

Self-efficacy	the belief that you are capable of performing a task or managing a situation. It is about learning how to persevere when one does not succeed at first
Self- worth	the internal sense of being good enough and worthy of love and belonging from others.
Relationship	The way in which two or more people are connected to each other.
Friendship	a state of mutual trust and support between two people
Kin	A relative, either through blood relation, adoption or marriage.
Family	A group of two or more people connected by being kin, or who share a close emotional bond and provide support for each other.
Marriage	The legal union of two people through a wedding ceremony
Civil Partnership	A legal relationship that has been registered between two people
Cohabiting	Living together without being married or in a civil partnership
Role	The position someone has in a family. Their 'job' e.g. parent or carer
Responsibilities	The tasks that someone might do to carry out their role
Conflict	a serious disagreement or argument between people
Resolution	is a way for people to find a peaceful solution to a disagreement among themselves
Reconciliation	restoration of friendly relations
Consent	Consent is an agreement by choice made by someone with the freedom and capacity to consent
Coercion	the act of persuading or pressuring a person to do something

Support in School

- Friends
- Peer Mentors
- Form Tutor
- Head of Year
- Pastoral Manager
- School pastors
- Any trusted adult

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Sources of Support

childline.org.uk
nspcc.org.uk
youngstonewall.org.uk
youngminds.org.uk
anti-bullyingalliance.org.uk
childnet.com/young-people



Kooth is a free online service
offering emotional
and mental health support
for children and young people

www.kooth.com

Consent is:

Freely given - It's not okay to pressure, trick, or threaten someone into saying yes.

Reversible - It's okay to say yes and then change your mind —at any time!

Informed - You can only consent to something if you have all the facts.

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.

Specific - Saying yes to one doesn't mean you're saying yes to other things.

The legal age to consent to sexual activity in the UK is 16 years old

Top Tips for Resolving Conflict

- **Apologising** if you are in the wrong.
- **Discussing** ways to de-escalate the conflict.
- **Listening and acknowledging** each-other's viewpoints.
- **Clarifying** views and opinions.
- **Accepting the consequences** of your actions.



High Speed Training

TOP TEN TIPS TO

STAY SAFE ONLINE

- 1 Don't share your personal information
- 2 Only talk to people that you know
- 3 Don't meet up with anyone you have only met online
- 4 Only accept friend requests from people you know personally
- 5 Always think carefully about what you post
- 6 Make use of the privacy settings on all of your social media accounts
- 7 Remember that not everyone online is who they say they are
- 8 Report inappropriate content immediately
- 9 Only share images that you'd be comfortable with your friends and family seeing
- 10 Never share your passwords