

What is a Healthy Teenage relationship?

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Healthy Relationships Quiz



Healthy relationships - What has changed?

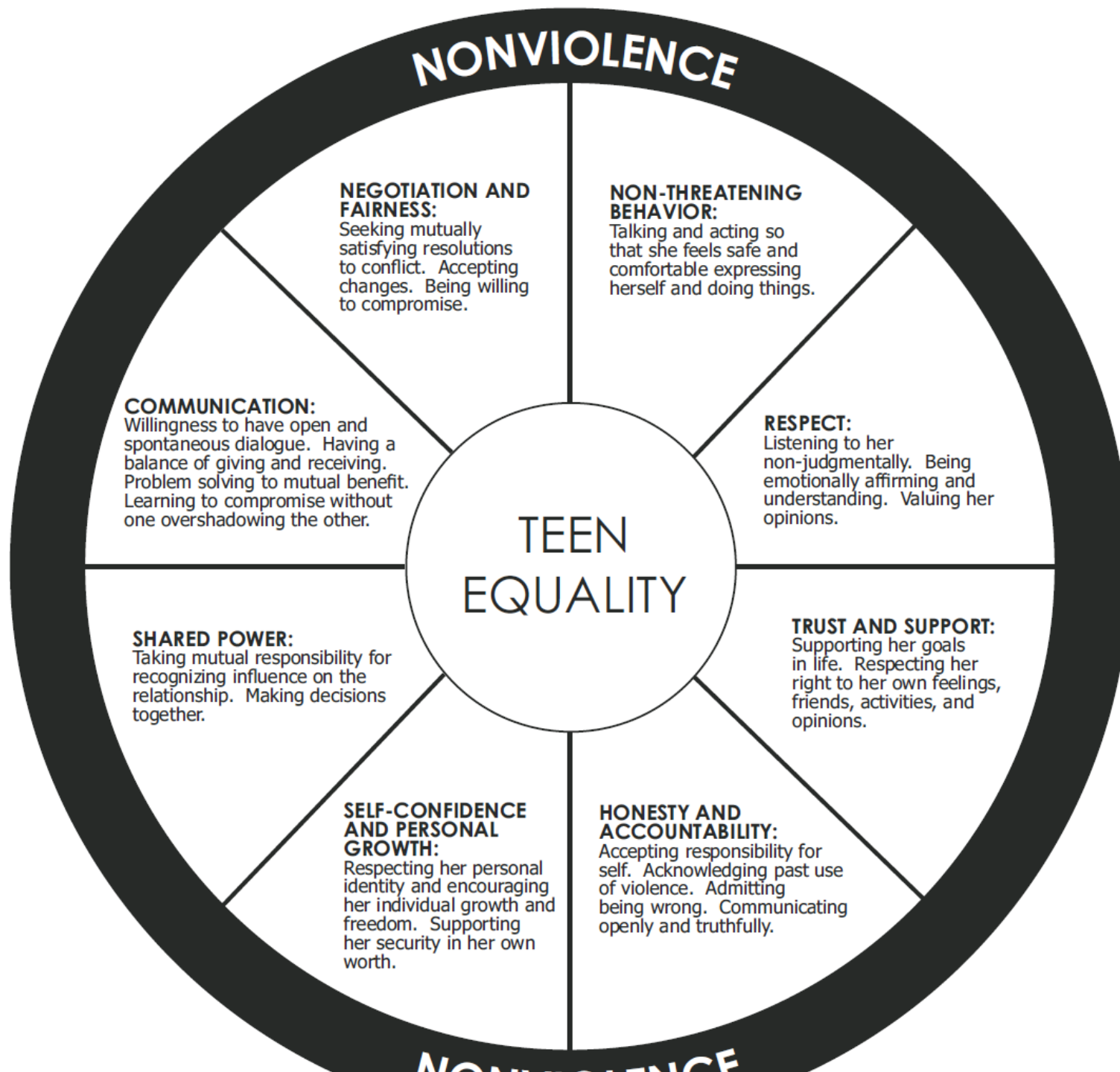
- Social Media
- Access to internet 24/7
- Access to pornography
- Sexting



Healthy Relationships – what is the same?

- Puberty
- Developing adolescent brains
- Questioning sexuality
- Teenage rebellion?
- Peer influences/Wanting to fit in
- Risk taking and experimenting





Contexts for exploring healthy relationships

- Friends
- Parents and other adults
- Online Relationships
- Boy/Girlfriends



Signs for Young People to Spot – Emotional Abuse

- Getting angry when you want to spend time with your friends
- Isolating you from friends and family
- Threatening to spread rumours about you
- Saying things like “If you loved me you would...”
- Putting you down all the time, using names like ‘frigid’ or ‘slut’ to control what you do, humiliate you and destroy your self-esteem
- Trying to control your life (telling you how to dress, who you hang out with and what you say)
- Threatening to harm you or to self-harm if you leave them
- Demanding to know where you are all the time
- Monitoring your calls and emails, threatening you if you don’t respond instantly
- Getting really angry, really quickly
- Using force during an argument
- Blaming others for their problems or feelings
- Being verbally abusive
- Using threatening behaviour towards others
- Pressuring you to send them nude pictures



Signs to spot – Physical Abuse

- Hitting
- Punching
- Kicking
- Slapping
- Pushing e.g pushing someone against a wall and refusing to let them go
- Holding somebody down
- Strangulation
- Biting
- Hair pulling
- Spitting
- Throwing drink over someone
- Prodding or poking someone



Signs to Spot – Sexual Abuse

- Forcing someone to do something sexual they don't want to do – either by physical force or emotional manipulation
- Taking photos or videos
- Getting angry if you don't want to have sex
- Made fun of you sexually
- Sexual touching without consent
- Forcing to watch/use pornography
- Treating someone like a sex object



SEXTING

IsSelf – generated sexually explicit images or videos by mobile phone or online.

Sending and receiving of personally intimate images.

The Law:

- It is an offence to send by means of a public electronic communications network a message or other matter that is grossly offensive, indecent, obscene or menacing
- By having in their possession, or distributing, indecent images of a person under 18 on to someone else - young people are not aware that they could be breaking the law as these offences under the Sexual Offences Act 2003.



What is consent?

- Agreeing by **CHOICE** and
- Having the **FREEDOM** and **CAPACITY** to make that choice (Sexual Offences Act)



Consent – what to discuss?

- that *getting* is as important as *giving*
- applying ideas about consent to real life situations
- the gendered double standard
- positive and active communication that goes beyond expecting partners to ‘say no’
- challenging victim blame.



Consent and Cup of Tea



Gender and 'Lad Culture'



Sexual Health and Healthy Relationships

- Discussion about use of contraception and STIs
- Who is responsible?
- Are they going to tell other people they have had sex?
- What if the girl got pregnant?
- Where to go for advice and information?



Sexual Health Information and Support

- Contraception and Sexual Health Clinics <https://www.icash.nhs.uk/>
- Young People's Clinics in St Neots, St Ives and March
- GP
- C-card <http://ccardcambs.com/>
- School Nurses
- Chlamydia Screening Postal Kits <https://www.dontpassiton.co.uk/>



Sources of Support

- Cambridgeshire and Peterborough Domestic Abuse and Sexual Violence Partnership <http://www.cambsdasv.org.uk/website>
- Disrespect Nobody <https://www.disrespectnobody.co.uk/>
- Youthoria website for young people www.youthoria.org
- Centre 33 www.centre33.org.uk
- Dhiverse www.dhiverse.org.uk
- The Kite Trust <http://thekitetrust.org.uk/>



Referrals

- Young People's Worker – Early Help Assessment
- Young People's IDVA
- Young People's ISVA
- Safeguarding referral (including CSE)

