



Blessed Robert Sutton
Catholic Voluntary Academy



St Ralph
Sherwin
Catholic Multi Academy Trust

Parental Workshop: Wellbeing and Positive relationships

08.12.22



'Academic excellence, spiritual development
and social awareness through Christ.'



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Mental Health Support Team: Anxiety

https://www.canva.com/design/DAFSxlgcs7w/0MJ5Ms6hXATI4Tdigg314g/view?utm_content=DAFSxlgcs7w&utm_campaign=designshare&utm_medium=link&utm_source=publishsharelink



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Promoting Healthy Relationships

Laura Wilson, Assistant Headteacher



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and social awareness through Christ.'



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Why is it important to teach children and young people about healthy relationships?

Relationships play a key part in every child or young person's wellbeing.

Healthy relationships can help a child feel secure and supported, but unhealthy relationships can have a long-lasting negative impact





Tips for promoting healthy relationships to teens

- Encourage young people to be proud of what makes them an individual.
- Introduce activities like peer mentoring to help young people support each other.
- Talk about relationships that are presented in films, books or the media. Ask young people which aspects they think are healthy or unhealthy, for example independence or control. Talk about the way relationships happen online as well as offline.
- As young people get older, discuss issues around sex and consent.



DEFINES
OFTEN THREAT EFFECTS
PSYCHOLOGICAL
MUSCLE
UPCOMING
PRESSURE
DIGESTIVE
EXCESSIVE
PERSON
GER
ONSIDERED
FEELINGS
RELATED
STRESS
DIVIDES
RESPONSE
INCREASED
PANIC
ALTHOUGH
ONAL
MAJOR
FUTURE
SCARY
FEAR
UNCONTROLLABLE
PRESENT
DISTINGUISHED
TRAPPED
COPE
REACTION
CHARACTERIZED
DE
APPRE
ANTICIPATING
WHETHER
EXPERIENCED
SHORTNESS
HELP
PERCEPTION
OBSESSIONS
PREPARED
COGNITIVE
DILATION
MOOD
PHYS
HEADACHES
ABSENCE
DISORDER
FUNCTIONS

ANXIETY

Is your relationship healthy?



If you are worried about a relationship or friendship, please talk to a trusted adult.

Your Grey Matters

Recognising the signs of healthy and unhealthy relationships

- Children and young people might not always understand that a relationship they are in is unhealthy.
- This means children and young people might not always speak out about unhealthy relationships.

Signs of healthy relationships

A healthy relationship is one where a young person is respected and feels valued for who they are.

Healthy relationships include:

- good communication
- mutual respect
- trust
- honesty
- equality
- being yourself.

In a healthy relationship a person is free to make choices about their own behaviour and is not controlled or coerced into doing anything.

Is your relationship healthy?

LOVES ME

- Listens to my feelings.
- Gives me space to do my own thing.
- Trusts me.
- Respects my opinions.
- Is supportive of my interests and has their own interests.
- Treats me with respect.
- Talks about disagreements calmly.
- Respects me when I say no to sex.
- We have fun together.
- I feel safe.
- Supports me and the decisions I make.
- Is honest with me.

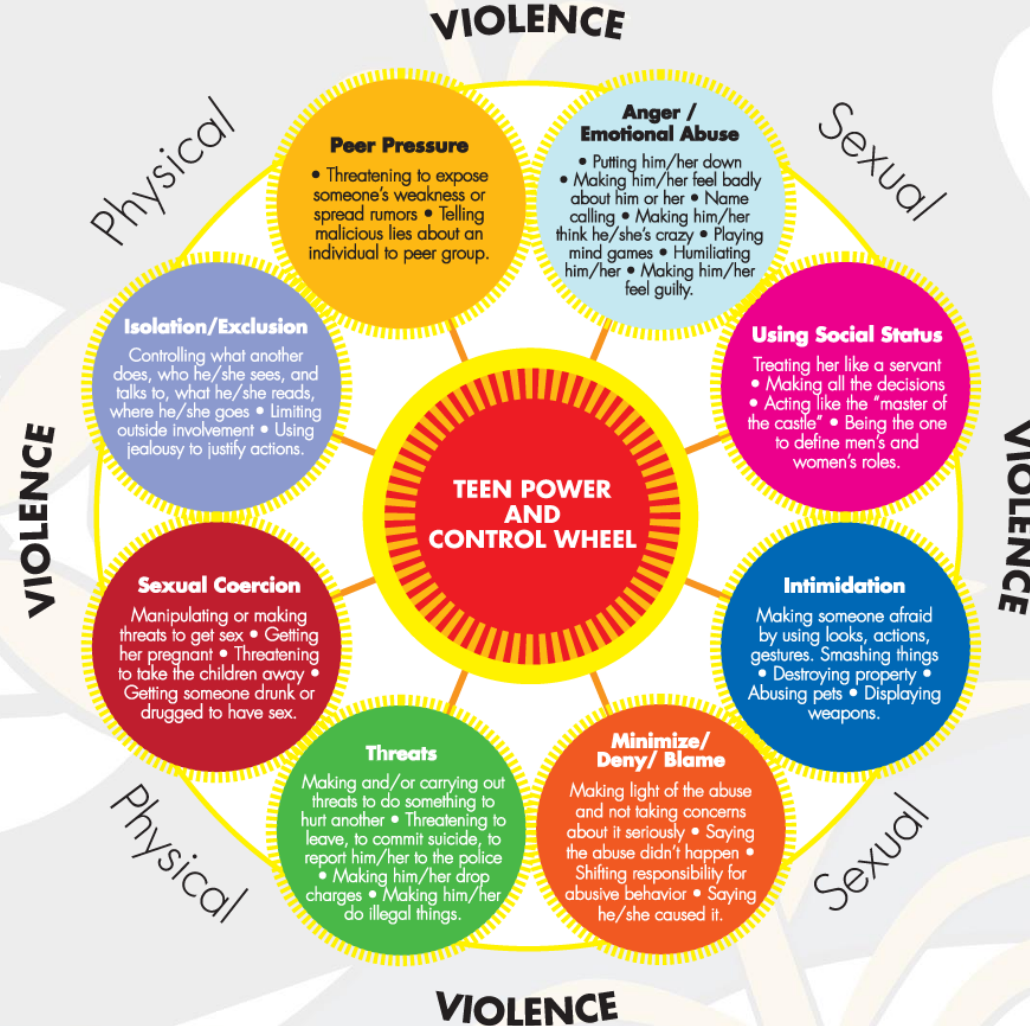
LOVES ME NOT

- Does not listen to my feelings.
- Checks my phone and social media.
- Is jealous when I spend time with other people.
- Tells me lies.
- Makes me feel guilty for seeing my family and friends.
- Calls me unkind names.
- Tries to control what I do.
- Hurts me physically.
- Criticises the way I look and the clothes I wear.
- Does not trust me.
- Pressures or forces me into having sex.

If you are worried about a relationship or friendship, please talk to a trusted adult.



Signs of unhealth relationships





What to do if you're worried about a young person



NSPCC



Staffordshire
Safeguarding
Children Board



An illustration of a man and a woman in conversation. The man on the left has dark hair and is wearing a yellow and white striped button-down shirt. The woman on the right has long dark hair and is wearing a white short-sleeved top and a blue skirt. Three white speech bubbles are positioned between them, indicating a dialogue. The background features a blue area with diagonal lines on the left and a yellow area on the right.

