

DISRESPECT NOBODY

Provides lots of information and advice
Can direct you to other places to get help

DITCH THE LABEL YOUR WORLD, PREJUDICE FREE

Provides lots of information
Advice and support forums



Provides free 24/7 support
Call for free
Live messenger

A series of self-help, learning and signposting avenues of support for students and families of The Fen Rivers Academy

People

Safe relationships,
Good people are you.

Purpose

A purpose in life,
A great education built for you.

Place

A good place to live,
A safe place to learn in.

Please get in touch if any of the following professionals could support with you with questions or concerns further: SENCo, Mental Health First Aider, Pastoral team, DSL

The Fen Rivers Academy
Kilhams Way
King's Lynn
Norfolk
PE30 2HU
01553 887330



The Fen Rivers Academy

Part of the Catch22
Multi Academies Trust

'Every interaction a conscious
intervention'



Relationships



Relationships

There is no rush to be in a romantic relationship. It can seem at times like all of your friends have a partner but you don't. But, everyone is different—this is ok. It is all about finding the right person for you.

Do not feel pressured to get into a relationship, you can say no.

When you do first get into a relationship with someone it can be very exciting. However, it is important that the relationship is healthy.

Signs of an unhealthy relationship

- Being pressured into having sex
- You can't be yourself
- You don't trust each other
- You are afraid to say things
- You argue all the time
- They tease you or say things that are not very nice
- There is physical violence
- They get you to do things you don't want to do
- There is a big age gap and one person is older than 16

What if I am worried about a relationship?

If you are worried about your relationship you could try talking to your girlfriend/boyfriend and tell them how you feel.

If you are scared, or feel you can't talk to your girlfriend/boyfriend, it might be a good idea to talk to a trusted adult such as a school staff member or family member/carer.

How can I end a relationship?

- Tell them face to face
- Tell them why you want to end the relationship
- Don't tell them you want to be friends if you don't want to be.

If you are scared of your partner or feel unsafe

Talk to someone who you trust to get help and support to end the relationship.

Consent

Remember that no means no.
People can change their minds from yes to no
Nobody should be made to do anything they do not want to

What other support is there?

Remember it takes courage to ask for help but you deserve that help and support

There is lots of support out there for you



kooth

On Kooth you can

- Chat to our friendly counsellors
- Read articles written by young people
- Get support from the Kooth community
- Write in a daily journal

They will chat to you online using a live chat facility or you can send them a message



childline

ONLINE, ON THE PHONE, ANYTIME
childline.org.uk | 0800 1111

Your Organisation
Childline are here to talk to you
24/7
Chat online
Call free