



**RELATIONSHIPS,  
SEX, HEALTH &  
EDUCATION**

**Affinity**  
**FOSTERING**

  
**Ofsted**  
Outstanding  
Provider



# TABLE OF CONTENTS

---

<b>INTRODUCTION</b>	<b>03</b>
<b>SEXUAL ORIENTATION AND GENDER</b>	<b>03</b>
<b>CHOOSING PRONOUNS</b>	<b>07</b>
<b>IT'S OK TO EXPLORE AND CHANGE</b>	<b>08</b>
<b>WHAT DOES A HEALTHY RELATIONSHIP LOOK LIKE?</b>	<b>09</b>
<b>SIGNS OF AN UNHEALTHY RELATIONSHIP</b>	<b>11</b>
<b>SEXUAL CONSENT</b>	<b>12</b>
<b>STIs AND SAFE SEX</b>	<b>13</b>
<b>SEXTING</b>	<b>14</b>
<b>HELPFUL WEBSITES AND PEOPLE TO TALK TO</b>	<b>15</b>





# SEXUAL ORIENTATION & GENDER

Everyone is different, and your sexuality is personal and unique to you. It's the same as who and what we find attractive. Over your life, your sexual orientation might change, and you may find new things attractive. You also might discover that the gender you were assigned at birth might not fit with how you feel as a person.

A lot of the time people are happy to label their sexuality and gender (for LGBTQ+ people this can be really important because they fought hard to receive the same rights as heterosexual people).



# SEXUAL ORIENTATION & GENDER

Below are some descriptors that people of all sexualities use to describe themselves:

**Heterosexual/Straight** – this means that a person is attracted to people of the opposite gender.

**Lesbian or Gay** – this describes people who are attracted to the same gender.

**Bisexual** – people use this term when they are attracted to both genders.

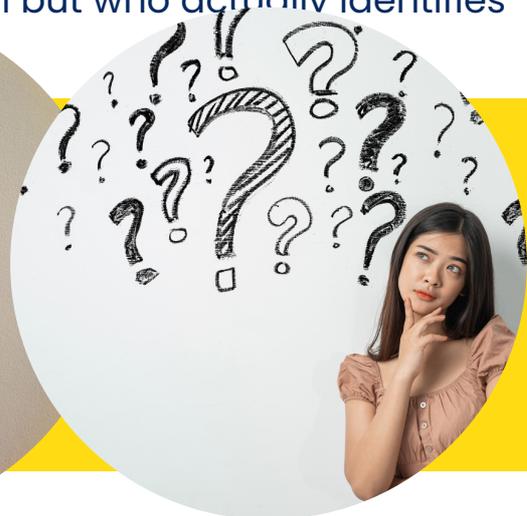
**Asexual** – people who describe themselves as asexual have little or no sexual attraction to people.

**Questioning** – people use this word when they are exploring their sexual orientation and gender identity. It means that they still aren't sure what terms to use.

**Gender assigned at birth** – this is the gender you had written on your birth certificate so, female or male.

**Cisgender** – this describes a person who identifies with the gender they have written on their birth certificate, for example, a person who is happy being a girl and has female on their birth certificate or a boy who has male written on his.

**Transgender** – this term describes a person who doesn't identify with the gender they have written on their birth certificate, for example, someone who has male written but who actually identifies as a woman.



