

Year 6 Life Skills Summer 1

How can we keep ourselves safe within relationships?

RSE

Body image

Body image is a person's thoughts, feelings and perception of the aesthetics or attractiveness of their own body. We all have differing thoughts and ideas as to what the ideal body should be. Some think they are too fat while others believe they are too tall. The media has plenty to say about the 'perfect' body, but we need to ignore this and be happy and content within ourselves.



Key Vocabulary	Definition
acne	Acne, also known as acne vulgaris, is a long-term skin condition that occurs when dead skin cells and oil from the skin clog the hair follicles.
body image	This is how you think, feel, and see yourself.
body odour	The 'smell' of a person or animal.
caesarean section	A surgical operation for delivering a baby.
civil partnership	A legally recognised union of two people with similar rights to married couples.
commitment	Being decided on a cause and sticking to it.
emotions	States of mind brought on by changes around us.
hormones	A substance that is present in a person and is transported round the body by the movement of fluids.
imbalance of power	When one person holds more power than another within a relationship.
labour	A period where a woman's body changes to allow the birth of her child.
marriage	The legal recognition of the union of two people.
puberty	The period when an adolescent reaches the age of maturity. It is used to describe the process of physical changes within a body.
relationships	The way in which two or more concepts, objects or people are connected.
reproduction	The biological process by which new organisms are made.
respect	A feeling of admiration for someone or something because of their qualities and abilities.
safe	Being protected from, or not exposed to risk, danger, or harm.
self-esteem	Confidence in your own abilities.
society	A group of individuals who interact while sharing the same special or social territory.
stereotype	A widely held, but fixed and oversimplified, image of what is perfect.

Feeling safe

Feeling safe in a relationship means that you have the freedom to be your authentic self without fear of being judged or rejected. It is about feeling seen, heard, and understood. Furthermore, safety in a relationship means feeling valuable and valued even when you show your flaws and weaknesses.



Safe relationships

It feels good to be in a happy relationship, with our family, friends, or that 'special person'. Everybody has the right to feel safe. A relationship can become toxic if one person makes demands on the other person that are not mutually agreeable. Respect is an important part of a safe relationship, as is trust. Honesty is part of wanting to be happy with the people around us, and there are no imbalances of power.

A good friend is someone who acknowledges you for who you are, and makes you feel happy and comfortable in their company. A good friend never demands anything you are not willing to give in your relationship.

