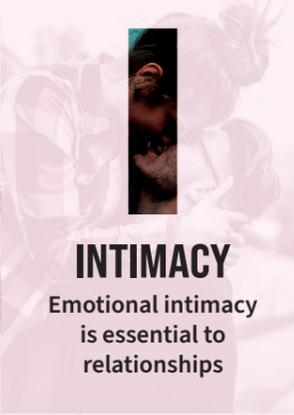
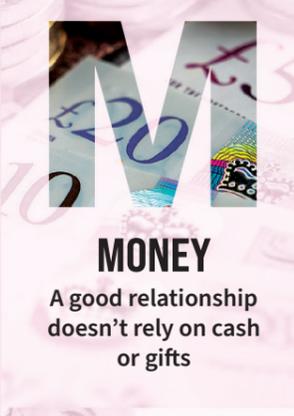
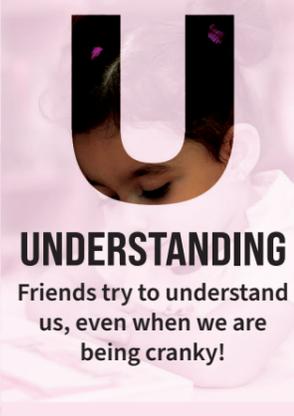
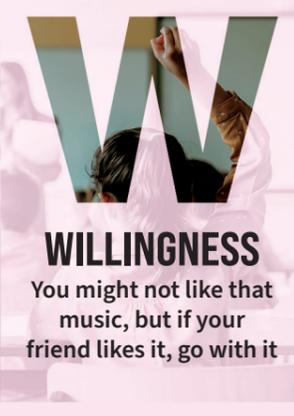
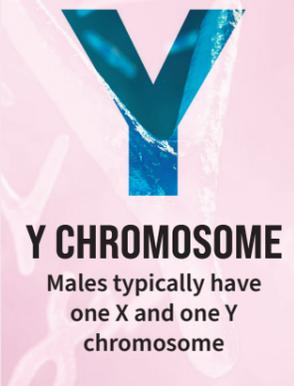


A-Z OF RELATIONSHIPS

A friendly refresher on the elements that make up healthy relationships with ourselves and others.

 <p>APOLOGISE When we get it wrong, we should say sorry</p>	 <p>BI-SEXUAL A person with more than one sexual orientation</p>	 <p>CONSENT If you want to be more physical, you must consent</p>	 <p>DREAMS We should want our friends to achieve their hopes and dreams</p>	 <p>EQUITY Treat everyone fairly, no matter what</p>	 <p>FRIENDSHIP We all need friends and some friendships can last a lifetime</p>
 <p>GAY Someone who is attracted to their own sex or gender</p>	 <p>HOBBIES In a good relationship, you probably share similar ideas and interests</p>	 <p>INTIMACY Emotional intimacy is essential to relationships</p>	 <p>JEALOUSY Friends should be pleased with the success of others</p>	 <p>KINDNESS In a world where you can be anything, why be anything other than kind?</p>	 <p>LGBTQ+ Lesbian, gay, bi, trans, queer, questioning and ace</p>
 <p>MONEY A good relationship doesn't rely on cash or gifts</p>	 <p>NON-JUDGEMENTAL Good friends accept us for who we are all the time</p>	 <p>ORIGINALITY Accept who we are, even when we are different</p>	 <p>PLEASURE Being with our friends should make us (and them) feel great!</p>	 <p>QUESTIONING Exploring sexual orientation or gender identity</p>	 <p>ROMANCE Showing someone they are special in a relationship</p>
 <p>SUPPORT We all have ups and downs, and our friends support us no matter what</p>	 <p>TRUST Relationships are about trust, being true to your word and reliability</p>	 <p>UNDERSTANDING Friends try to understand us, even when we are being cranky!</p>	 <p>VALUES We should value our friends and usually share their values</p>	 <p>WILLINGNESS You might not like that music, but if your friend likes it, go with it</p>	 <p>X CHROMOSOME Females have two X chromosomes</p>
 <p>Y CHROMOSOME Males typically have one X and one Y chromosome</p>	 <p>ZEALOUS Work hard at your relationships to get the best from them</p>				

PUPIL WELLBEING AWARD

Find out more about how Optimus Education can help support pupil emotional and mental health at oego.co/SIA_PWA_