

# LMB Healthy Relationships



## Key Terms

**Family** - having people you connect with, it is about loving and supporting one another even when it's not easy to do so.

**Consent** – a willing, free and capable yes, giving permission

**Contraception** – methods to protect against pregnancy and some STIs

**STIs** – Sexually transmitted infections

**Revenge Porn** – revealing explicit materials or message to hurt or embarrassing a person

**Pornography** – explicit sexual images or video

**Coercive Control** – manipulating a person through threats, assault, humiliation – it is a form of domestic abuse

**Domestic abuse** – incidents of controlling, violent, coercive behaviour

**Misogyny** – dislike, or ingrained prejudice against women

**Sexual Harassment** – unwanted inappropriate remarks or sexual actions against people

What to do to leave a relationship:

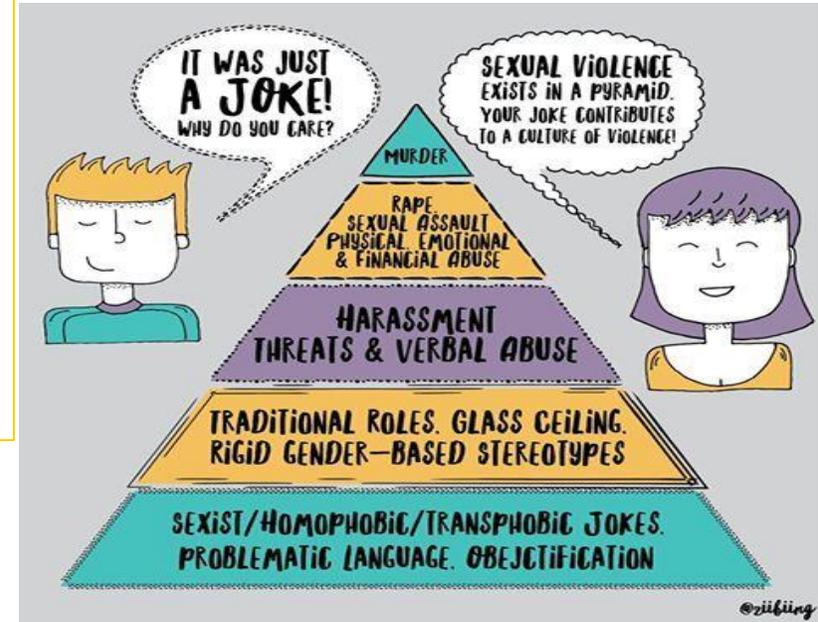
If the relationship doesn't feel right. Ask for help from someone you trust. It can be friends, family, a charity or the doctors or police. Seek help ASAP.

STIs – Sexually Transmitted Infections:

The most common symptoms are burning, itching or discharge in your genital area. Some STIs are asymptomatic, meaning you may not have any symptoms. Sexually transmitted infections are highly contagious. If you're sexually active, you can have (and pass on) an STI without even knowing it.

The only way to be sure you are safe is to go to the GP/Sexual Health clinic and have an STI test. Some are curable. For more information check out the NHS website

What a bias society looks like?



## Contraception

3 types  
Barrier  
Hormonal  
Natural

Purpose stop the sperm fertilising the egg to prevent pregnancy. Some also prevent STIS  
Speak to GP/School Nurse/PSHE teacher/NHS website for more detailed information.

Access Help:

<https://www.nhs.uk/live-well/getting-help-for-domestic-violence/>



HEALTHY	UNHEALTHY	ABUSIVE
<ul style="list-style-type: none"> <li>Communicating</li> <li>Respectful</li> <li>Trusting</li> <li>Honest</li> <li>Equal</li> <li>Enjoying personal time away from each other</li> <li>Making mutual choices</li> <li>Economic/financial partners</li> </ul>	<ul style="list-style-type: none"> <li>Not communicating</li> <li>Disrespectful</li> <li>Not trusting</li> <li>Dishonest</li> <li>Trying to take control</li> <li>Only spending time together</li> <li>Pressured into activities</li> <li>Unequal economically</li> </ul>	<ul style="list-style-type: none"> <li>Communicating in hurtful or threatening way</li> <li>Mistreating</li> <li>Accusing the other of cheating when it's untrue</li> <li>Denying their actions are abusive</li> <li>Controlling</li> <li>Isolating their partner from others</li> </ul>