



# Year 7 RSE Work Booklet

2025-26



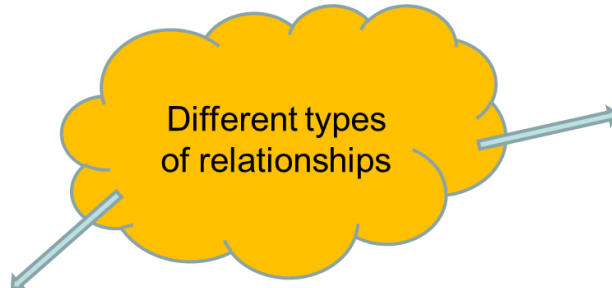
**Name-** \_\_\_\_\_

**Tutor-** \_\_\_\_\_

Created by Mr B Denham in collaboration with EC Publishing



# Healthy Relationships



**What does it mean?**

**How might it be demonstrated?**

**Support**

**Trust**

**Honesty**

**Kindness**

**Generosity**

**Boundaries**

**Privacy**

**Consent**

### Task Three:

Watch the following clip (twice as it's fast!) and complete it on your answer sheet. Your teacher will then go through the answers.

[What Makes A Relationship Healthy? - YouTube](#)



What changes as you get older? How might you feel?

What are unhealthy relationships like?

What are healthy relationships built on?

What might a person do in an unhealthy relationship?

Why is equality so important?

What are bad signs in a relationship?

How should you handle disagreements?



## Healthy or Unhealthy Behaviours?

Getting angry with someone else when it is yourself who is at fault.

Asking your friend if you can start dating her sister.

Trying to get someone to change their religion so your family will accept your relationship with them.

Always copying your friend's homework but not spending time with them in any other way.

Following your partner to check they are where they said they'd be.

Telling someone if your friend is in danger, even though you swore you'd keep it a secret.

Confronting your friend about their behaviour when they have been mean to another friend.

Not letting your partner hang out with their friends of the opposite sex (or same sex in a gay relationship).

Pressuring your girlfriend or boyfriend to send you naked pictures of themselves.

Getting someone else to take the blame for something that you have done wrong.

Lying to your friend about liking their flute-playing when it sounds awful.

Telling your partner where they can or can't go.



### Signposting support:

#### Useful helplines and charities:

[Childline](#). Support for people under 19 in the UK. Call: 0800 11 11

[Young Minds](#). Child and adolescent mental health charity. Call: 0808 802 5544

[Teen Line | Teens Support hotline - Connect, talk, get help!](#) Teen Line's highly trained teen listeners provide support, resources and hope to any teen who is struggling.

[Alice Ruggles Trust - Relationship-safety-resource](#) Stalking and harassment help and advice

<https://www.themix.org.uk/sex-and-relationships> Relationships advice for young people



## What is trust and why is it important in any relationship?

### Why is trust so important?

Trust is something that's really important in all relationships, whether it's with your family, friends, or even your pets! If you didn't know anything about your next-door neighbours' new dog, you wouldn't leave it in the garden to play with your baby sister, would you? This is what we're talking about today – the ability to know and measure, and judge the potential risks, of *trusting* someone not to lead us to emotional or physical harm.



Trust means that you believe someone will do what they say they'll do and that they'll be honest with you.

Think of it this way - when you tell someone a secret, you're trusting them to keep that secret and not tell anyone else. Or when you lend someone your games console, you're trusting them to take care of it and give it back to you when you ask for it.



When you trust someone, it helps you feel safe and secure in your relationship with them. It means you can count on them to be there for you and to do what they say they'll do.

On the other hand, when you don't trust someone, it can be really hard to have a good relationship with them. If you're always worrying about whether they'll keep your secrets or do what they say they'll do, it can make you feel anxious and upset.

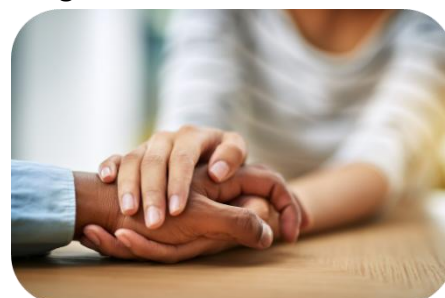
Nowadays, many people talk to each other online, adding an extra layer of complexity. How can we trust people actually are who they say they are? Unfortunately, if a friendship or relationship begins online – we simply can't. Anyone can take photos from anywhere, create fake accounts, sound incredibly convincing as the age they say they are, and make up believable back-stories. You can't ever say you 'know' someone you speak to online – and if you don't know someone, you can't trust them. This is a simple rule to remember, which helps keep all of us safe, no matter what age we are.

### **But what about people we do know in real life?**

Remember – trust has to be earned. That means, if we haven't known someone for a significant amount of time, we should never instantly trust them. Trust is a crucial part of any relationship, and it's essential to make sure that you feel safe and secure with the people you interact with. Here are a few signs that can help you know if you can trust someone:



1. They keep their promises: One of the best ways to know if you can trust someone is by seeing if they keep their promises. If they say they're going to do something, do they follow through with it? If they consistently break their promises or don't follow through, it may be a sign that you can't trust them.
2. They're honest: Honesty is a crucial part of trust. If someone is honest with you, it means they're not hiding anything and are being transparent about their intentions. If someone is consistently lying or withholding information, it may be a sign that you can't trust them.
3. They're reliable: A reliable person is someone you can count on to be there for you when you need them. They show up on time, do what they say they'll do, and follow through on their commitments. If someone is consistently unreliable, it may be a sign that you can't trust them.
4. They respect your boundaries: Trust involves respecting boundaries. If someone is pushing you to do something you're not comfortable with or not respecting your boundaries, it may be a sign that you can't trust them.
5. They're consistent: Consistency is key when it comes to trust. If someone's behaviour is unpredictable or inconsistent, it can be tough to



know if you can trust them. If someone is consistent in their actions and behaviour, it may be a sign that you can trust them.

