



Parents and Carers session – Key Stage 3



Tender is a London-based charity that deliver drama-based prevention projects that explore healthy relationships and empower young people to make safe and informed choices. Tender has been working with young people across London since 2003. We also deliver within a number of regions as part of our National Partnership Network.

www.tender.org.uk



The aims of Tender Healthy relationship programmes are:

- To **EDUCATE** young people about the range of violence and abuse that may occur in relationships.
- To **CHALLENGE** attitudes which condone and tolerate violence and abuse.
- To **SIGNPOST** young people to sources of effective support.



Aims of the session:

- To develop an understanding of the issues that can arise for young people as they begin to engage in intimate relationships.
- For parents and carers to feel able to address these issues with children and young people and more effectively support their child.



Why Tender exists

16–25-year-olds are the age group most likely to experience domestic violence

(Office of National Statistics, 2018)

1 in 6/7 men will experience abuse in a relationship at some point during their lifetime.

(Office of National Statistics, 2018)

1 in 3 women in the UK will experience abuse in a relationship at some point during their lifetime

(Office for National Statistics, 2019)

Healthy Relationships Online

Nowadays, many relationships are not only conducted in person. We also use social media and technology to stay in touch with our friends, family and partners.



Some of these technologies can also be used to communicate with strangers.

With the continued growth in online communication and relationships via social media and technology, here are some key statistics to be aware of:

- **Children aged 12 – 17, form the single largest group of online pornography consumers**
- **40% of 8-17 year olds have received negative comments on a photo they have posted (UK safer Internet Centre, 2017)**
- **1 in 8 young people have been bullied on social media (NSPCC, 2018)**

BENEFITS and RISKS of communicating online?



- Stay in touch with family and friends across the world
- Receive and share information quickly from different people/sources/experts
- Meet new people who you would not meet otherwise



- 'Catfishing' – people online might not be who they say they are
- Social media can impact on self-esteem, body image
- Can be distracting when you need to focus on other things



What is Cyber Bullying?

Cyberbullying or online bullying is the use of technology/social media by an individual or by a group of people to deliberately and repeatedly upset someone else.

Examples:

- Posting comments, messages, photos or screenshots that are mean, threatening, untrue, personal, secret or embarrassing
- Can be anonymous messages or abuse
- Excluding people from online conversations or talking behind their back
- Creating fake accounts or profiles

Reviewing Online relationships

In life, we will have multiple relationships and it is important whilst communicating more online, we are considering such things as:

- Does this relationship seem healthy or unhealthy?
- What about it seems healthy or unhealthy?
- How are communicating together?



Signs of a healthy online communication:

- Who you are communicating with is a good listener
- You have fun with them
- You can both support each other



Signs of a unhealthy online communication:

- Messaging at inappropriate times
- Sharing content of you without your consent
- Negatively commenting about you

'Doxing'

Doxing is a form of cyberbullying in which personal information on others is sought and released, thereby violating their privacy and facilitating further harassment.

Depending on the circumstances, doxing can be illegal under a number of UK laws, including harassment, malicious communications, computer misuse offences, or data protection.

It is a serious violation of the victim's privacy.



Support Services

National Domestic Violence Helpline - 0808 2000 247 - www.womensaid.org.uk

You can freephone the 24-hour National Domestic Violence Helpline, calls to this number will not show up on BT landline phone bills.

Childline – 0800 1111 – www.childline.org.uk

Childline is the free and confidential 24-hour helpline for children and young people in the UK.

Galop – 0800 999 5428 - www.galop.org.uk

Galop is the only National LGBT+ Domestic Violence Helpline providing confidential support to all members of the Lesbian, Gay, Bisexual and Trans (LGBT) communities, and their family and friends.

Rape Crisis – 0808 802 9999 - www.rapecrisis.org.uk

A telephone helpline service for women and girls who are survivors of rape, child sexual abuse, sexual harassment or any form of sexual violence.

Men's Advice Line – 0808 801 0327 www.mensadviceline.org.uk

A confidential helpline for male victims of domestic abuse and those supporting them.

- **The Mix:** The **Mix** is the UK's leading support service for young people under 25. They are here to help you take on any challenge you're facing - from mental health to money, from finding a job to break-ups. You can access support online or over the phone, telephone number is 0808 808 4994.
- **Women's Aid: The Hide Out:** This is an online space to help children and young people to understand relationship abuse, and how to take positive action if it's happening to you.
- **National Stalking Helpline:** National Stalking Helpline is a free, confidential, 24-hour service that can be accessed online or over the phone, telephone number is 0808 802 0300.
- **CEOP (Child exploitation and Online Protection)** – Can be used to specifically report online harassment and abuse to the police
<https://www.ceop.police.uk/Safety-Centre/>



- FORWARD - <https://forwarduk.org.uk/>
- Women and Girls Network - <https://wgn.org.uk>
- LAWRS - <http://www.lawrs.org.uk>
- IMECE - <https://imece.org.uk>
- Nia - <https://niaendingviolence.org.uk>
- Solace Women's Aid - <https://www.solacewomensaid.org>
- IKWRO - <http://ikwro.org.uk>
- Ashiana Network <https://www.ashiana.org.uk/>



Southall Black Sisters

Southall Black Sisters offer advocacy and information to Asian and Afro-Caribbean women suffering abuse.

www.southallblacksisters.org.uk

Stay Safe East

Stay Safe East provides advocacy and support services to disabled victims and survivors of abuse.

Telephone: 020 8519 7241

Text: 07587 134 122

www.staysafe-east.org.uk

SignHealth

Signhealth provides domestic abuse service support for deaf people in British Sign Language (BSL).

Telephone: 020 3947 2601

Text/WhatsApp/Facetime: 07970 350366

www.signhealth.org.uk

Resources / useful information

- Young Minds created a page sharing tips for talking to your child about their use of social media and the internet

<https://www.youngminds.org.uk/parent/a-z-guide/social-media/>

- Cosmopolitan shared a list of Instagram influencers representing body positivity

<https://www.cosmopolitan.com/health-fitness/g13352390/body-positivity-instagram-accounts/>

- Young Minds 'Own your Feed' [Social Media and Mental Health | Tips and Advice | YoungMinds](#)