# SEXUAL ORIENTATION & GENDER

---

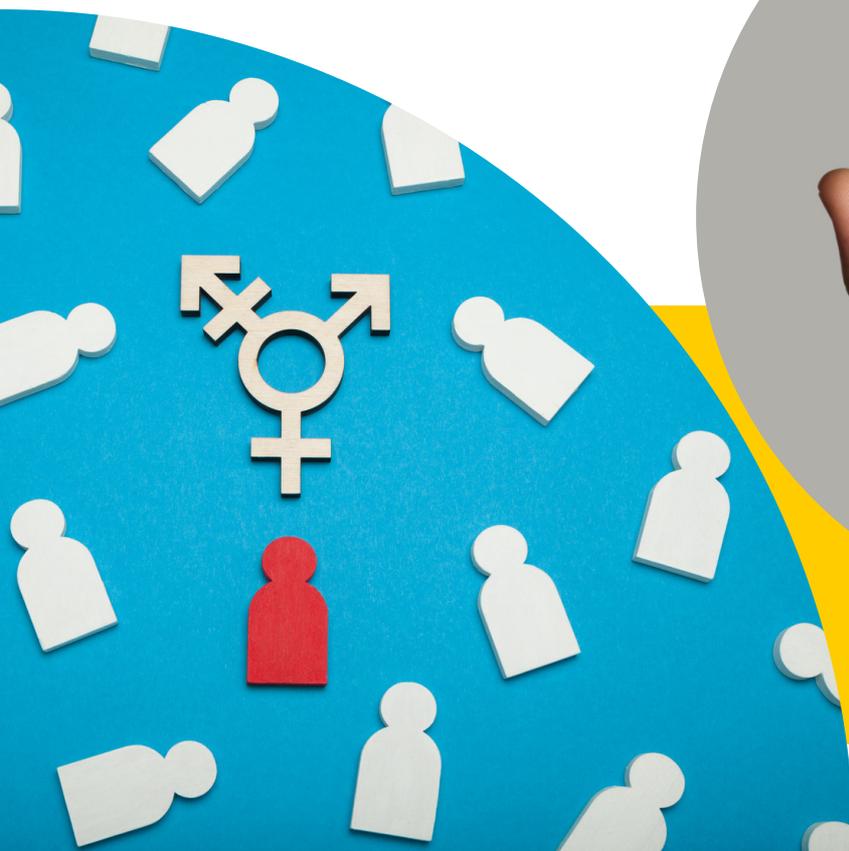
**Non-Binary** – people who use the term non-binary don't identify with being just male or female. They may not identify with any gender, or they may identify with being male and female at the same time.

**AFAB** – means 'assigned female at birth'.

**AMAB** – means 'assigned male at birth'

**LGBTQ+** – this is an umbrella term, meaning it covers everyone who identifies as lesbian, gay, bisexual, trans, asexual, or questioning.

You may find that you use just one of these terms or that you use many of them, it all depends on how you feel about your sexuality and gender identity.



# CHOOSING PRONOUNS

---

A pronoun is the word we use to describe someone's gender when we are talking about them, for example, 'he' or 'she'. A lot of the time the pronoun that we use will be related to what the person's name is or how they dress. For example, if a person is called a traditionally male name like David, we would usually address them as 'he/him'.

However, some people may want to be spoken to in gender-neutral language. They prefer to use 'they/them'. This can be for lots of reasons; they might not agree with using gender in language, they could be non-binary, they might be questioning their gender, or going through gender reassignment.

Sometimes, you might notice on social media that people have their pronouns listed after their names. This is to stop any confusion and embarrassment when people are talking to them and to help the person being spoken to feel comfortable and respected.

At points during your life, you might find that the pronoun you want to use changes. That's ok, gender and sexuality are all about exploring and you should be able to feel confident in the way people speak to you and about you.

Don't forget that people can sometimes get confused or make mistakes, so if someone refers to you using a pro-noun that makes you feel uncomfortable, politely correct them and explain why it's important to use the right term.