It's essential to remember that trust takes time to build, and it's okay to be cautious when getting to know someone. It's always better to take your time and be sure that you can trust someone before opening up to them completely.

### **So, what are the signs that we can't trust someone?**

Here are some signs that may indicate that we can't trust someone:

1. They're dishonest: Dishonesty is a big red flag when it comes to trust. If someone lies or withholds information consistently, it may be a sign that they're not trustworthy.
2. They gossip or spread rumours: If someone frequently gossips or spreads rumours, it may be a sign that they're not trustworthy. Gossiping can be hurtful, and it shows that the person may not respect your privacy or boundaries.
3. They're unreliable: If someone is consistently unreliable, it may be a sign that they're not trustworthy. If they don't follow through on their commitments or are often late, it can be challenging to trust them.
4. They don't respect your boundaries: If someone doesn't respect your boundaries or consistently crosses them, it may be a sign that they're not trustworthy. Trust involves mutual respect and understanding, and if someone doesn't respect your boundaries, they may not be trustworthy.
5. They're inconsistent: If someone's behaviour is unpredictable or inconsistent, it can be tough to know if you can trust them. If they act one way one day and another way the next, it may be a sign that they're not trustworthy.

### **Trust is linked directly to our safety.**

When you trust someone, you feel safe and secure around them. You know that they won't harm you, either physically or emotionally. You can rely on them to be there for you and to support you when you need it. This feeling of safety and security is essential for your mental and emotional health, and it can help you develop stronger and healthier relationships with the people in your life.



On the other hand, if you don't trust someone, you may feel unsafe or uneasy around them. You may worry that they will hurt you or betray your trust. This feeling of unease can be stressful and can negatively impact your well-being. It's important to listen to your

instincts and take steps to protect yourself if you don't feel safe around someone. Not sure whether to trust someone? Then ask an adult you have a hundred percent trust in, e.g. your closest parent or guardian. If they're not about, you could always ask a teacher you trust too.

### Task two:

Watch the following clips and complete the questions on your answer sheet about the importance of trust. Your teacher will go through the answers after.

<https://www.youtube.com/watch?v=aTfat5TZyl8>

State three beliefs we all trust to be true.

Can we always trust what authority figures or experts say, a hundred percent of the time? Why / why not?

What should we look at when deciding to trust the opinions of authority figures and experts?

What is the first question you should ask yourself?

Can we always trust our own instincts on who are safe and good people to be in relationships with? Why / why not?



## What is trust and why is it important in any relationship?



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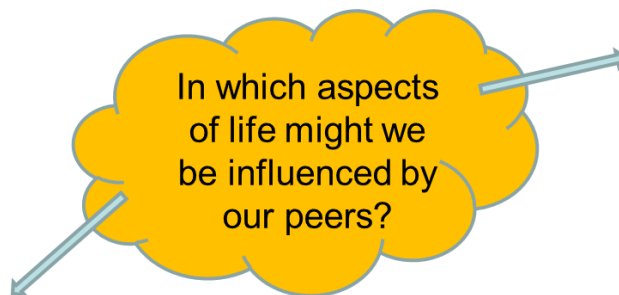
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## Trust Acrostic Poem

T  
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T

How can we navigate Peer Influence and Peer Pressure?





## Why peer pressure can be so hard to resist

*“One reason for herd behaviour is that people and animals tend to do what others around them are doing. This usually is because those who join the group in the behaviour figure that if several others are doing something, it must be worthwhile, or they would not be doing it. For example, people figure that a crowded restaurant must be serving good food, or it would not be as busy. In most cases, this thought process comes naturally or subconsciously, which is one reason why animals take part in herd behaviour.”* **from the WiseGeek Website**

So, what does this mean for teens feeling peer pressure? It means exactly the same as it does for adults, we all act the same when ‘herd mentality’ comes into play.

### Herd Mentality and Mob Mentality.

Experts tell us that "herd mentality" is often used to something that can be influenced by things such as peer pressure, conformity, the need for acceptance and the desire to belong to in-groups.



These things often cause people who are in groups to behave in ways that are similar to others around them, in the ‘in group’. For example, a person might choose to drink when in a group of friends do, even if they aren’t actually keen on alcohol. Or listen to a type of music, and say they like it when really they don’t.

When ‘herd mentality’ turns into ‘mob mentality’ however a person can find themselves in a far more serious situation. A football match, where everyone around you is chanting offensive chants may see you join in, when you would never usually do this – or even get involved in a fight or vandalize a building. A person may start to feel that there is less of a chance of getting caught than if he or she was acting alone. He or she might also feel less guilt because other people also caused the damage. The guilt is ‘spread’ in their minds.

