

**It's Valentine's Day and a time to be thankful for all the people in our lives who we love and who love us.**

**Students also learn about positive relationships and how to treat people with kindness, respect and care.**

She's not perfect—you aren't either, and the two of you may never be perfect together but if she can make you laugh, cause you to think twice, and admit to being human and making mistakes, hold onto her and give her the most you can. She may not be thinking about you every second of the day, but she will give you a part of her that she knows you can break—her heart. So don't hurt her, don't change her, don't analyse and don't expect more than she can give. Smile when she makes you happy, let her know when she makes you mad, and miss her when she's not there." Bob Marley

## Making Relationship Requests

### DO'S DON'TS

- Be honest
- Make the request in a neutral environment
- Give your partner space to say no
- Model the change you want to see
- Show appreciation when their actions align with the request

- Criticize or blame
- Make the request during a tense argument
- Give your partner an ultimatum
- Shame your partner for not keeping up
- Give up if they can't meet your expectations

@brie\_schmidt

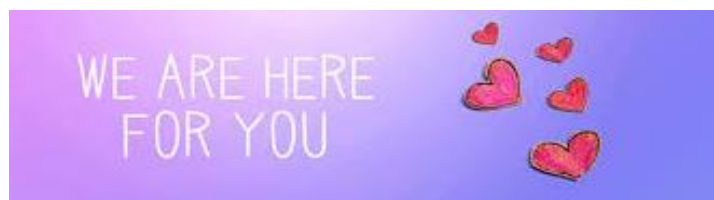
## Types of Relationships

- Platonic**  
a close friendship without sex
- Romantic**  
feelings of love and attraction through intimacy, commitment, or infatuation
- Codependent**  
an imbalanced relationship where one partner typically takes care of the other
- Casual**  
often involves sex without commitment
- Open**  
a consensual non-monogamous relationship where both partners sleep with other people
- Toxic**  
an unhealthy relationship that harms you emotionally, physically, or psychologically

verywell

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## Healthy

A healthy relationship means both you and your partner are:

- Communicating
- Respectful
- Trusting
- Honest
- Equal
- Enjoying personal time away from each other
- Making mutual choices
- Economic/financial partners

## Unhealthy

You may be in an unhealthy relationship if your partner is:

- Not communicating
- Disrespectful
- Not trusting
- Dishonest
- Trying to take control
- Only spending time together
- Pressured into activities
- Unequal economically

## Abusive

Abuse is occurring in a relationship when one partner is:

- Communicating in a hurtful or threatening way
- Mistreating
- Accusing the other of cheating when it's untrue
- Denying their actions are abusive
- Controlling
- Isolating their partner from others

Parade

"I would not wish any companion in the world but you."

— William Shakespeare

**MONDAY 24 FEBRUARY – SCHOOL CLOSED FOR INSET – Students back in school on Tuesday 25 February.**

If you love someone – tell them – the rest of us don't need to know! Love doesn't have to be all over your socials!

Valentine's Day isn't just for romantic love. It is a time to appreciate and love your nan, your mum, your dad, your brothers and sisters and friends too.

Love is love – avoid judging the love of others – let people be.



## Chocolate Brownies

### Ingredients

- 175g butter
- 350g sugar
- 3 eggs
- 1tsp vanilla extract
- 125g plain flour
- 50g cocoa powder
- 1tsp baking powder

Eoin made these as part of his BTEC assessment. Well done Eoin and Mrs B.



### Method

1. Preheat the oven to 180C. Line a baking tray with greaseproof paper.
2. In a saucepan melt butter. Pour into large bowl and stir and the sugar and vanilla
3. Break eggs into a small bowl and beat with a fork. Add them to the large bowl and stir in well.
4. Sift the flour, cocoa powder and baking powder together then fold into egg mixture.
5. Spoon the mixture into the tin and then bake for 40mins, the mixture will have risen and have a crust on top but it should still be soft in the middle.

## Store Cupboard Fruit Sundae

- Ingredients
- Frozen, tinned or any fresh berries of choice.
- 1 packet of jelly
- 1 carton of readymade custard
- Squirt cream
- Sprinkles to decorate.

