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

Is ……Self – 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.cambsdav.org.uk/website](http://www.cambsdav.org.uk/website)
• Disrespect Nobody [https://www.disrespectnobody.co.uk/](https://www.disrespectnobody.co.uk/)
• Youthoria website for young people [www.youthoria.org](http://www.youthoria.org)
• Centre 33 [www.centre33.org.uk](http://www.centre33.org.uk)
• Dhiverse [www.dhiverse.org.uk](http://www.dhiverse.org.uk)
• The Kite Trust [http://thekitetrust.org.uk/](http://thekitetrust.org.uk/)
Referrals

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