### So why does peer influence tend to affect teens more than adults?

Peer influence tends to affect teens more than adults due to a combination of biological, psychological, and social factors:

1. **Brain Development:** During adolescence, the brain undergoes significant changes, particularly in regions associated with decision-making, risk-taking, and social behaviour. This makes teenagers more sensitive to social cues and more likely to seek acceptance and validation from their peers. Remember you don’t actually *need* the validation.
2. **Identity Formation:** Adolescence is a period of intense identity formation. Teens are exploring who they are and where they fit in society. Peer groups

play a crucial role in this process, as teens often model their behaviour, attitudes, and values based on those of their peers in order to establish a sense of belonging and identity.

3. **Social Comparison:** Adolescents are more susceptible to social comparison, where they evaluate themselves in relation to their peers. They may conform to peer norms and behaviours in order to fit in or avoid rejection, even if those behaviours conflict with their own values or beliefs. Remember you don't need to follow the herd.
4. **Desire for Autonomy:** As teens strive for autonomy and independence from their parents, they may turn to their peers for guidance and validation. Peer groups offer a sense of freedom and belonging that can be appealing to adolescents seeking to assert their independence.
5. **Risk-taking Behaviour:** Peer influence can also lead to increased risk-taking behaviour among teens. Adolescents may engage in risky activities, such as substance abuse or reckless driving, in order to gain acceptance or approval from their peers. Remember this when you see someone taking a risk – they may be trying to impress someone.
6. **Emotional Intensity:** The emotional intensity of peer relationships is often heightened during adolescence. Friendships and social interactions can have a profound impact on teens' emotional well-being, making them more susceptible to peer influence.



In contrast, adults have typically developed a stronger sense of self and are less influenced by peer pressure. They have more established identities, priorities, and values, which provide a firmer foundation for decision-making. Additionally, adults often have broader social networks and diverse sources of influence, such as family, colleagues, and community, which dilute the impact of peer influence compared to the relatively narrow focus on peers that adolescents may have. This is not to say that adults are not influenced by their peers – of course they are – but not as often and not to the same extent.

# How can we navigate peer influence and peer pressure?

## Task Three:

<https://www.youtube.com/watch?v=uME3JOM3W4k>

So how can we resist peer pressure? Why can it take such a powerful hold on us anyway? Watch carefully and answer the questions below. We'll go through the answers together shortly.

*Does 'just say no' always work?*

*Why do social norms have such a huge effect on our behaviour?*

*What are 'injective norms'? Give an example.*

*What is pluralistic ignorance?*

*What have studies shown about college students' attitude to heavy drinking?*

*What might make you feel less pressure to conform with a group?*

*How can speaking up help?*



# How can we navigate peer influence and peer pressure?

## Signposting support:

### Useful helplines and charities:

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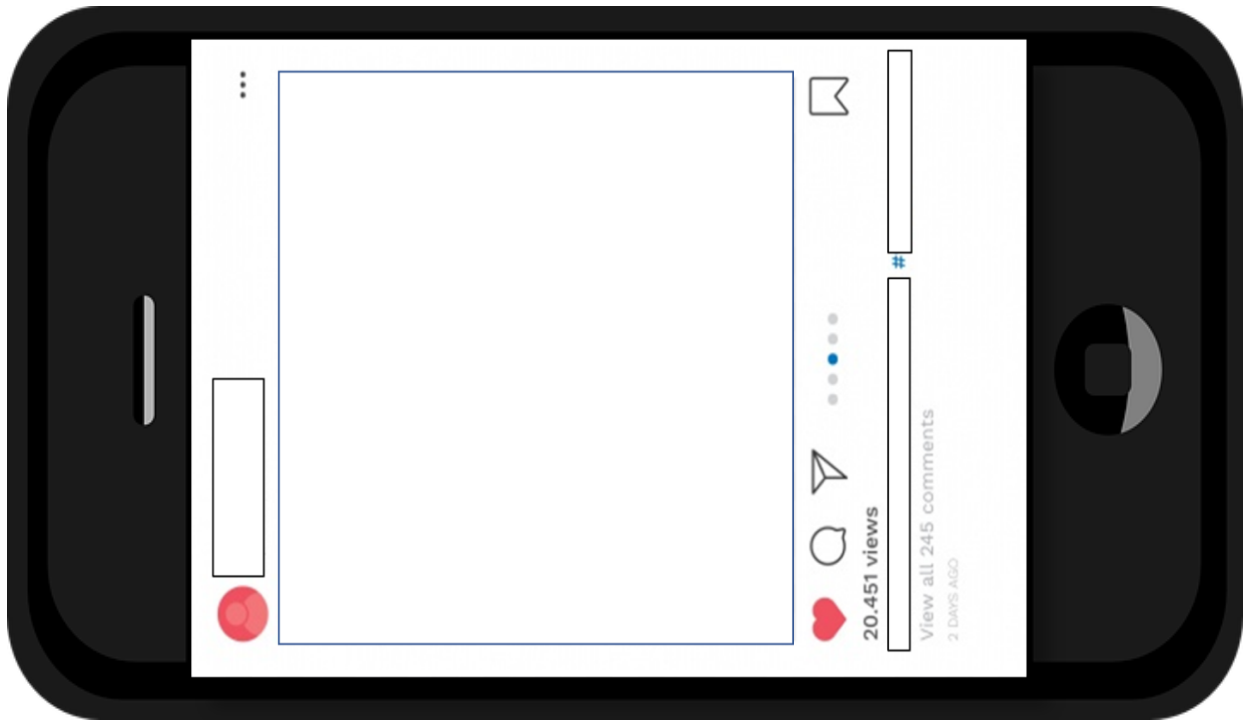
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**Rights online (coe.int)** Your rights online as a young person using social media sites.



