



# PSHE Knowledge Organiser

**Year Group: 9**

**Topic: Respectful Relationships**

**Half Term: Spring One**

## Further sources of information and advice.

**Childline**

<https://www.childline.org.uk/>

08001111

Childline is an organisation which provides non-judgmental; advice and support for young people. You can access their website, email, chat online or call them.

**Shelter**

[https://england.shelter.org.uk/get\\_help](https://england.shelter.org.uk/get_help)

The charity Shelter can provide help and advice for people experiencing a housing crisis or who have become homeless.

**BBC Bitesize**

<https://www.bbc.co.uk/bitesize/topics/zb66fg8/resources/1>

BBC Bitesize has some useful clips to help you to manage anger and conflict.

<https://www.bbc.co.uk/cbbc/findoutmore/help-me-out-cope-with-death>

The CBBC website has a range of resources to help you cope with bereavement.

**The NHS**

<https://www.nhs.uk/conditions/stress-anxiety-depression/bereavement-and-young-people/>

There is a range of resources on the NHS website to help you cope with bereavement.



Parents have a responsibility to care for their children in many different ways, such as meeting physical needs, such as providing clothes, food, safety and shelter, and also emotional needs and to care for wellbeing. Families come lots of different shapes and sizes. A nuclear family is a family unit consisting of two adults and any number of children living together. The children might be biological, step or adopted. A reconstituted family is also known as a step family. This is a family where one or both adults have children from previous relationships living with them. Since civil partnerships were legalised in 2005, the number of same sex families has been growing (same-sex marriage was legalised in 2014). Same-sex couples cannot conceive together, so their children may be adopted or be the biological children of one member of the couple. They may also be from a sperm donor or a surrogate birth mother. A single parent family consists of a parent not living with a partner, who has most of the day-to-day responsibilities for raising the children. The children will live with this single parent for the majority of the time, but they may still have contact with their other parent.

Homelessness can be caused by a variety of different reasons, such as lack of social support, debt, poor physical or mental health, becoming involved in crime at a young age, or having parents with drug or alcohol problems. Sofa surfing is a term often used to describe having to move from house to house, relying on friends and family to let you stay with them. This is a form of homelessness. Homelessness does not always look the same, and we should avoid stereotyping people in this way.



Living together as a family often involves everyone doing some of the domestic labour. This includes cooking, cleaning, tidying and washing. Respecting personal space, compromise, showing affection and good communication, along with others, are characteristics of positive family relationships. Communication is an important part of conflict resolution. Characteristics of good communication include: listening, non-verbal communications (such as eye contact and body language), clarity (being clear when expressing yourself), confidence, empathy and respect.



A divorce is when a marriage is legally dissolved (ended). Separation is when two people end a relationship, whether or not they are married. Either of these can be difficult to process and painful for everyone involved. Bereavement is a period of mourning or state of intense grief, especially following the death of a loved one. Bereavement is often a process that includes going through several stages of grief.

