

Safeguarding Snapshot - 19.01.24

Healthy Relationships and Consent

As part of our PSHE and RSE curriculum we talk about consent, boundaries and what a healthy relationship looks like.

Talking to your child about consent and healthy relationships at home can help keep them safe. It is really important that you help them feel supported by listening openly and non judgmentally.

- ❖ Consenting means understanding and agreeing to something without being pressured or feeling scared. Consent isn't just about saying yes or no, and how you feel can change from one moment to the next. Sexual consent is applying this to sexual activity.
- ❖ You can help children learn about consent long before you relate it to sex.
- ❖ Consent is essential to healthy, respectful, safe and enjoyable sexual experiences.
- ❖ As children get older, it's important to talk with them about sexual consent more directly. Whether they are aged 16, 20 or 42, students will engage in sexual relationships at some point in their life. It is vital that when that time comes they are empowered to make the right decisions for them.
- ❖ Children under the age of 13 cannot legally consent to any sexual activity.

There is some useful information about talking to your child about healthy relationships and sex from [NSPCC](#)

Other resources:

<https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/pants-underwear-rule/>

<https://www.childline.org.uk/info-advice/friends-relationships-sex/sex-relationships/sex-consent/>

<https://www.childline.org.uk/info-advice/friends-relationships-sex/sex-relationships/healthy-unhealthy-relationships/>

[Youtube short video clip](#)

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