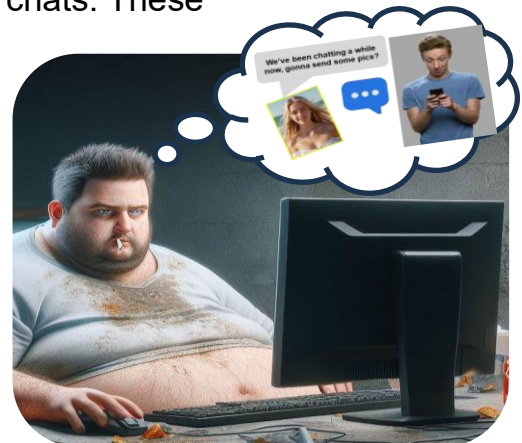


## **How do we recognise the signs of online grooming?**

### **What do we need to know about online grooming?**

Online groomers use various methods to find potential victims, often targeting vulnerable individuals, particularly children and teenagers. These groomers seek to establish emotional connections with their targets with the ultimate goal of manipulating them into engaging in sexual activities or sharing explicit content. While it's essential to recognise that not all online interactions are harmful, it's crucial to be aware of the potential risks and take steps to protect yourself.

One way online groomers find victims is through social media platforms and online communities – even seemingly very benign ones such as Pokémon fan forums, teen fashion or K-Pop chat sites and online game chats. These environments can be particularly appealing to groomers as they often involve direct communication and the sharing of personal information. According to statistic from last year, over 3.6 billion people were active social media users, providing a vast pool for groomers to exploit. These platforms offer anonymity and a broad user base, making it easier for groomers to blend in and initiate contact with potential victims. They may create fake profiles or





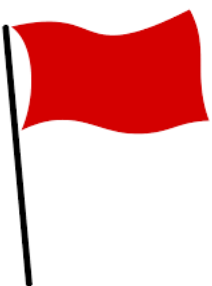
impersonate someone the victim knows and trusts, making it harder for the victim to discern their true identity.

Online groomers also leverage popular messaging apps and private communication channels, making it harder for parents or guardians to monitor their children's online interactions. Messaging apps like WhatsApp, Facebook Messenger, and Snapchat are widely used by teenagers. Groomers may initiate conversations through these apps, using manipulation, flattery, or threats to manipulate their victims. Teens keen for validation of their pics, TikToks youtube videos or comments are easy targets for flattery and can be enticed into conversation (IF they haven't got their head screwed on).

Online grooming can have severe consequences for young people and their families, as it can lead to sexual exploitation, emotional trauma, and long-lasting harm. To protect against online grooming, it's crucial for you to be knowledgeable about online safety, have open communication with adults you trust (to be able to talk about your concerns), and understand that there is a reason your guardians may use parental controls and monitoring tools to track your online activities. Raising awareness about this issue and staying informed about the latest trends in online grooming can help in preventing its occurrence and safeguard potential victims.

### How can we spot red flags?

Because online grooming can happen to anyone, we all need to be vigilant about potential warning signs. The first thing to be wary of is excessive compliments and flattery. Groomers often use these tactics to build trust and make their victims feel special. If someone you've met online is constantly showering you with praise, it's important to be cautious. Genuine friendships and relationships involve a balance of positive and negative interactions rather than constant flattery.



Another red flag to watch out for is pressure to share personal information. Groomers frequently seek to gain control by asking for details like your real name, address, phone number, or information about your school. If someone you don't know well is pressuring you to disclose sensitive information, it's essential to exercise caution. Personal information should not be shared with strangers online.

Secrecy is a common theme in online grooming. Groomers often insist that the relationship should remain hidden, emphasising that it's a special secret between just the two of you. It's crucial to be cautious if someone is encouraging you to keep your online interactions secret, particularly from your parents, guardians, or trusted adults. They may try and rib you and call you a baby or a sissy, or a similar insult for not trusting them or for telling an adult. This is just another red flag. A person with nothing to hide (a real fellow teen) wouldn't care if your parents or



guardians knew you were chatting to them.

Sending or receiving inappropriate content is another significant warning sign. If someone is sharing explicit photos, videos, or messages, or pressuring you to do the same, it's a major red flag. Groomers may use explicit content as leverage or to exploit their victims. Engaging in or tolerating this kind of behaviour should be avoided at all costs. You could be sent something very disgusting and if you send a personal photo, you have then lost all control of it and it could potentially be in the hands of people you don't know forever.

Inconsistencies in age and identity are also common indicators of online grooming. Groomers may initially present themselves as being close to your age and sharing common interests, but their details may change over time, revealing inconsistencies. Pay attention to any discrepancies in the information they provide.

Additionally, groomers often seek to isolate their victims from friends and family as a means of exerting more control. They may discourage you from maintaining relationships with the people you know and trust. If someone is trying to limit your contact with friends and family, it's an important warning sign. This is manipulative behaviour and is another tactic employed by groomers. They may use guilt, threats, or emotional manipulation to control their victims. If someone is making you feel uncomfortable, guilty, or fearful, these are significant warning signs.

Recognising and distancing yourself from manipulative behaviour is crucial.

Groomers may also exhibit a frequent online presence, constantly messaging you and pressuring you to respond, even late at night. They aim to monopolise (take up all) your time and attention. If someone is overly insistent on your online presence, consider it a potential red flag.

Above all, trust your instincts. If something doesn't feel right or if you have a gut feeling that something is off, take it seriously. Your intuition can be a valuable guide in these situations.

