

Year 11 Personal Development

Communication in Relationships – This term you will learn about asserting yourself when communicating in a relationship. You will also learn about keeping yourself safe in a relationship.

Where to get more information	
Brook	Sexual Health & Wellbeing - Brook – Fighting for healthy lives – Brook.org.uk – A sexual Health Charity.
NHS	Feelings, relationships and pregnancy - NHS (www.nhs.uk) NHS page for pregnancy and options around this.

Types of Relationship	Meaning
Dating	Engaging in activities together, to get to know each other
Marriage	An ancient and legal custom that legally binds two people together
Civil Partnership	A more recent legal custom, created for same sex couples, but now available to all couples.
Co-Habiting	A couple that lives together without marrying.
Ethical non-monogamy	The practice of being with multiple people all of whom have agreed to this relationship structure.

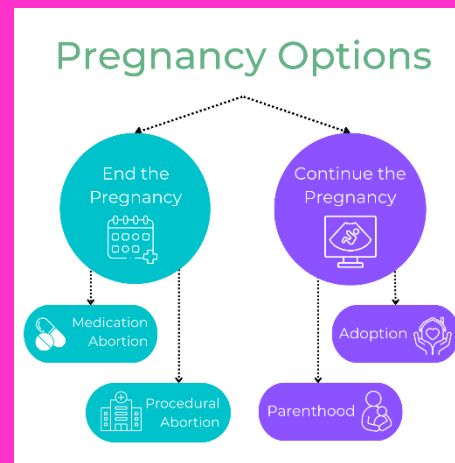


Toxic Relationship Behaviours	Meaning
Coercion	Persuading someone to do something by force or threats
Forced Marriage	When someone faces physical pressure to marry someone.
Harassment	Behaviour that demeans or humiliates someone
Domestic Abuse	Coercive and violent behaviour by someone in a close relationship, such as parent, partner, or ex partner.
Infidelity	The act of being unfaithful to a spouse or other partner.

Ending a Pregnancy

Medical Abortion: Most often used early in pregnancy this abortion is performed through the use of orally taken medications.

Surgical Abortion: Involves an operation to remove the pregnancy from the womb



Some religious groups are opposed to abortion.

Continuing a Pregnancy

Adoption: Giving the baby up for adoption allows someone else to legally become the parent of the baby.

Parenthood: You are responsible for looking after and raising the child.