** You can leave home without your parents' or carers' permission. If you become homeless and you're 16 or 17 years old, you may be entitled to help with money, housing, education, training and support from social services

You can get practical advice on your rights and what you can do to find a place to live by calling Shelter on 0808 800 4444. Your local council will be able to give you more information on the help you can get.

Although you can't usually rent a home or claim benefits before the age of 18, there are exceptions. Your local council or a housing advisor will be able to tell you about housing support for under 18s.

- ▶ **Age 18** After you turn 18, you can rent your own house or flat and get a mortgage if you have enough money. Shelter can give you advice on finding your own place to live for the first time.



Driving

- ▶ **Age 16** You can get a licence to drive a moped.
- ▶ **Age 17** You can apply for a driving licence to drive a car.

Gambling

- ▶ **Age 16** You can buy a National Lottery ticket.
- ▶ **Age 18** You can place a bet

Politics

- ▶ **Age 18** You can vote in England, Wales and Ireland.
- ▶ **Age 16** In Scotland you can vote when you're 16. You can also become a local councillor

Pets, Fireworks and Travel

- ▶ **Pets** Legally you can buy a pet once you're aged 16.
- ▶ **Fireworks** You can buy fireworks once you're aged 18.
- ▶ **Travel** To travel abroad you'll need a passport. Your appearance will change a lot so once you're over 16, you should get an adult passport

Working

- ▶ **Age 13** This is the youngest age you can get a part-time job.
- ▶ **Age 16** You can join the Armed Forces with parental consent, but you won't be able to go on service until you're 18
- ▶ **Between age 16-18** You can spend 20 hours a week working, whilst in part-time education or training

Money

- ▶ **Age 11** You can open your own current account (a type of bank account) but you'll need your parents' permission
- ▶ **Age 16-17** You can open a current account without your parents' permission but you would need to bring ID and proof of address
- ▶ **Age 18** You can get a credit card or a loan. You can also open up your own ISA savings account



Further Support

Childline

Providing phone support to children and young people

www.childline.org.uk

0800 1111

Opening Times: Daily, open 24 hours a day

Young Devon

Providing support for young people through advice, support and services for housing, skills development, mental health and counselling

www.youngdevon.org

Exeter: 01392 331666 | South Devon: 01626 356720

Y-SMART

Providing a drug and alcohol support service for under-18s throughout Devon

<http://ysmart.org.uk/>

0800 121 4751

KOOTH.COM

Providing online counselling for young people

<https://kooth.com/>

Open: Monday - Friday: 12.00-10.00pm, Saturday - Sunday: 6.00-10.00pm

The Hideout

Providing online help and support to children and young people affected by domestic abuse

www.thehideout.org.uk

CASS Self Injury Helpline

Providing support to women and girls of any age affected by self-injury

<https://www.selfinjurysupport.org.uk/>

0808 800 8088

Open: Monday: 7.00-10.00pm, Tuesday, Wednesday & Thursday: 7.00-9.30pm

Samaritans

Providing emotional support over telephone, text and email

Free 24hr helpline: 116 123

jo@samaritans.org | www.samaritans.org



A Note from the Safeguarding Team

This pack is an educational resource for the benefit of young people starting in secondary education. It helps to inform, explore and manage healthy relationships. It is intended to encourage discussion and debate to increase safety, confidence, identity as well as aiding emotional awareness and positive relationships.

This tool kit has been written by the Safeguarding Team at Splitz Support Service, lead member of the LEESAR Partnership for Devon Domestic Abuse and Sexual Violence Support Services. The aim of the Safeguarding Team at Splitz is to increase the safety and well-being of children and young people affected by domestic abuse and to break the cycle of abuse, by exploring healthy relationships, as well as increasing awareness.

This tool kit compliments and builds upon the transition information and support already provided by schools. Furthermore it compliments information given in PSHE lessons and also can be used by anyone working in a supportive role with young people of secondary age.

If you require and further information about our service or the support we can offer please contact us.

Emma Stephens, Chloe Grove & Beth Cuffe

Thanks to the following schools for their valuable contribution towards the resource: South Dartmoor Community College, Coombes Head Academy and Newton Abbot College and special thanks to Emma Woodgate.



Notes

Handwriting practice lines consisting of 20 horizontal dotted lines.





Notes

Handwriting practice lines consisting of 20 horizontal dotted lines.





Splitz Support Service

Registered Office:

Oak House, Epsom Square,
White Horse Business Park, Trowbridge
Wiltshire BA14 0XG

Tel: 01225 777724 | Fax: 01225 774405

Local Office:

1st Floor, Buckland House, Pavilion 3
Park 5 Business Centre, Harrier Way, Exeter
Devon EX2 7HU

Tel: 0345 155 1074 | Fax: 01392 368071

Enquiries: admin@splitzdevon.org | Referrals: referrals.devon@splitz.org.cjsm.net

www.splitz.org

Charity number: 1064764



Splitz Support Service does its utmost to ensure that all information is based upon accurate research and our wealth of experience.
We urge users to determine the suitability of the information for individuals requirements.
Please feel free to contact our fully trained and experienced staff, who are able to advise you. Splitz Support Service 2018©