### Method

1. Make jelly following instructions on packet.
2. Prepare fruit.
3. Layer fruit, jelly and custard in a tall glass
4. Finish with squirt cream and sprinkles



Junior made this for his BTEC assessment. Excellent Junior (and Mrs B)

## Advice for Parents & Educators

### TALK ABOUT DATING APPS

Let young people know that they can talk to you about anything, even something as private as their dating life. At school, the relationships, sex and health curriculum can assist with conversations around healthy relationships, consent and online safety. Emphasise the message that you want to help them make healthy, safe and informed choices. If they feel embarrassed talking to you, make sure they have a trusted adult who can help them.

### ENCOURAGE DATA PROTECTION

Empower young people to protect their data and personal information. Explain why including things like their school, age and surname in their profile could potentially be dangerous. Make sure they know never to give out personal details, and that there's no reason for other users to ask for them. If they feel uneasy about a situation online, they need to speak to someone that they can trust.

### VERIFICATION STAMPS

Explain that someone using a dating app should only communicate with those who have gone through a verification process. Online dating apps use a variety of methods to ascertain a user's identity, including scanning valid documents (such as a driver's licence or passport). Verification can also involve users taking a selfie to ensure that the photos on their profile match it.

### REPORT AND BLOCK

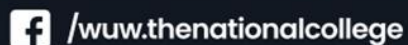
Remind young people that they can always report or block (or both) anyone who makes them feel uncomfortable on any platform. Ask if they know how to do this and offer to help them figure it out if they're unsure. Every app should have advice on how to report or block another user, so be sure young people are familiar with the settings.

### Meet Our Expert

Rebecca Jennings works at RAISE ([www.raiseducation.org.uk](http://www.raiseducation.org.uk)) in the field of relationships, sex and health education, providing educational, age-appropriate workshops for pupils around the more sensitive areas of the curriculum – including online safety and healthy relationships.



Source: See full reference list on guide page at: <https://nationalcollege.com/guides/online-relationships-dating-apps>



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WE ARE HERE  
FOR YOU



# What Parents & Educators Need to Know about ONLINE RELATIONSHIPS & DATING APPS

## WHAT ARE THE RISKS?

Dating apps are used to help people find new relationships – whether casual or more long term – matching users based on age, interests, gender and more. Some may consider dating apps harmless to under-18s because they aren't able to use them, but effective age verification measures are quite scarce, and it's been known for young people to end up on apps of this type.

### EASE OF ACCESS

The relatively lax age verification process of many dating apps makes them incredibly accessible to children who really shouldn't be using them. This carries the obvious risk of exposing under-18s to a dating scene populated by adults – who may not even be aware of the young person's true age. This is concerning when we consider the 'hook-up culture' common on these apps – with many people using them to arrange casual sexual encounters.

### CONTACT AND CONDUCT RISKS

Once someone is active on a dating app, their social media profiles can be linked to the app and might be accessed by others. This can lead to random users 'sliding into their DM's' (sending a direct message) without consent. Complete strangers could start bombarding a young person's inbox with pictures, messages and sexual comments.

### SCAMS AND SEXUAL EXPLOITATION

Some young people may feel they've formed a real bond with someone through online dating, but there's always a risk that it's not genuine. Scammers on these apps often build romantic connections with their victims – then once they feel they have their victim's trust, they begin asking for money under false pretences (such as suggesting they meet in person and requesting a 'loan' to cover a train ticket).

### UNVERIFIED ACCOUNTS

As with all online interactions, you may not be talking to whom you think you are. Without paying a subscription, users of dating apps can often only view a certain number of profiles at a time. A TikTok trend has advised young people to set their age limit to 80 years and over – putting them in a sparse and more 'exclusive' category to bypass the usual restrictions. Unfortunately, this can lead to matches with someone much older.

### PEER PRESSURE

The pressure to be in a relationship can be huge, and many young people use online dating apps as a cost-effective way to meet others. Some users find it difficult to meet people organically due to their lifestyle, and may not have the time or money to go out and socialise. It's also common for young people to set up accounts for their single friends in the hope of finding a match for someone they know.

### SKewed PERSPECTIVES

Dating apps can promote an unrealistic view of what makes someone attractive. With such vast options, some users can become both picky and extremely harsh about others' appearance. Ultimately, all you see on these apps are pictures (with no insight into someone's personality), and some young people struggle with the fear of being judged. Even when someone does start dating, there's a persistent paranoia that their partner is only one swipe away from a potentially better match.