



**Condoms are a contraceptive method that protect against both sexually transmitted infections (STIs) and unplanned pregnancy.**

**OPEN & HONEST RSHE**

Confident. Resilient. Empowered.

Supporting young people to develop the knowledge, skills and opinions they need to live healthy and happy lives.

Kerry Wolstenholme

RSHE Specialist | Trainer | Author



# RELATIONSHIPS

## HEALTHY SIGNS



OPEN COMMUNICATION  
QUALITY TIME TOGETHER  
SHARED VALUES  
MUTUAL RESPECT  
REALISTIC EXPECTATIONS  
ONGOING SUPPORT  
STRONG SENSE OF TRUST  
MAKING SHARED DECISIONS  
YOU FEEL SAFE  
YOU ACCEPT EACH OTHER  
YOU HAVE FUN  
HEALTHY BOUNDARIES  
MUTUAL AFFECTION  
YOU ENJOY TIME APART  
HEALTHY DISAGREEMENTS  
YOU FEEL A SENSE OF BELONGING  
YOU INSPIRE EACH OTHER TO BE BETTER

## WARNING SIGNS

GUILT TRIPS  
WITHDRAWAL OF AFFECTION  
ISOLATES YOU FROM FAMILY  
USING MONEY TO CONTROL  
UNREASONABLE JEALOUSY  
IGNORING OR EXCLUDING YOU  
REFUSES TO COMMUNICATE  
GASLIGHTING OR MANIPULATION  
CONSTANT PUT-DOWNS  
HUMILIATES OR EMBARRASSES YOU  
SAYING "I LOVE... YOU BUT"  
USES THREATS OR INTIMIDATION  
BLAMES YOU  
COMPULSIVE LYING  
NAME CALLING  
USES FORCE TO CONTROL YOU  
REGULARLY CRITICISES YOU  
THREATENS VIOLENCE OR SUICIDE



**WOULD YOU SPOT THE WARNING SIGNS?**

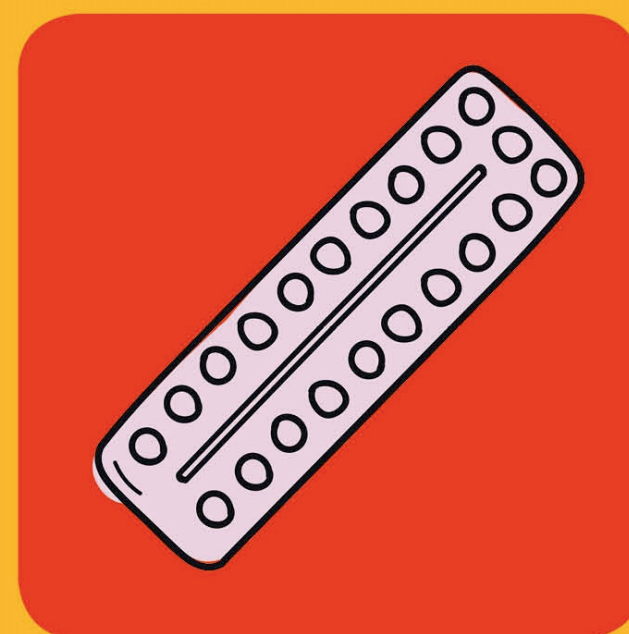
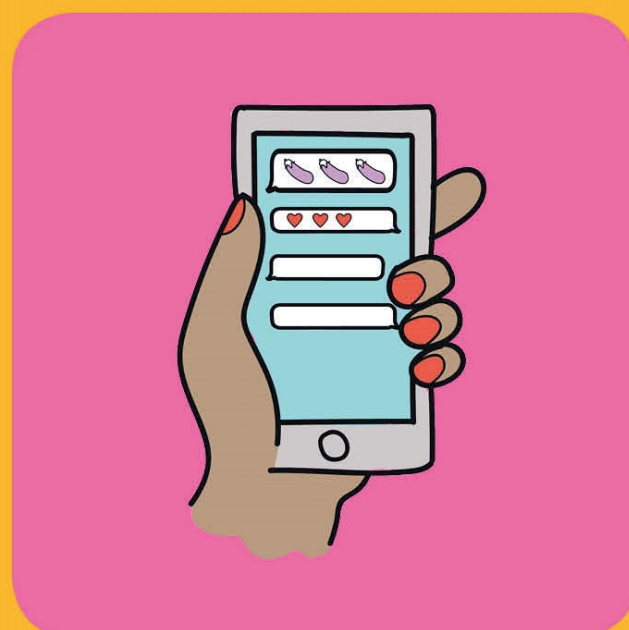
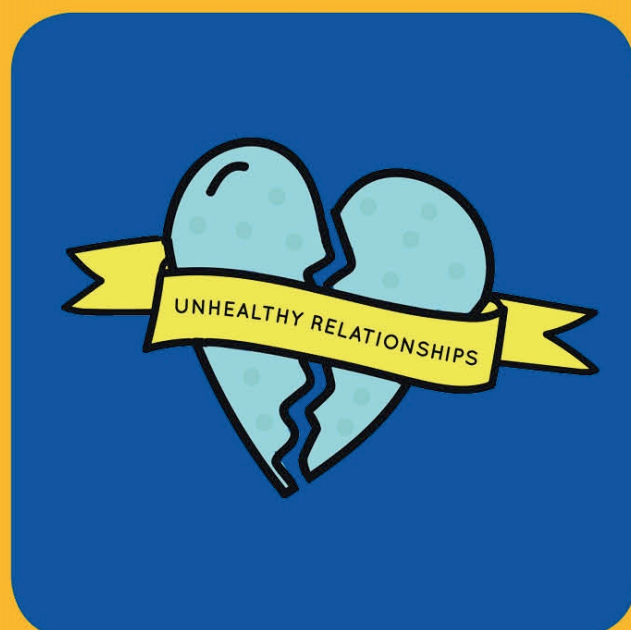
**Nearly half of teenagers say they have experienced controlling or harmful behaviours in a relationship.**



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# SUPPORTING EVERY YOUNG PERSON'S RIGHT TO UNDERSTAND

Their bodies • Their health • Their relationships • Their choices



# RELATIONSHIPS, SEX AND HEALTH EDUCATION 101

Activity Toolkit for Working  
with Young People Aged 11+

## OPEN & HONEST RSHE

SUPPORTING YOUNG PEOPLE TO BECOME:  
CONFIDENT

To understand their bodies, relationships and rights.

RESILIENT

To navigate challenges, pressure and change.

EMPOWERED

To make informed choices and use their voice.

