

Respect Protect Connect – Student Summary

Key messages and reminders from your session

Understanding the Cycle of Abuse

Family violence is not usually a one-off incident. It's a **pattern of behaviours** that can get worse over time.

These behaviours can include:

- **Physical abuse**
- **Sexual abuse**
- **Emotional abuse**
- **Financial abuse**
- **Controlling behaviour**

Everyone has the right to feel safe, respected and free to make their own choices.

Recognising Coercive Control

Coercive control is when someone tries to control another person through **manipulation, fear or dominance**. Sometimes it's disguised as love or concern.

Red flags to watch for:

- Constant texts or calls to “check in”
- Getting angry if you talk to others
- Telling you not to hang out with friends or family
- Controlling your money or decisions
- Making you feel guilty for needing space
- Always needing to know where you are

If someone is trying to control you – it's not love, it's abuse.

Affirmative Consent

Consent must be clear, mutual, and ongoing.

It's not just about saying “no” – it's about making sure everyone is actively saying “yes.”

- Silence ≠ Consent
- Past behaviour ≠ Consent
- Being in a relationship ≠ Consent
- Consent can be taken back at any time
- If someone is drunk, asleep, scared, or under 12 – they cannot legally give consent

You must always say or do something to make sure the other person is actively consenting.

Why don't people always speak up?

There are many reasons someone might not tell anyone, like:

- Feeling ashamed, scared, or guilty
- Worrying about getting in trouble
- Afraid no one will believe them
- Thinking it was their fault – **(It never is!)**

It's important to tell someone you trust. You deserve support.

Sexting - Knowing the Law

You CAN:

- Take and keep your own image
- Take or receive an image of someone else if they're 12–17 and within 2 years of your age

BUT you MUST:

- Have consent
- Never send an image of someone else
- Never be involved in sexual content with anyone under 12 or over 18 (if you're underage)

Always delete images after a relationship ends or if the law no longer allows you to have them.

Sextortion - What is it, and what to do

Sextortion is when someone:

- Tricks or pressures you into sending sexual content
- Then threatens to share it unless you send more, pay money, or do something else

What to do:

- Don't send more images
- Tell a trusted adult or support service
- Block the person and keep any evidence

You are **not** in trouble. It's not your fault. Help is available.

Porn and Real Life - Know the difference

- Porn is staged, edited, and often violent
- 97% of aggression in porn is directed at women
- It does not teach about consent or respectful relationships
- Be a critical consumer – don't let it shape your expectations.

Final Reminders

- You have the **right to feel safe** in all relationships
- You are **never to blame** for someone else's choices
- There are **trusted adults and services** who can help
- What you've learned today is to **help you protect yourself and others**