If you suspect someone is grooming you or someone you know online, it's crucial to report it to a trusted adult, such as a parent or teacher and to the platform or social media site where the interaction is taking place. Reporting is a vital step in ensuring your safety and preventing further harm. We'll find out exactly how to do this shortly.

### **Questions to answer:**

- 1. What is online grooming, and why is it a cause for concern?**
- 2. How do online groomers typically use excessive compliments and flattery to manipulate their victims?**

3. What personal information might groomers try to extract from their targets, and why is this concerning?
4. Why is secrecy often emphasised in online grooming, and why is it important for students to be cautious of this?
5. What is one of the significant red flags associated with online grooming regarding the exchange of explicit content?
6. How might groomers manipulate their age and identity, and why should students be attentive to these inconsistencies?
7. In what way do groomers attempt to isolate their victims from their friends and family, and why is this a warning sign?
8. What is manipulative behaviour, and how do groomers use it to control their targets?
9. How do groomers establish a frequent online presence, and why should students be wary of this behaviour?
10. Why is it crucial for students to trust their instincts and report any suspicious online interactions?

# How do we recognise the signs of online grooming?

## So how do we report it?

<https://www.youtube.com/watch?v=8GghOQ5mG1M>

There are different ways we can report abuse online. The most obvious would be to call the police. If someone is in immediate danger, never be afraid to call **999**. If you think you or someone you know is being groomed, immediately tell a **trusted adult**, then call **101**, or Crimestoppers on **0800 555 111** (you can be anonymous, meaning you don't have to give your name).

**CEOP** is a fantastic website to report online grooming very quickly too. You can just provide the link and the **National Crime Agency** will investigate it for you.

If you ever see an image of a young person who appears to have been abused you can also use the **Internet Watch Foundation's** discreet Report Remove tool. This is a very quick and easy way of getting an inappropriate image or video removed from any site.

## Signposting support:

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<https://www.nspcc.org.uk/what-is-child-abuse/types-of-abuse/grooming/#report>

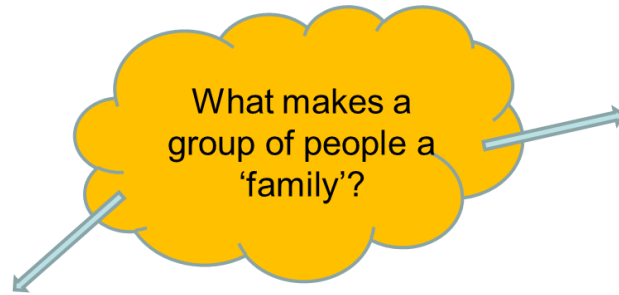
Direct links to all the ways to report abuse discussed today, all in one place.

**Rights online (coe.int)** Your rights online as a young person using social media sites.





# **Why are families and long-term, stable relationships important?**



## Why are families important?

A family are usually the people who love you unconditionally, no matter what. They are often the ones who have been there for you since you were born and will continue to be there for you throughout your life. They are always ready to offer support, comfort, and guidance whenever you need it. This kind of love and support is essential for your emotional wellbeing and development. Of course, not all families are made up of a mom, dad and two kids (this is something we often refer to as a nuclear family). Families come in all shapes and sizes, you may or may not be blood-related, it may be made up of friends, step-parents, foster-parents or aunts and uncles.

In addition, your family provides stability and structure in your life. They give you a sense of belonging and help you establish your identity. Being part of a family can help you feel more grounded and secure, even when things around you are changing. This is particularly important during your teenage years when you're going through many changes and trying to figure out who you are.



Another reason why families are important is that they provide shared experiences. Your family members have been through many of the same things you have, and can offer valuable insights and advice based on their own experiences. These shared experiences can bring you closer together as a family and help you form strong bonds that will last a lifetime.

Finally, your family is also important because they are supposed to be the people who will be there for you no matter what – although some people find good friends who are like this too. They should support you through good times and bad, and will always have your back. This kind of unconditional love and support is hard to find anywhere else, and is one of the many reasons why families are so important.

## What are the most common different types of family?

**Single Parent Family** – these are families where one adult provides the care for the family. People raise children in single parent families for lots of different reasons, including: relationship breakdown; divorce; death of a partner; a partner having to work in another country, and many more. Some adults choose to be single parents from the start, when they are planning a family. Single parent families can be headed by the mother, by the father, by a grandparent or another adult. There are around 2 million single parents in the UK today.

**Nuclear Family** – this is the term for the ‘traditional’ family structure, which consists of a mother, a father, and their children. The parents are typically a heterosexual married couple, and their children are biologically theirs. There are not as many nuclear families in the UK today as there used to be, but it is still a very common family structure, with 36% of families being described as nuclear in the last census.

**Same Sex Family** – these are families where the parents are in a homosexual relationship (both parents are the same sex). The parents may be married or in a civil partnership, or they may be living together in a committed relationship. The children in a same-sex family may be biologically related to one of their parents, or they may be adopted. Although same-sex families are relatively new in mainstream society, research shows that there is generally no difference to these children’s outcomes compared to children from nuclear families. There are around 20,000 children in same-sex families in the UK today.

**Step Family** – these are families where at least one of the parents has a child from a previous relationship. Step families are sometimes referred to as blended families. Although there can sometimes be issues with two families coming together to form a new family, children in step families often find that they benefit from having more adults and siblings in their family. In the last census, step families made up 11% of the total of couple families in the UK.