# IT'S OK TO EXPLORE AND CHANGE.

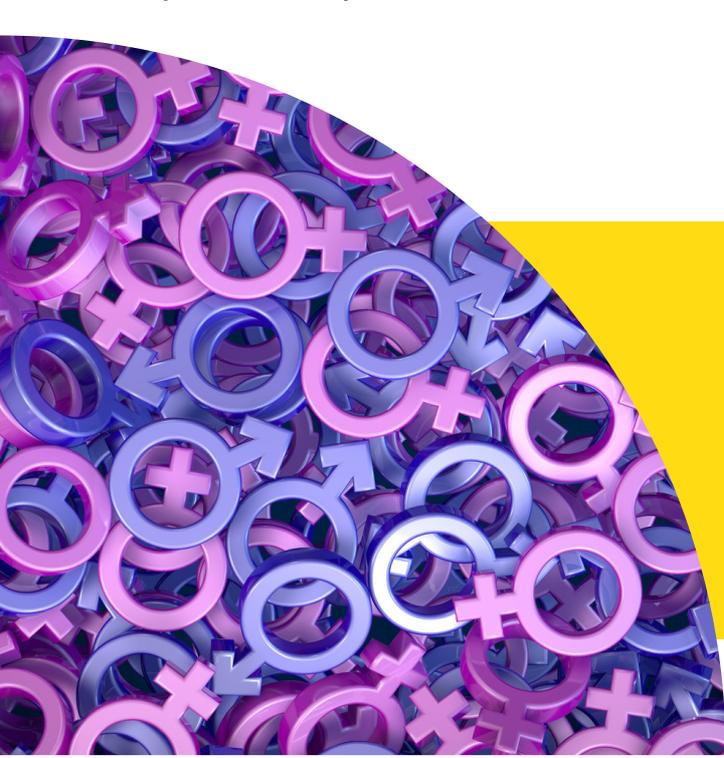
---

Discovering your sexuality and gender identity is a journey and no-one's experience is ever the same as anyone else's. Some people can say that they've always known what their gender was and what they find attractive, others begin finding out in their teens, sometimes people don't discover what they find attractive until they are adults.

As you grow older you will meet different people and encounter different situations that make you think about how you see yourself and what you find attractive. Some people have long heterosexual relationships and then discover that they are LGBTQ+ in later life.

Don't feel like you have to label yourself yet and if you do, don't worry if you decide to change it. Everything is fluid.

If you do decide that you are LGBTQ+ you also don't need to feel pressured into coming out. Deciding to tell people about your sexuality is a personal choice that you need to feel happy and comfortable with. Also, if someone harasses or threatens you because of your sexuality or gender identity, don't keep it to yourself, speak to a trusted adult about it.



# WHAT DOES A HEALTHY RELATIONSHIP LOOK LIKE?

---

Starting a relationship with a new boyfriend, girlfriend or partner is always exciting and you might feel that you've been swept off your feet. It's an amazing feeling! But you need to make sure that any relationship you are in is a healthy one. Here are some qualities that every healthy relationship needs:

## **Mutual Respect**

Respect means that you value and understand each other's boundaries. It also means listening to what each of you is comfortable with.

## **Trust**

While it's ok to get a little bit jealous sometimes, it's also important to have trust in a relationship. If your bf/gf/partner is always jealous or doesn't trust you to talk to other people, this can be very unhealthy. Additionally, trust is also about not telling other people about the things you talk about and do together.

## **Honesty**

Being honest with each other develops trust. It's very difficult to build up a level of trust if someone tells you lies.



# WHAT DOES A HEALTHY RELATIONSHIP LOOK LIKE?

---

## **Fairness**

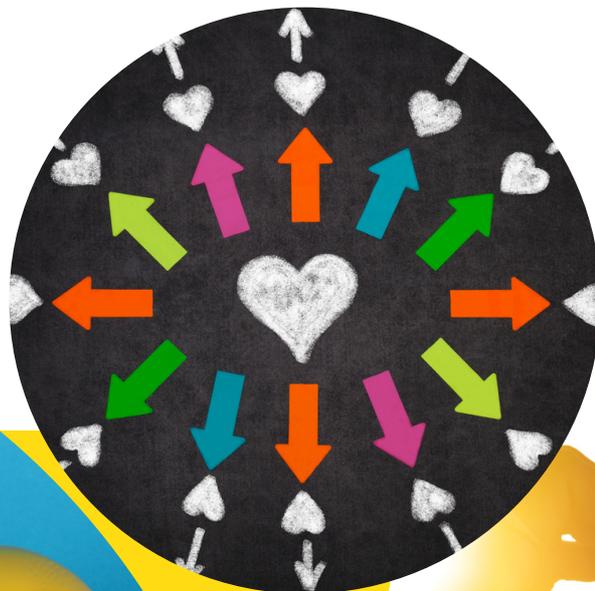
You're in a relationship because you both like each other, so you need to make sure there's a fair balance. Do you take turns in choosing the movies you want to watch or music you want to listen to? Maybe you always split the cost when you go out to eat something?

