

Firstly, I would like to introduce myself, I am the Lead Safeguarding Officer at Sysco Group. I am here to support all learners if they need it during their programme if they have any safeguarding concerns and need some support. I would like to take this opportunity to say hello and I wish you a very successful learning journey with us.

The Sysco Group expect respect from all staff and learners and have a zero-tolerance policy to any abusive behaviour.

So, what is relationship education?

Relationship education is like a road map for helping people find strategies and solutions to fit their circumstances, values, and relationship goals. Through relationship education individuals can enhance their knowledge on how to recognise and report abuse, including emotional, physical, and sexual abuse. Relationship education teaches individuals on boundaries and privacy, ensuring you understand that you have rights over your own body. This also includes boundaries with your peers and with others, including online. I understand you may have already covered a significant amount of this this at school/college. However, I would like to share with you some useful resources and further information.

Let us look first over consent. Consent is giving permission for something to happen. Are you aware of the consequences of non-consent?

CONSENT IS:
CLEAR COHERENT
WILLING ONGOING

Consequences of non consent

Physical:

- sexually transmitted infections for both people and any other future partners
- physical injury
- internal injury
- mental health problems including depression
- unwanted pregnancy

Emotional:

- lower self-esteem and sense of worth
- humiliation
- fear
- hurt
- embarrassment
- problems trusting future partners
- problems forming new relationships

Legal:

- possible custodial sentence if found guilty of rape
- sexual assault could lead to a community order, fine or prison sentence
- having sex without consent and sexual assault could result in the perpetrator being added to the Sex Offenders' Register
- having a criminal record, and/or being put on the Sex Offender's Register will have major impact on future life events such as getting work

#ItsNotOk

Have you heard of the term “Harmful Sexual Behaviour”?

Harmful sexual behaviour (HSB) is developmentally inappropriate sexual behaviour displayed by children and young people which is harmful or abusive. An example of harmful sexual behaviour could be touching someone’s genitals, bottom, or breasts without consent, forcing or threatening others to engage in sexual activities, sending unwanted sexual images to people (please also remember sending a nude image without consent could lead to a criminal record and up to 2 years in prison).

Have you also heard of “Sexual Violence”?

Sexual violence is the general term used to describe any kind of unwanted sexual act or activity. This can include:

- Rape
- Sexual assault / abuse (any act of unwanted sexual contact, online grooming, domestic abuse, and sexual exploitation)
- Sexual Harassment (any unwanted behaviour of a sexual nature e.g., sexual comments or jokes that makes you feel uncomfortable, distressed, or humiliated)

If you are concerned about harmful sexual behaviour or any safeguarding matters, you can contact me on the number on the next page or alternatively you can refer via our website <https://www.sysco.uk.com/safeguarding/>

And most importantly always expect respect!

#ExpectRespect

The importance of sexual health

The World Health Organisation (WHO) reports that globally

Over 1 million people acquire a sexually transmitted infection



EVERY DAY

376 million

People annually contract:

Chlamydia, Gonorrhoea, Syphilis or Trichomonas



More than 290 million women have an HPV infection and...

...virtually all cervical cancer cases are linked to HPV infections

There are around 570,000 new cervical cancer cases and 300,000 deaths each year

More than 500 million people have the virus that causes genital herpes



Many STIs can increase the risk of HIV acquisition three-fold or more



1. Prevent or Treat STIs and HIV
2. Encourage Safer Sex Practices
3. Aid in Pregnancy Planning
4. Promote Healthy Relationships and Positive Body Image
5. Boost Health and Reduce Risk of Death

your
**sexual
health**
matters

Support and Advice:

Relationship advice and guidance

<https://www.relate.org> resource on variety of relationship factors

<https://youngminds.org.uk> resource on grief and bereavement

<https://youngminds.org.uk> resource on coping with relationship and family changes

<https://www.theproudtrust.org> LGBT guide and resource – come out and say it

<https://lgbt.foundation> LGBT support

<https://www.nhs.uk> pregnancy/parenting advice

Body Image

<https://www.rsph.org.uk> resource on impact of social media on body image and some advice and guidance

Sexual Health

<https://www.nat.org.uk> Facts and advice around HIV

<https://www.thinkuknow.co.uk> Sex and relationship advice including exploitation

<https://www.brook.org.uk> Sexual health advice



If you require any support, please contact me on 07841929960 between 8am and 5pm, Monday to Friday.

Kind Regards,

Nadine

Nadine McEnuff (Designated Safeguarding Lead)