



Parents and Carers session – Key Stage 4



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

Online Relationships – sharing explicit imagery

- In the UK it is illegal to send explicit images of someone under 18. This means that for 16 and 17-year-old it is **legal to consent to sex** but **illegal to consent to sending sexually explicit content**. One risk of sending a nude as a young person, they could get in trouble with the police. Although the law is designed to protect children and young people from harm, not criminalise them
- If a young person is over 18, and someone shares sexual material of another person without their consent and with the purpose of causing distress and embarrassment, this is called Revenge Porn/Image Based Abuse and is punishable by law.

As parents and carers, you can help your young person to report/block individuals who ask your young person for explicit imagery. However, research also shows, the exchange of nudes can take place within peer groups and young people may find it difficult or not want to report or block their friends and peers.

To additionally support your young person , you can explore new ways of saying no, or you can also signpost them to an app called Zipit (made by Childline) that is free and offers creative tools to young people for responding to requests.



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](#)

- ChildLine's 'Zipit' - <https://www.childline.org.uk/info-advice/bullying-abuse-safety/online-mobile-safety/sexting/zipit-app/>