## **Separate identities**

In a healthy relationship you shouldn't have to pretend to like things that you don't, give up seeing your friends, or stop doing activities that you enjoy. Your identity is what makes you individual and you should feel free to make new friends and develop new interests.

## **Good communication**

You should be able to feel happy talking about how you feel to your bf/gf/partner. Don't keep feelings bottled up because you're scared or worried about how they might react. Also, if you need time to think about something before giving an answer, the right person will give you space.



# SIGNS OF AN UNHEALTHY RELATIONSHIP

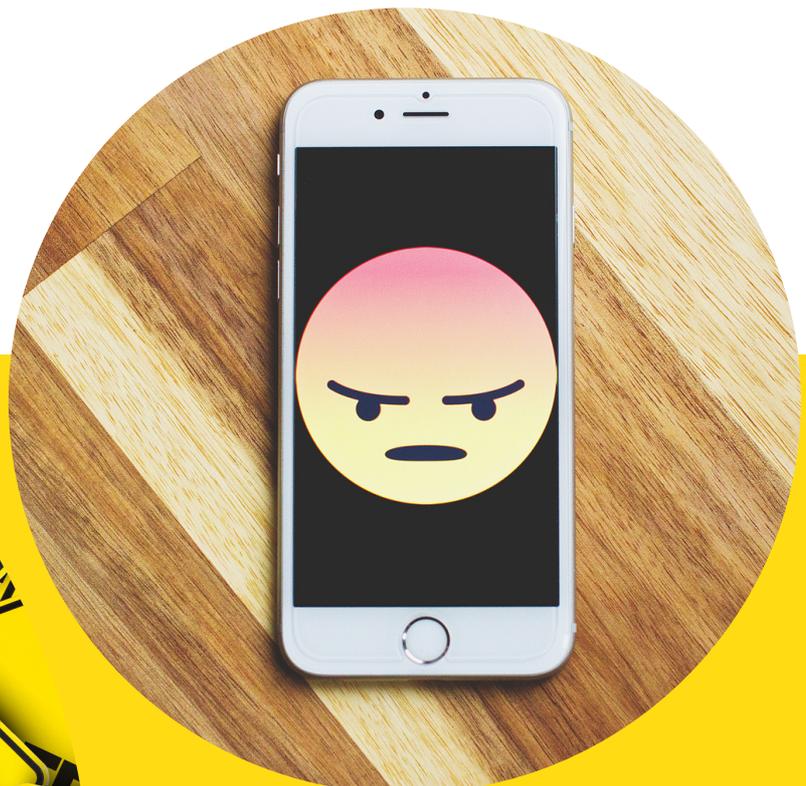
---

If the person you are seeing uses verbal insults, puts you down, gets physical by hitting or slapping, or forces you into sexual activity, it's a sign that your relationship isn't healthy.

Some questions you can ask yourself about your bf/gf/partner include:

- Do they get angry when I don't drop everything for him/her/them?
- Do they criticise the way I look or dress, and say I'll never be able to find anyone else who would go out with me?
- Do they stop me from seeing friends or from talking to other people?
- Do they want me to give up an interest, even though I love it?
- Do they ever raise a hand when they're angry, as if they're about to hit me?
- Do they try to force me to go further sexually than I want to?
- Does it feel like they are trying to control me and are always checking up on me?

If the answer to any of these questions is "yes", let a trusted adult know.



