

Emotional changes and managing feelings

PSHE Year 7 SPRING 2

KNOWLEDGE ORGANISER

Key Vocabulary

Boundaries – limits that you put on a relationship, which are there to make you feel safe and secure.

Coercive control – a way of controlling another person. Behaviour designed to isolate the other person and make them feel scared.

Red flags – warning signs in a friend or partner's behaviour that might show a relationship might not be very healthy.

Responsibilities – what each person in a friendship or relationship need to do to support another person.

Supportive – where both parties in a relationship feel listened to and cared for.

What are my rights and responsibilities in a relationship? How can I manage big feelings?

Understanding my feelings in a friendship or relationship

What are boundaries?

When might I need to put boundaries in place?

What could those boundaries be?

How might I feel if my boundaries are not respected?

What are the signs that my relationship is not working?

What are the warning signs?

Where can I get help if I need it?

"It's alright to ask for help"

SAMARITANS

116 123



kooth

Kooth is an online **mental wellbeing** community for young people

For ages: 11-18

Sign up for free at [Kooth.com](https://www.kooth.com)