

TOTAL TOPICS

TOPIC OF THE MONTH

Respect, Relationships, Consent and Safety

Respect Has No Expiry Date.

A healthy relationship protects each person's dignity, independence, privacy and right to choose. Marriage, shared finances, parenting, caring responsibilities or years together do not remove personal boundaries.



HEALTHY
PEOPLE
HEALTHY
RELATIONSHIPS
BRIGHTER
TOMORROWS

Healthy Foundations

- **EQUALITY** - Decisions, domestic work and caring are discussed fairly.
- **AUTONOMY** - Both people can keep friendships, interests, work and learning
- **REPAIR** - Conflict is handled without fear; apologies lead to changed behaviour
- **BOUNDARIES** - Privacy, bodies, money time and digital access are respected

Control

- Restricting money, work benefits or access to accounts
- Using debt, housing or immigration status as leverage
- Controlling medication, care transport or appointments
- Threatening children, pets family or reputation
- Monitoring devices, location, messages or passwords
- Sexual pressure, humiliation, stalking or intimidation

Love, Loyalty and History Don't Cancel Your Rights

You do not need proof or a decision about leaving before asking for help. A specialist service can help you think through safety, money, housing work, children and next steps confidentially.



Support
today
brighter
tomorrow



One Love Foundation



Women's Aid Love Respect



Domestic violence and abuse

Consent Is Clear

Consent is active agreement. It is never owed – including within marriage or a long-term relationship.

C Chosen Freely
No fear, pressure, guilt or dependency.

L Every Time
Each activity needs agreement

E Reversible
Anyone can pause or stop at any time.

A Look and Listen
Ask; do not rely on assumptions

R Able to Choose
Awake, aware and able to decide.

Capacity and Communication

Being asleep, heavily intoxicated, unconscious or unable to understand the choice means a person cannot consent. Disability or a communication difference does not remove someone's sexuality or choices: use accessible communication, allow time and never assume.



At Work: Status Is Not Consent

Unwanted sexual comments, messages, images, touching or repeated invitations can be sexual harassment – including online or from a customer. A one-off incident can count. A manager, assessor or influential colleague must not use work, pay, shifts promotion or references to create sexual pressure.



ACAS Guidance

Technology

Tracking device, spyware, account access, impersonation. repeated messages or threats to share intimate images can be abuse.



Economic

Taking wages, creating debt, blocking work, controlling bills or refusing access to essentials can limit freedom and safety



If Something Happens

Get safe. Call 999 if there is immediate danger. **Write it down.** Record what happened, when, where and who witnessed it. **Report.** Use your college or workplace process, or speak to the safeguarding team, manager, HR, union or Acas.



Extra Support & Resources

Consent and Sexual Health

Excellent resources for young people on consent, relationships, sexual health and personal boundaries.

NHS – Sexual Health

Support and information about sexual health

Harmful Attitudes, Vawg & Help

**TOTAL
TOPICS**



Sexist beliefs can normalise control and silence victims. Challenge the behaviour while avoiding stereotypes about whole groups



Misogyny

Hatred, contempt or prejudice towards women and girls. It can appear as entitlement, objectification, harassment, control or violence.

Misandry

Hatred, contempt or prejudice towards men and boys. It can include dismissing male victims or shaming men for seeking help.

Understanding VAWG

Violence Against Women and Girls (VAWG) covers forms of violence and abuse that disproportionately affect women and girls, including domestic abuse, sexual violence, stalking, harassment, forced marriage, female genital mutilation and online abuse.

VAWG recognises a gendered pattern; it does not blame all men. Anyone can be a victim, and everyone deserves support.

Explore support and resources

Mens Advice Line

Confidential support for male victims of domestic abuse.

0808 801 1170

White Ribbon UK

Challenging sexism and violence against women and girls.

ManKind initiative

information and support for male victims of domestic abuse.

Freephone : 0808 801 1170

Respect

Information on tackling domestic abuse changing harmful behaviour.

Women's AID

Support and information about domestic abuse and coercive control.

Worried About Your Own Behaviour?

Respect Phoneline offers confidential, non-judgemental advice to help people change.



Safeguarding at TTP

At College: Tell your skills Coach, Safeguarding Team or another trusted member of staff

At work: Tell your manager, HR, safeguarding contact or Skills Coach

If the concern is about that person, tell someone else you trust.

Safeguarding support & reporting →



What is a Padlet?

Our Padlet's contain a range of useful information, resources, and support services covering topics such as:

- Mental health and wellbeing
- Online safety
- Personal safety
- Financial wellbeing
- Prevent and British Values
- Health and wellbeing resources
- Support organisations and helplines
- Careers advice and guidance

You can access the Padlet's using the QR codes here:



East and South East Asian Heritage Month-

September 2026

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10
World Suicide
Prevention
Day

11
Rosh
Hashanah
(Judaism)
→ 13th

12

13

14
National
Inclusion
Week Starts
→ 20th

15

16

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21
International
Day of Peace

22

Autumn
Equinox/
Mabon
(Wicca/Pagan)

23

Bi-Visibility
Day

24

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