Ready2Comply
TOOLKITS FOR CHILDREN'S SERVICES

DIRECT WORK RESOURCE · RELATIONSHIPS AND CONSENT

Respect Me, Respect You

Healthy relationships and consent

A colourful, ready-to-use direct work pack to help young people understand respect, consent and control in friendships and relationships – and to help you gauge, record and act on risk.

- Ages 11–17
- 1:1 or small groups
- 3–4 sessions
- Editable Word

Worker's guide

Session plans, the law for staff, SEND and trauma-informed tips, disclosures, escalation and recording

Activity sheets

Consent explained, relationship spotter, 12 scenario cards, respect checklist, my relationship rights, who to tell

Risk measure

Young person's quiz with scoring key, worker observation checklist, record sheet – plus a certificate

SAMPLE

For children's homes, supported accommodation and schools · British English · Version 1.0 · November 2026

The law in this pack was checked against legislation.gov.uk, GOV.UK, the DfE's RSHE guidance and NSPCC sources in November 2026 (see Sources, page 21). The law changes – check the current position.

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Consent: the basics

What consent means – in friendships, relationships and online

Ask

Check before you touch, kiss, post or share.

⚠ Don't assume – ask.

Freely given

A real 'yes', with no pressure, threats or guilt.

⚠ Pressure means it isn't consent.

You can stop

Anyone can change their mind at any time.

⚠ A 'yes' before isn't a 'yes' now.

No means no

So do silence, freezing, 'maybe' or 'I'm not sure'.

⚠ Only a clear yes is a yes.

Drink & drugs

Someone very drunk, high or asleep can't consent.

⚠ Look after them instead.

The law

Age of consent is 16. Under 13s can never consent.

⚠ Adults with under-16s is abuse.

Pictures

Nudes of under-18s are illegal – even selfies.

⚠ Never pressure or share.

Respect

Accept 'no' without sulking, anger or pushing.

⚠ Respect is part of consent.

Healthy feels...

Safe, equal, trusting, fun – and free to be you.

⚠ Fear or control isn't love.

Did you know?

Consent applies to **everything** – a hug, a kiss, sharing a photo or tagging someone in a post. If you're not sure someone is OK with it, **ask – and accept the answer**.

SAMPLE

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Real-life situations

Cut out the cards or pick one. What's going on? What would you do?

1 The hug

Jay hugs everyone in the group when they meet. Sam always pulls away and looks uncomfortable. Jay laughs: "Don't be weird."

💭 Healthy or not? 🤔 What would you do? 🗣️ Who could you tell?

2 Group chat

Someone posts an unflattering photo of a girl in your class in the group chat. Everyone's laughing with emojis.

💭 Healthy or not? 🤔 What would you do? 🗣️ Who could you tell?

3 Where are you?

Your boyfriend wants your location on 24/7 and gets angry if you don't reply within five minutes.

💭 Healthy or not? 🤔 What would you do? 🗣️ Who could you tell?

4 Prove it

"If you really loved me you'd send me a pic. Everyone does it. I'll delete it, promise."

💭 Healthy or not? 🤔 What would you do? 🗣️ Who could you tell?

5 Changed mind

Alex and Kai were kissing. Then Alex said, "Actually, stop." Kai says, "You can't change your mind now."

💭 Healthy or not? 🤔 What would you do? 🗣️ Who could you tell?

6 Friends drop away

Since you got together, your girlfriend keeps saying your mates are a bad influence. You hardly see them now.

💭 Healthy or not? 🤔 What would you do? 🗣️ Who could you tell?

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