10 Tips on Talking about Healthy Relationships with Teens

1. Encourage open, honest and thoughtful reflection

2. Be Sensitive and firm

3. Understand teen development

4. Understand the pressure and risk teen's face

5. Take a clear stand

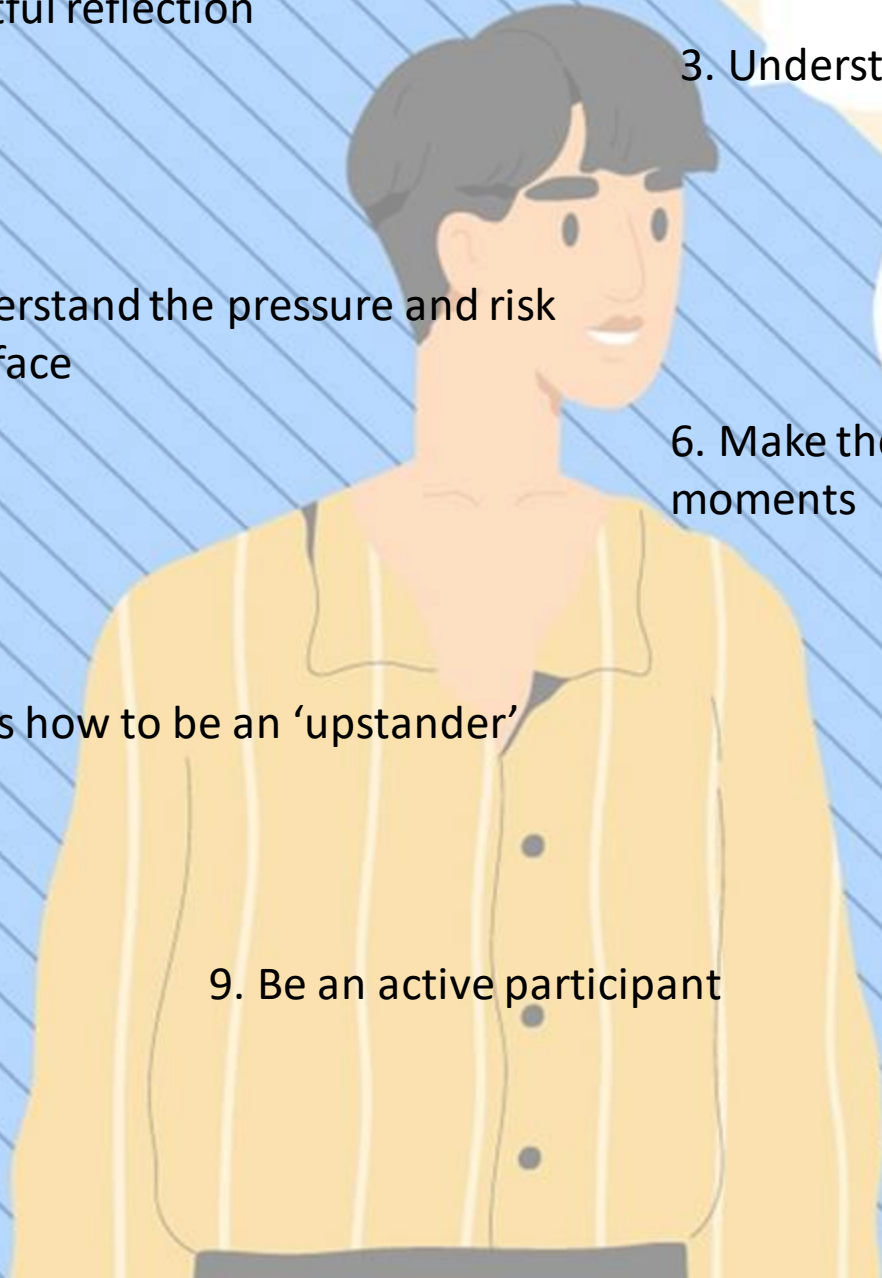
6. Make the most of teachable moments

8. Accentuate the positive

7. Discuss how to be an 'upstander'

9. Be an active participant

10. Be prepared to make mistakes



BRS
safeguarding
team

Safeguarding
Information

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Report any concerns to:
safeguarding@brs.srscmat.co.uk
01283 749450

Safeguarding
Lead



Mrs Wilson

Deputy
Safeguarding Lead



Mr Heath

Deputy
Safeguarding Lead



Mrs Smith

Safeguarding
Governor



Mrs Keevins

Safeguarding
Officer



Miss Scott

Safeguarding
Officer



Mrs Kupzcak

Safeguarding
Officer



Mrs Rowe



THANK
YOU! 😊