**Extended Family** – these are families where the adult or adults who are taking the role of parent are actually a different relative, for example grandparents, aunts, uncles, etc. The children in an extended family might live with their wider family including their parents, or with particular members of their wider family alone. Children might live with their extended family for a number of reasons, including: financial circumstances; cultural traditions; a family member's care needs, and many more. The number of children living in extended families in the UK is increasing, and is currently estimated to be 200,000.

**Adopted Family** – these are families where the parent or parents are not biologically related to their children. The parents have chosen to legally adopt their children, which is a permanent and official process, meaning that the adoptive parents are fully responsible for the welfare and upbringing of the children. Many children who are adopted have been in the care system first. Around 3000 children are adopted in the UK per year.

**Foster Family** – these are families where the children are being looked after by foster parents for a particular length of time. Foster parents are adults who are not related to the child. They are paid by the government to look after children who need care which their biological parents cannot provide. Children in foster families are given a safe place to live and develop, with the aim of getting them back into their original families if possible, or into a more permanent family. There are around 55,000 foster families in the UK.

New Key term	Draw a line to match up:	Definition
Marriage		When two people who are not married choose to live together
Cohabitation		When a marriage ends, and two people agree to separate
Committed Relationship		When two people vow (promise) to commit to each other and join to form a legal union
Civil Partnership		When two people agree to commit to each other in some way
Divorce		A legally recognised relationship between two people that is similar to marriage.

Questions to answer:

What's the difference between an adopted family and a foster family?

Explain three reasons why families are important.

- 1.
- 2.
- 3.

Which do you think is the most important reason? Why?

Why might children live with an extended family?

What is a 'nuclear' family?

What has research shown about same-sex families?

What are 'blended' families? Why are they called this?



**Signposting support:**

**Useful helplines and charities:**

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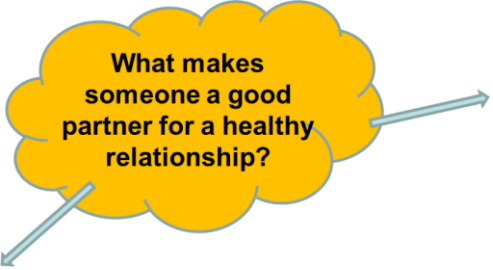
[Family Lives](#) – visit the website or call 0808 800 2222 for support for families.

[Childline](#). Support for people under 19 in the UK. Call: 0800 11 11

[Young Minds](#). Child and adolescent mental health charity. Call: 0808 802 5544



# Falling in love, romance and new feelings



What makes  
someone a good  
partner for a healthy  
relationship?

## Task One:

Watch the following clips and complete the questions on your answer sheet about marriage today and in the past. Your teacher will then go through the answers.

<https://www.youtube.com/watch?v=DJfj-5fwikc>

<https://www.youtube.com/watch?v=Yghffmcb5-U>

What does falling in love feel like?

How can falling in love change you?

How does your self-esteem change?

Can love make you 'sick'?

What is a bad reason for wanting a partner?

What often means couples are a good match?

What is more important to do before you fall in love with a partner?



## Romance and relationships

Romance is an important part of life for a lot of people. When we talk about romance or romantic love, we mean feelings of strong or intense attraction to a person. Those feelings of attraction are often experienced physically – you may have heard people talk about feeling light-headed, dizzy, or having a faster heartbeat when they are feeling a romantic connection to somebody.

### What is the difference between wanting to be friends with someone and wanting something more romantic?

Wanting something more romantic with somebody is different to wanting to be their friend, but there are lots of things that friendships and romantic relationships have in common. For example, in friendships as well as romantic relationships, you may want to spend a lot of time with the person, and like them very much. You may want to talk to them about lots of different things, including your opinions, feelings and perhaps even secrets.



Romantic feelings towards a person might be based on a physical attraction – in other words, you like the way they look and you find yourself attracted to them physically. It isn't just about looks, though – for lots of people, it's the personality which makes them attracted to somebody. The main thing that makes romantic feelings different from friendships is that you might think about the person all the time obsessively and want to kiss them. This is known as an infatuation.

### What might a healthy or unhealthy relationship look like?

Healthy relationships are important in all areas of life, and romance is no exception. If you have romantic feelings for someone, you should decide whether or not to tell them. There are some times when it would not be a good idea to tell that person, for example if you are a pupil who has feelings for a teacher, or for someone who is much older than you, or responsible for your wellbeing and safety in some way, like a football coach or a nurse. They will not be able to return your feelings in the way you would like them to, nor would it be legal for them to do so. Even when you're an adult it's often inadvisable to pursue feelings with someone responsible for you in some way like a manager, or your own employee, if you are responsible for them. We will cover this more in PSHE throughout your years at school.

If your crush is an appropriate peer, and you do choose to tell them that you have romantic feelings for them, you have to respect their answer. If the person is interested, they will let you know that they have romantic feelings for you too. However, they may tell you that

they are not interested, or they may never reply. In these cases, you have to accept their feelings and wait until you can meet someone else who does have romantic feelings for you.

Romance can feel scary or exciting, because it involves lots of strong feelings. Some people compare it to the feeling of being on a rollercoaster or walking on air. You should not be afraid of these feelings, but you should always behave responsibly. For example, if you are under 16 and in a romantic relationship with somebody, it is against the law to have sex with them, even if you are in a long-term relationship with them. You should also respect the person you are in a romantic relationship with. This means showing them the level of affection and physical intimacy that they are comfortable with and not forcing them to do anything they don't want to do.

