

Year 7 RSE- Consent, puberty and dealing with change



Puberty - The process of physical maturity in a person that takes place in adolescence

Consent – An agreement by choice made by someone with the freedom and capacity to consent. The person seeking consent is responsible for ensuring these conditions are met.

Dignity – the state or quality of being worthy of honour or respect.

Respect – you accept somebody for who they are, even when they're different from you or you don't agree with them

Assumption – a thing that is accepted as true or as certain to happen, without proof.

How should we treat others?

“Every person, from the first moment of his life in the womb, has an inviolable dignity, because from all eternity God willed, loved, created, and redeemed that person and destined him for eternal happiness” Youcat 280

What is consent?

Freely given: It's not okay to pressure, trick, or threaten someone into saying yes.

Reversible: It's okay to say yes and then change your mind —at any time!

Informed: You can only consent to something if you have all the facts.

Enthusiastic: You should do stuff you WANT to do, not things people expect you to do. If someone doesn't seem enthusiastic stop and check in.

Specific: Saying yes to one thing, doesn't mean you're saying yes to other things.

Consent is relevant to all relationships. Boundaries in our relationships are the limits that we put in place to show how we **expect and are willing to be treated.** They are also informed by how we **behave towards others.** These boundaries affect our health, safety and wellbeing.

Understanding Consent

- Consenting to one thing does not mean consenting to something else
- Consenting at one time does not mean consenting at all times
- Consenting with one person does not mean consenting with someone else
- The way someone looks, behaves or dresses should never be taken as a sign of consent
- Assumptions can lead to feelings of confusion, rejection and pressure.

Coercion:

The action or practice of persuading someone to do something they wouldn't normally do or something they don't want to do by using force or threats.

“Human dignity is the same for all human beings; when I trample the dignity of another, I am trampling on my own”. Pope Francis



Puberty:

The process of physical and emotional maturity in a person that takes place in adolescence.

Puberty causes changes to the body:

Boys only

- Starts between 10 and 12 years of age
- Facial Hair
- Voice Breaking
- Erections
- Wet Dreams
- Widening of chest and Shoulders

Girls Only

- Starts between 9 and 11 years of age.
- Menstruation / Periods begin
- Breast growth
- Stretch Marks
- Cellulite
- Hips widen

Both

- Grow taller
- Sweat more
- Changes to hair and skin

Things to remember:

- Puberty begins at different times for different people.
- Changes will happen at different rates and in a different order for different people,
- Everyone goes through puberty, you are not alone.
- Good diet and exercise can help deal with some of the physical changes.
- Puberty is normal despite feeling very abnormal.

Mensuration:

Also known as a period. The process in a woman of discharging blood and other material from the lining of the uterus at intervals of about one lunar month from puberty until the menopause, except during pregnancy.

Hormones:

A chemical substance produced in the body that controls and regulates the activity of certain cells or organs.

Where can you go for support?

- Speak to your form tutor, Head of Year, pastoral team or other trusted adult.
- School nurse-drop in to the well-being room every Wednesday lunchtime or ask to speak to her via your form tutor
- Childline: 0800 1111 www.childline.org.uk
- Helpline: 0808 800 5000 (24 hours, every day) nspcc.org.uk
- NHS Live Well Website: www.NHS.UK/Livewell