

Question: What is PSHE?

PSHE stands for **Personal, Social, Emotional and Economics**. In this subject you will learn the knowledge and skills needed to manage your lives, now and in the future. PSHE will help you to stay healthy, safe and will prepare you for life and work.

What am I learning this term?

- Lesson 1: Introduction to consent
- Lesson 2: Avoiding assumptions
- Lesson 3: Freedom and capacity to consent
- Lesson 4: Social Networking and online friendships
- Lesson 5: Sharing images online
- Lesson 6: Gambling online

Key words & Definitions

- **Relationship:** the way in which two or more people feel and behave towards each other.
- **Consent** is defined in law as *an agreement made by someone with the freedom and ability to decide something*. Under the law, it is the person seeking consent who is responsible for ensuring that these conditions are met
- **Self-esteem:** Confidence in one's own worth or abilities; self-respect.
- **Body image:** Is a person's perception of their physical self and the thoughts and feelings, positive, negative or both, which result from that perception.
- **Social media:** Websites and applications that enable users to create and share content or to participate in social networking.
- **Gambling:** Betting money, or equivalents to money, on games of chance.

Gambling:

If the gambling worsens it can have a devastating effect on the young person's life. They can:

- Develop large debts
- Lose support from friends and family
- Get into trouble at school (non-attendance)
- Think only about gambling
- Gamble alone for long sessions
- Carry on gambling until they have lost all their money
- Constantly chase losses in an attempt to win back money, but end up in more debt
- Lie to friends and family about the amount they are gambling
- Commit crime to pay for gambling or pay off debts.

Gambling:

Young people who become addicted to gambling may find they are:

- Lying to friends about what they are doing
- Short of money
- Feeling they cannot tell anyone and becoming secretive and isolated from friends and family
- Neglecting their school work, health and appearance
- Agitated
- Having mood swings
- Losing friends and their social life as they become obsessed with gambling

Consent

What does consent mean?
Consent is an agreement by **choice** made by someone with the **freedom** and **capacity to consent**.

What does coercion mean?
 The **action or practice of persuading** someone to do something they wouldn't normally do or something they don't want to do by **using force or threats**.

Consent is:	
1	Freely given. It is not okay to pressure, trick or threaten someone into saying yes.
2	Reversible. It's okay to say yes and then change your mind - at any time!
3	Informed. You can only consent to something if you have all the facts.
4	Enthusiastic. You should do stuff you WANT to do, not things people expect you to do. If someone doesn't seem enthusiastic stop and check in.
5	Specific. Saying yes to one thing doesn't mean you are saying yes to other things.

When can consent not be given:	
1	Asleep or unconscious - if they are not conscious they are unable to give consent.
2	Underage - Legally a person under the age of 16 cannot give consent to any sexual activity.
3	Someone under the influence of alcohol or drugs - if someone is unable to speak or look after themselves.

Who can you turn to for help and support	
Parents or trusted family member	The Police/ Community support officers
School safe guarding team or any member of staff	
NSPCC	Helpline: 0808 800 5000 (24 hours every day) nspcc.org.uk
Childline	Helpline: 0800 1111 (24 hours every day) https://www.childline.org.uk