Remember, the magic word is consent.

### **How can a person show someone they care about or love them?**

There are lots of ways to show someone that you care about them romantically. It depends on the person's individual tastes. Some people like to show their love by sending gifts, like chocolates or flowers. Some people like to make things for their beloved, like a piece of jewelry, a cake, or a special collection of songs. Some people write poems or letters. You should think about the person you care for and think about what *they* like.

### **Unwanted contact**

Another way to show a loved one that you care about them is to be affectionate towards them, for example holding their hand or kissing them. Again, you need to be sure that the person you care for is comfortable with this, otherwise this is unwanted contact. Continued unwanted contact is harassment and this is illegal. If it is unwanted sexual contact then it is sexual assault. This is why you need to be 100% sure that you have the other person's consent before you touch them.

### **How long does romance last?**

Romances vary in their length. Some infatuations are very short. The chemical which rises in the brain when you feel these 'loved up' feelings is dopamine. This can rise and fall very quickly, greatly affecting the way you feel. This is not to say you will want to be without your partner when your dopamine levels return to normal, for you may develop a relationship by then which you both wish to continue.

A few romances therefore, last forever as they turn into settled relationships. Most feelings of intense attraction fade after a while, and are sometimes replaced by deep affection. Sometimes, romances just aren't meant to be. Romances can be wonderful, but romances can also be painful, especially if you are dumped. It is normal to take weeks to get over this. It is all part of the experience of being alive and growing up.

# What is marriage and why must it be freely entered into?

## Task One:

Watch the following clips and complete the questions on your answer sheet about marriage today and in the past. Your teacher will then go through the answers.

[The history of marriage - Alex Gendler - YouTube](#)

[Why Bother With Marriage? - YouTube](#)

What was a reason people got married in ancient times?

What fraction of world cultures today prohibit multiple marriages?

What was a ghost marriage?

Why do some people think marriage is old fashioned?

Why is it hard to 'undo' marriage?

What does marriage stop you doing?

What is marriage all about nowadays, in summary?



## Marriage, forced marriage and legality in the UK

### Why do people get married?

There are lots of reasons why people get married, and these have changed across different time periods and cultures. In the modern Western world, we often think of marriage as an expression of romantic love. However, this isn't the only reason that people marry across the world. Some marry for financial security; some marry in order to unite particular families or make allegiances between tribes; some marry in order to start a family; some marry because it is expected of them and some marry in order to have sexual relations with their partner. However, it's only ever a good reason if the marriage is consented to by both people involved.

### What do we call a marriage which isn't entered into freely?

In the UK we call this a forced marriage – which is illegal. A forced marriage is when either one or both of the people getting married are being coerced into the marriage. This means that they do not give their full consent to be getting married, and they aren't given the right to refuse the marriage. Forced marriage is considered to be a violation of Article 12 of the European Convention on Human Rights.



## Why do forced marriages happen?

Forced marriages happen for a number of reasons. Some of these include: maintaining family 'honour'; making sure that wealth or property stays within a particular family; financial pressure; social pressure; a family seeing their child as a burden that they want to put onto someone else, to name but a few reasons. In the UK, only two people above the age of 18 can marry as of 2022.



## Who is at risk of being forced into marriage?

On the whole in the UK, forced marriages are relatively rare. Victims of forced marriage are typically aged between 13 and 30, although it can happen to people outside of that age range. In the UK, 97% of cases of forced marriage are within Asian communities, with Pakistani families accounting for 72% of these. In some cases, children have been taken out of the UK on 'holiday', where they have then had their passports taken from them and been forced to marry somebody without having been told anything about it previously.

## What are the consequences of a forced marriage?

Forcing someone into a marriage is illegal in the UK. Since 2014, and parents who have been found guilty of forcing their child into marriage can face up to seven years in prison. UK nationals who are forced into marriage abroad are also protected by this law.

For people who are unfortunate enough to be forced into marriage, the consequences can be extremely serious. The mental and physical health of a person in a forced marriage can be put in danger, potentially resulting in self harm or suicide. A person in a forced marriage may also experience violence from their spouse if they stay in the marriage, but they may also face violence if they try to escape from the marriage. Sometimes this violence comes from the spouse; sometimes it comes from one of the spouses' families. The motivation for this violence is to protect the so-called 'honour' of the family. This is one example of actions sometimes referred to as 'honour-based violence', and it is usually (but not always) women who are the victims of this.





### Signposting support:



#### Useful helplines and charities:

[Childline](#). Support for people under 19 in the UK. Call: 0800 11 11

[Young Minds](#). Child and adolescent mental health charity. Call: 0808 802 5544

[Teen Line | Teens Support hotline - Connect, talk, get help!](#) Teen Line's highly trained teen listeners provide support, resources and hope to any teen who is struggling.

<https://www.themix.org.uk/sex-and-relationships> Relationships advice for young people

[Forced marriage - GOV.UK \(www.gov.uk\)](#) Advice any help for anyone who is, or knows someone who may be the victim of a forced marriage.

[Child & forced marriage | FORWARD \(forwarduk.org.uk\)](#) Help, information and advice on forced marriage.

# **What do we need to know about boys' puberty?**

## **What changes will males experience during puberty?**

### **Changes to testicles**

For a male, the physical changes of puberty usually start with the testicles getting bigger. A near doubling in the size of the testicles and the scrotal sac usually signals the start of male puberty. As the testicles continue to grow, the skin of the scrotum darkens, enlarges, thins, hangs down from the body and becomes dotted with tiny bumps. These are hair follicles.

