

## **In the accompanying worksheet for students, your child has been looking at:**

- ⇒ For young people in a relationship, safe and respectful messaging and online contact can be a great way of keeping in touch during the COVID-19 lockdown and social distancing
- ⇒ If we're in contact online, it's important to consider the law, privacy, and consent; agreeing to do something, by choice, and having the freedom and ability to make that choice
- ⇒ Communicating consent in relationships in the online forum: listening, respecting each other's boundaries, and asking permission before sending pictures or videos
- ⇒ The law around sexting and sharing of private materials
- ⇒ Some ideas for being "together apart"; activities young people can do online with a partner, such as gaming, Netflix party, or an online escape room
- ⇒ When a relationship ends during lockdown; some advice and sources of further support
- ⇒ We asked students to reflect on the features of a healthy and positive relationship, and the importance of safe and respectful behaviour. We also asked them to think about what might be the challenges to relationships during the COVID-19 pandemic

## **If you would like to discuss any of these issues with your child, you might find the following conversation-starters useful:**

- ◆ What do you think it's like at the minute, for people who are in a relationship but not living together? What about for people who are living together? As well as the challenges, can you see any positives?
- ◆ What do **you** think a healthy and positive relationship looks like?
- ◆ You could encourage critical thinking and assessing risk with some prompts such as "I read that some adults are sexting more right now, during lockdown; do you think it's the same with teenagers?" , or "What do you think might be some of the pitfalls of sending pictures of ourselves to others?"

## ◆ **You may also find the following websites useful for more info or ideas:**

[Very Well Family: 10 Ways to help your Teen Deal with a Break-up](#)

[Brook - Sexting & Selfies](#)

[Childline - Sexting](#)

[Family Lives—Sexting](#)

[Childline—Relationships](#)

[Childline—Healthy & Unhealthy Relationships](#)

[Be Aware b4 You Share - Revenge Porn: The Facts](#)