

1: Keywords	2: Self confidence	3: Healthy/unhealthy Relationships
<p>Friendship = The state of being friends</p> <p>Online safety = Staying safe online</p> <p>Consent = permission for something to happen</p> <p>Healthy relationships = A relationship based on trust and respect</p> <p>Sexual orientation = A person’s sexual attraction to others</p> <p>Gender identity = A person’s identity of being a girl or boy</p> <p>Boundaries = The limits of something</p> <p>Intimacy = Closeness of people in personal relationships</p> <p>Conflict = A serious disagreement</p>	<p>Confidence comes from feelings of well-being, acceptance of your body and mind (your self-esteem) and belief in your own ability, skills and experience. Confidence is an attribute that most people would like to possess. Greater self-confidence allows you to experience freedom from self-doubt and negative thoughts about yourself. Experiencing more fearlessness and less anxiety. Greater confidence makes you more willing to take smart risks and more able to move outside your comfort zone. Having greater freedom from social anxiety.</p> <p>Tips for building confidence:</p> <ol style="list-style-type: none"> 1. Look at what you have already achieved 2. Think of things you are good at 3. Set goals 4. Talk yourself up 5. Take up a hobby 	<p>Healthy Friendship qualities</p> <p>Equality- Equally put their time and effort into the friendship</p> <p>Respect- Acknowledge and support each other</p> <p>Trust- Be able to confide in each other</p> <p>Encourage a healthier you- Supportive of your ideas of positive change</p> <p>Honour your additional friendships</p> <p>Unhealthy Friendship qualities</p> <p>Inequality- one person taking advantage of the other</p> <p>Constant criticism- Constant negativity</p> <p>Distrust- Being fearful to tell your secrets because they would share them</p>
4: Communication/conflict	5: Online safety	6: Sexual diversity
<p>Good communication involves understanding requests, asking questions and relaying key information. Good communication skills are essential to allow others and yourself to understand information more accurately and quickly. In contrast, poor communication skills lead to frequent misunderstanding and frustration. Good communication can limit conflict from arising</p> <p>Example's of good communication skills</p> <ul style="list-style-type: none"> * Listening. Being a good listener is one of the best ways to be a good communicator. * Nonverbal Communication. * Clarity and Concision. * Friendliness. * Confidence. * Empathy. * Open-Mindedness. * Respect. 	<p>In simple terms, online safety refers to the act of staying safe online. Being safe online means individuals are protecting themselves and others from online harms and risks which may jeopardise their personal information, lead to unsafe communications or even effect their mental health and wellbeing.</p> <ul style="list-style-type: none"> • Keep personal information limited. • Keep your privacy settings on • Practice safe browsing. • Make sure your internet connection is secure. • Be careful what you download. • Choose strong passwords. • Make online purchases from secure sites. • Be careful what you post. 	<p>When we talk about sexual and gender diversity, it’s important to understand these terms:</p> <p>Sex: Categories (male, female) to which people are typically assigned at birth based on physical characteristics (e.g. genitals). Some people may be assigned intersex, when their reproductive, sexual or genetic biology doesn’t fit the traditional definitions of male or female.</p> <p>Sexual Orientation: A person’s emotional and sexual attraction to others. It can change and may or may not be the same as a person’s sexual behaviour.</p> <p>Gender/Gender Identity: A person’s internal sense of identity as female, male, both or neither, regardless of their sex.</p> <p>Gender Expression: How a person expresses their gender. This can include how they look, the name they choose, the pronoun they use (e.g., he, she,) and their social behaviour.</p>