### **Hair growth**

During puberty, hair starts to grow in the armpits and around the public area – where your private parts are. This can happen quite early on in puberty (even from the age of 9), and can often coincide with your body starting to sweat more. Some studies have shown that not shaving the hair off means your body actually sweats less. Although it may seem as though this has no purpose – some scientists think this is to trap pheromones (subtle, chemical smells) which attract the opposite sex.

### **Growth spurts in height**

Sudden growth spurts also start to happen. This is the most immediately noticeable development and often happens before the others. This to give your body more space to fill out and develop as it needs to, as you become an adult. Boys will become taller before they fill out wider (you may not even begin to fill out until your twenties, so don't stress about it, this is perfectly normal). A growth spurt usually happens between ages 12 and 15. By age 16, most males have stopped growing, but their muscles will continue to develop.



### **Nocturnal emissions**

Sometimes you might notice after being asleep the penis has let out some gunk. This is perfectly normal, it contains semen, the fluid containing sperm cells. Contrary to popular belief this happening does not mean you've had a sexy dream – although you may have, it's just the penis practicing what it's supposed to do. This is the same when you get erections too – it's just the penis practicing – although at this point it may be a bit oversensitive! Nocturnal emissions are commonly called 'wet dreams.'

### **Rollercoaster of emotions**

You may feel miserable one minute, excited and totally in love the next and then so tired you could sleep for days. These are all perfectly normal states, caused by the levels of hormones in your bodies rising and falling. By the time you are in your twenties these will have levelled again and you will usually feel quite stable.

During puberty you may:

- be very focused on the way you look and dress
- care a lot about what peers think about you
- become moodier than you were
- want more privacy than you previously did
- focus more on friends rather than family

### **Voice changes**

Remember what happened to Carlos in today's starter? Well, the voice breaking is nothing to be embarrassed about. To some it happens quickly, almost over a few days, for others it can take years. The hormone testosterone is behind this – these produces the masculine features in the body that many women, and some men find sexually attractive.

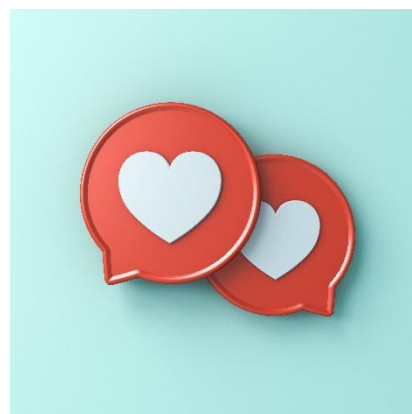


### **Skin changes**

Perhaps the worst thing about puberty is the effect it can have on your skin. Acne is the nightmare of the average teenager. Having bad acne does not indicate you are any less clean than someone who doesn't – but you may have to take extra care with your skincare routine. This is the side effect of all the chemicals in your body doing important jobs. Again, for most people, by your twenties it should have cleared – although you will still get the odd spot.

### **Changes in your feelings**

You may begin to have sexual feelings; you may have more of an urge to be closer, kiss and touch your peers. If this is the case and they are happy to reciprocate, just make sure you know what is appropriate when and where and how to use contraception and stay safe. Remember – sex under the age of 16, or with someone under the age of 16 is illegal in the UK. Sexual feelings are your bodies way of making you want to have sex, in order to reproduce. You're probably thinking you're way too young for things like that at the moment – but there's nothing wrong with experimenting with a little kiss every now and again, so long as you have a willing partner.



### **What about if nothing is happening to me?**

Everyone develops at their own pace – some males can develop very late and on average, males will go through puberty later than their female peers. However, if you are worried, talk to a trusted adult and maybe if you both wish to, they will take you to your GP. The doctor will probably tell you there's nothing wrong with you, but there are also ways you can be aided in puberty with medical help if you need it.



## Task Two:

### Male puberty – what changes?



<https://www.youtube.com/watch?v=7slxpPAMQI>

What do you need to do if you've noticed body changes?

What are the top two signs you've started puberty?

What is the hormone which makes boys have their growth spurt?

What does puberty do to your penis?

Will your voice break in one go?

How can we reduce acne (spot) breakouts?



## What do we need to know about boys' puberty?



### Signposting support:

#### Useful helplines and charities

[Young Minds](#), Child and adolescent mental health charity. Call: 0808 802 5544 (parents' helpline)

[Teen Line | Teens Support hotline - Connect, talk, get help!](#) Teen Line's highly trained teen listeners provide support, resources and hope to any teen who is struggling.

<https://www.brook.org.uk/your-life/puberty/> A great information site for teens going through puberty

[https://www.betterliveshealthyfuturesbw.nhs.uk/learning\\_resource/puberty/](https://www.betterliveshealthyfuturesbw.nhs.uk/learning_resource/puberty/)

Information and help site run by the NHS



Key Term	Match Up Draw a line	Definition	Use the new word in a sentence	
Acne		A substance produced by the brain which tells your body to make changes		
Semen		When hair grows on parts of the body where there was no hair before		
Hormones		a dream that causes involuntary ejaculation of semen		
Erection		A substance produced by the testicles and released from the penis during an erection, containing sperm and other bodily fluids.		
Wat dreams		Spots that develop on the surface of the skin, typically on the face		
Body hair growth		When the penis becomes filled with blood and hardens		