



How do I recognise coercion?

Do Now

What do we have to remember when we are seeking consent?

Stretch

Can a person give consent if they don't feel like they can say no? Why?



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Do Now

What do we have to remember when we are seeking consent?

A person consents if they:

- Agree by **choice**
- Have the **freedom** to make that choice
- Have the **capacity** to make that choice

Stretch

Can a person give consent if they don't feel like they can say no? Why?

They cannot consent if they don't have the freedom to say no. Without freedom to choose, there is no consent.

Connect

Over the past few weeks, we have been learning about healthy relationships including consent.

This week we are going to build on this knowledge, particularly the knowledge we have concerning **consent** as we are going to consider how to keep ourselves safe in an unhealthy relationship.

Safe Space

- It's okay to get things wrong.
- You don't have to contribute if you don't feel comfortable.
- There is a non-judgemental approach – we challenge the opinion not the person.
- Conversations stay in this classroom – unless adults deem there to be a safeguarding issue.

Show Mutual Respect

- Follow our three ground rules.
- STAR and Track to show respect to the speaker.
- Adhere to the Brook Best Pledge.

Challenge Yourself

- Enjoy the lessons, challenge your perceptions, and learn how to seek further knowledge, understanding and support.

REMINDER: Consent in relationships

You have the right to say how you feel and to be respected. Consent in relationships is about feeling in control and saying yes or doing things because you choose to, not because someone is pressuring you to.

If someone is pressuring you to have sex, do something sexual, dangerous or violent, this is wrong.

If you ever feel unsure, unsafe or get that sick feeling in your tummy, it could mean you're not comfortable with what's happening.

Being in an unhealthy relationship can mean that you're being exploited or abused. And this is never OK. So, it's important to listen to yourself. And get support at any time.

How much do we understand about coercion?

Let's assess your prior knowledge and understanding.

Decide whether the following statements are true or false.

(Don't worry if you don't know all the answers yet.)

How much do we understand about coercion?

Domestic abuse is always physical.

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FALSE

The Domestic Abuse Act 2021 outlines the following behaviours as abuse:

- physical or sexual abuse
- violent or threatening behaviour
- controlling or coercive behaviour
- economic abuse
- psychological, emotional, or other abuse

The Domestic Abuse Act 2021 recognises children under the age of 18 years who see, or hear, or experience the effects of the abuse, as a victim of domestic abuse if they are related or have a parental relationship to the adult victim or perpetrator of the abuse.

There were 51,288 domestic abuse related prosecutions in England and Wales for the year ending March 2023. There were 2,124,000 victims of domestic abuse in England and Wales for the year ending March 2023. (Office for National Statistics, accessed Dec 2024.)

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TRUE

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Coercive control is illegal.

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TRUE

This means that coercive control is a crime.

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TRUE

Obsessive behaviour is when a person feels a need to be in constant contact with someone. This may include obsessive contact via phone, text or direct message. This behaviour may feel overwhelming and could be a sign that things are becoming too intense.

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TRUE

Belittling may take the form of criticism focusing on the negative and intended to create self-doubt. Belittling may also feature insults, put-downs and undermining. For example, the perpetrator may tell the victim that the 'don't know what they are talking about'.

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TRUE

Some people may argue that preparing meals, taking control of finances and taking an interest in clothing may all be loving actions, however they are ways of controlling someone. The element of choice is very important here, are you given a choice of what to eat or are you told what to eat? Does someone take the initiative with bills and financial decisions but welcomes your input or are you given money by them and have no access to a personal bank account?

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TRUE

Love bombing may take the form of excessive flattery (this can include telling someone that they love them even though it is very early in the relationship), excessive time demands, encouraged dependency and mistreatment of others.

Gem and Kian's love story

We are going to watch a video about a relationship.

As you watch, consider signs of whether this is a healthy or unhealthy relationship.

What makes you think this?



Look at this...

Healthy or unhealthy?

1. Kian frequently drives past the chip shop where Gem works.
2. Kian picks Gemma up after work and won't let her walk home alone.
3. Kian calls Gemma boring for wanting to revise.
4. Kian tells Gemma to keep her snapchat location on.
5. Kian asks his friends to message him when they see Gem out and about in her free time.

Healthy or unhealthy?

6. Kian helps Gem to pick out clothes for social events.
7. Kian expect Gem to behave herself at the party and stick with him
8. Kian is aggressive towards Gem's friends.
9. Kian is physically violent with Gem.
10. Kian blames his actions on Gem's behaviour

NHS website or your GP

www.nhs.uk

Childline

www.childline.org.uk

0800 1111

NSPCC

www.nspcc.org.uk

Brook

www.askbrook.org.uk

Victim Support

www.victimsupport.org.uk

You can also:

- Speak to a member of staff at school – your Form Tutor, Head of Year or Assistant Head of Year. Any member of staff is here to help!
- Send an email to safe@brook-tmet.uk.
- Speak to an adult that you trust – this might be a sibling, a parent or grandparent. As long as this person is trustworthy then it's a good idea!