# SEXUAL CONSENT

---

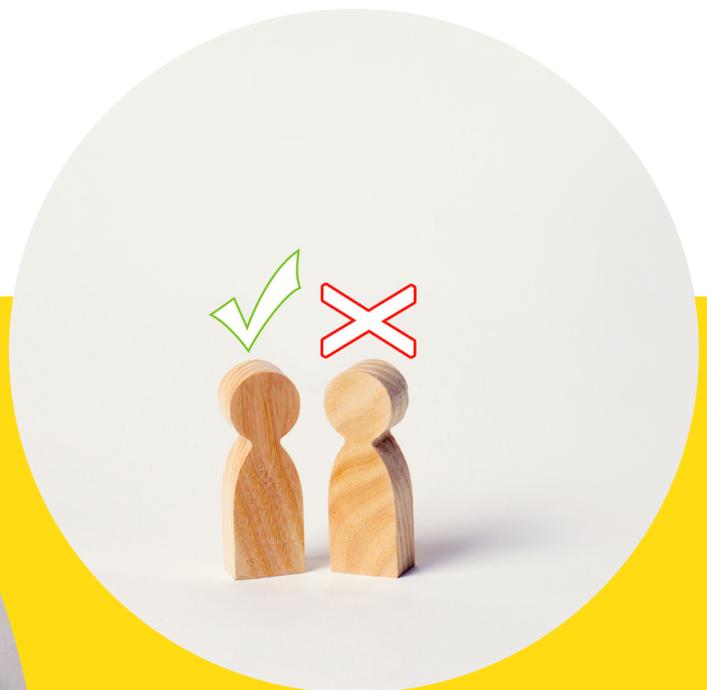
Consent is agreement which is given willingly and freely without exploitation, threat or fear, and by a person who has the capacity to give their agreement. This means that no-one can force you to do anything sexually that you aren't happy about.

In a relationship, both people taking part in anything should agree to it and should feel happy. If either person is unhappy, they should feel comfortable in saying "no".

If someone doesn't say "no", that doesn't mean that another person has permission to go ahead anyway. Just because someone hasn't said they don't like something, doesn't mean it's ok. Similarly, if they were happy with something before, but now aren't they can't be forced into something. It's ok to change your mind.

You should never feel scared or bullied into doing something sexually that you aren't happy about. If you do, you should talk to a trusted adult about it.

In the UK the legal age for sexual consent is 16. This means that the law believes that if you are under 16, you can't consent to sexual activity.



# STIs and Safe Sex

---

Sexually transmitted infections (STIs) are caused by bacteria, viruses, or parasites that are passed between sexual partners. Sometimes they are transmitted through fluids, other times they are spread through contact with infected skin.

A lot of people who have STIs don't know they have them as they don't have any physical symptoms or don't feel unwell.

The best way to protect yourself from STIs is to either always use condoms for any sexual activity or to avoid sexual activity until you are in a long term, healthy and trusting relationship.



# SEXTING

---

Sexting is when you send a naked or semi-naked picture to someone else. This can be online, on social media, or via texts/WhatsApp.

Sending someone pictures of you naked can be really dangerous, so the first thing to remember is that it's not ok for someone to bully you into doing it. If a boyfriend/girlfriend/partner gets upset that you won't send them pictures, they aren't the right person for you.

You should also remember that once that picture has been sent, you have no control over what happens to it. Even if you're using Snapchat, someone can take a screenshot. Think about how you would feel if anyone else saw the picture. Would you be embarrassed or upset?



# HELPFUL WEBSITES AND PEOPLE TO TALK TO

---

After reading this you might have a lot of questions. It's ok to want to find out more about gender and sexuality. Firstly, you can always talk to a trusted adult, for example, a teacher, social worker, or your carer. They'll be able to give you advice and guidance.

There are also some websites that you can learn more from.

## **Sexuality and Gender Identity**

<https://www.nhs.uk/live-well/trans-teenager/>

<https://www.stonewall.org.uk/>

<https://www.theproudtrust.org/young-people/>

<https://mermaidsuk.org.uk/>

## **Relationships and consent**

<https://www.actonitnow.org.uk/>

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

<https://www.childrensociety.org.uk/information/young-people/advice/teenage-relationship-abuse>



NEED HELP?





Just Be  
yourself!

## Contact

Phone: 01245 237158

Email: [info@affinityfostering.com](mailto:info@affinityfostering.com)

Web: [www.affinityfostering.com](http://www.affinityfostering.com)

Address: North Wing Offices, Ingatestone  
Hall, Hall Lane, Ingatestone, Essex CM4 9NR