

# Unhealthy and Unfair Relationships

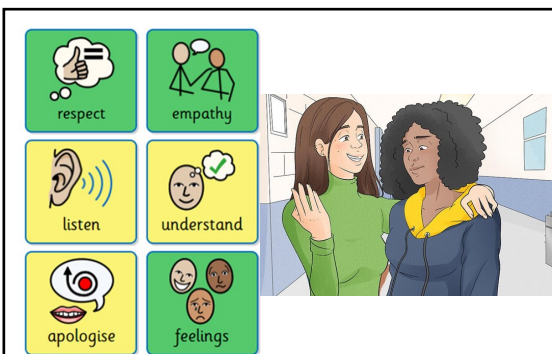
**Skills covered:** Recognising healthy versus unhealthy relationships and how it can affect people. Understanding discrimination and what to do in situations of peer pressure or bullying.

## Key vocabulary:

<b>fair/unfair</b>	<b>self-esteem</b>
<b>unhealthy/healthy</b>	<b>relationship</b>
<b>respect</b>	<b>peer pressure</b>
<b>consent</b>	<b>boundaries</b>
<b>discrimination</b>	<b>racism</b>
<b>upstander</b>	<b>bystander</b>
<b>empathy</b>	<b>choices</b>

## Must—know knowledge:

- The signs of a healthy and unhealthy relationship.
- How might certain relationships make us feel (self-esteem).
- Explain what peer pressure is and how to challenge it and establish boundaries.
- Explain what consent is.
- Understand the different ways people can be discriminated against.
- Explain what is an upstander and how to be a safe upstander in different scenarios.



To get support/information, contact:

