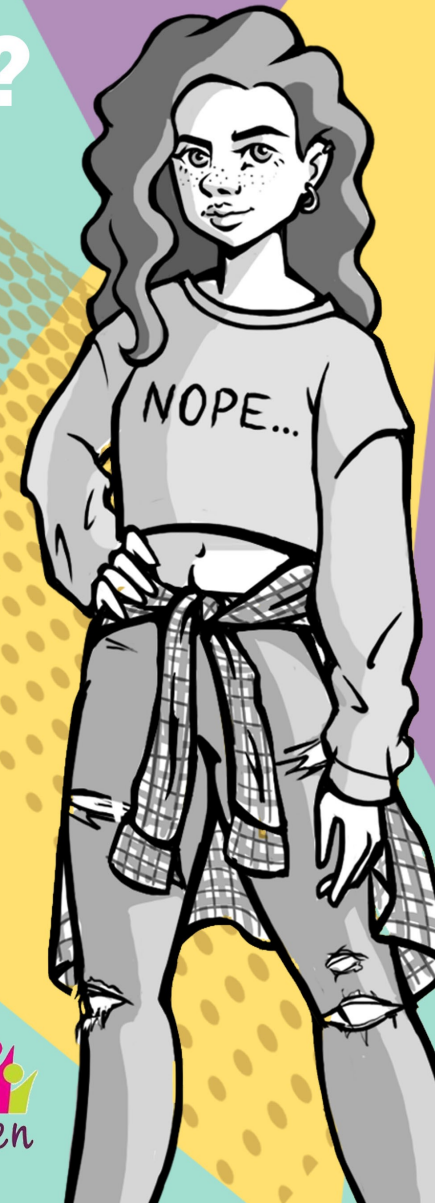


# How do I know if I'm making the right choices?



Mind The Signs  
A Course for Girls



Together Women Project  
106 Arundel Lane  
Sheffield





## Some Useful Organisations

**The Corner**—Free, confidential, non-judgemental advice about drugs and alcohol for 10-18 year olds living in Sheffield. WhatsApp [07570948925](https://www.whatsapp.com/business/profile/07570948925). Email: [thecorner.sheffield@cgl.org.uk](mailto:thecorner.sheffield@cgl.org.uk). Or find on social media @thecornercgl

**IDAS**— Specialist Yorkshire-based charity supporting victims of domestic abuse and sexual violence. Call 0808 808 2241 (Sheffield) or 0808 2000 247 (National 24 hours helpline)

**Childline** - Call 0800 1111 , email or start a chat on their website. Their website is also a great place to go for practical advice on a range of topics.

**Door 43**— Offering mental health support to people aged between 13 and 25 in Sheffield, including one-to-one emotional support and signposting to other services in the area.

**NHS**—Use the NHS website to find information and practical advice on a range of health and wellbeing issues, including what to do for low self-esteem and anxiety. They also give information on relevant charities.

## How It's Going To Work

This resource was designed for you to work through at your own pace over the next 3 weeks.

All of the topics are linked to a graphic novel, which tells the story of Jasmine. There are 12 episodes, and they follow her struggle with friendships and peer-on-peer abuse.

In this booklet, QR Codes will take you (use your phone!) to the different episodes of the story and short, linked tasks will follow.



### EPISODE 1—SOCIAL CIRCLES

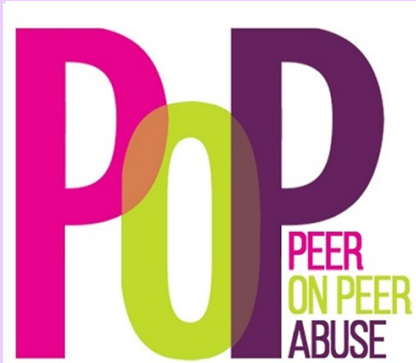
I will be holding 3 live chats: Wednesday 10th, 17th and 24th, between 4 and 5. You can come to as many or as few as you want, to chat about the topics or get help if you're stuck!

Meeting ID: 879 5446 2461

Passcode: 123861

After the three weeks are up on Friday 26th March, I'll send you a quick online survey to see how you got on, and which bits you found useful (and less useful!) And that's all! The booklet is yours to keep.

# Mind The Signs – What is it and why are we doing it?



This course looks at different forms of abuse which happen between young people of a similar age (in friendships and relationships):

- Physical
- Emotional
- Sexual
- Financial

The pandemic has put a strain on many relationships, increased instances of domestic abuse and online abuse.

## Notes

Although the romantic/sexual pairings in this graphic novel are male/female, with the male as abuser, abuse can occur between people of all genders.

## Content Warning

The graphic novel and booklet contain examples of abuse and may be distressing.

## Notes

A series of horizontal dotted lines for taking notes, contained within a decorative blue border.



# Focus on Strengths

In Reflections, we see Jasmine a few years older and learn that she is the creator of this story. She has learnt to “trust her gut”, and it seems like this has partly come from believing in herself and her abilities more generally.

For Jasmine, she expresses herself through art, but we all have different strengths, passions, hobbies!

What are the things that matter to you, that give you strength?

People	Passions
Places	Plans



## EPISODE 1—SOCIAL CIRCLES

Episode 1 introduces us to Jasmine’s social circle, and we’re going to start our course by looking at friendships and why they’re important.

Circle the three qualities most important to you in a friend:

chatty	Open-minded	Good listener	Similar values	Stands up for their beliefs
supportive	reliable	loyal	genuine	outgoing
Same interests	Sense of humour	generous	Respects values	spontaneous
fun	smart	Easy to talk to	hopeful	patient

Why do this?

- ❖ We’re going to see lots of examples of the problems and distress friendships can cause us. Let’s start by remembering why they’re important.
- ❖ It’s good to remind ourselves what we want, what’s important to us and how we expect to be treated regularly. It can keep us safe.
- ❖ If we know what we want from others, we can see if we’re giving back what we receive!



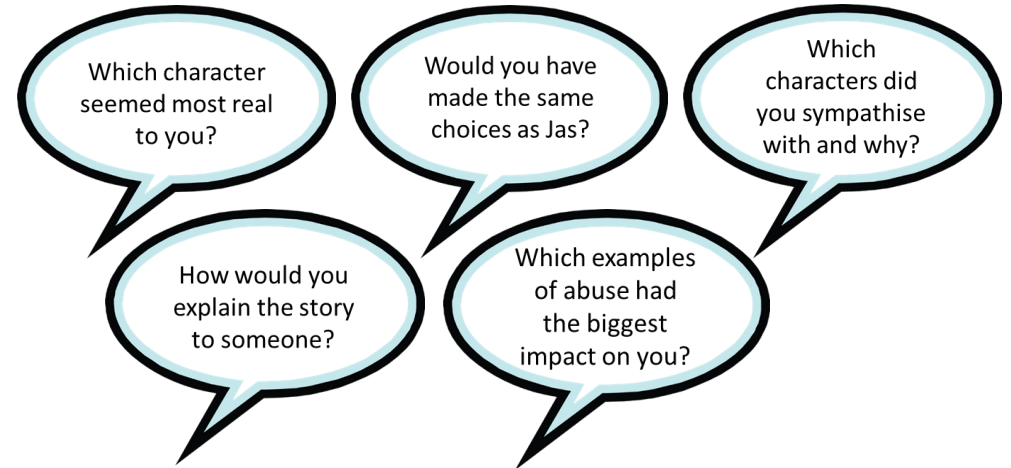


### Unkind comments in the school yard.

Also in Episode One, we hear Jasmine’s peer group being cruel about the social media account of a girl in the year above.



We’ve reached the end of the story! Have a think about the questions below, and take some notes if you want to. I’ll be asking you 2 of these questions in the survey!



Thinking back to the qualities that make a good friend, how would someone like that behave in this situation? What would they say? Would they ignore it? Would they raise the person up rather than drag them down?

- 1.
- 2.
- 3.

.....

.....

.....

.....

.....

.....



## EPISODE 11—SHARING ADVICE

In the second-to-last episode, Jas and Poppy finally have a heart-to-heart.

It's worth taking the time to look closely at their conversation .

We see that knowing what the right thing to do doesn't necessarily mean you're ready to do it! It can be very hard to follow our own advice sometimes.

If you could speak to Poppy and Jas at this point in the story, what advice would YOU give?

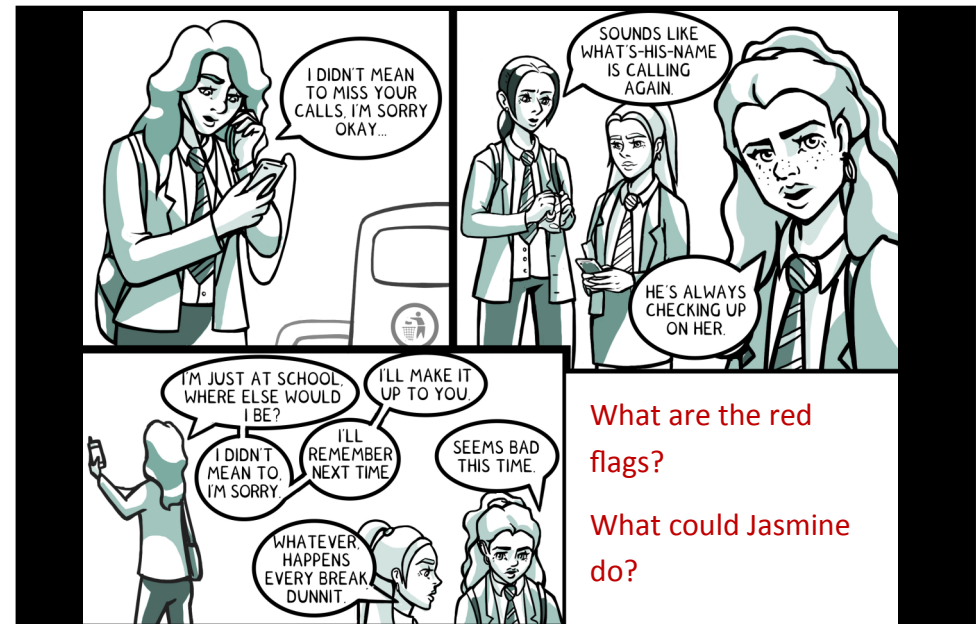


## INTRODUCING A NEW TERM—'RED FLAG'



A **red flag** is any behaviour, comment or event which makes you think abuse may be happening. A sign of danger.

Throughout this course, we will practise spotting **red flags**. This is really important, because it might help us spot someone is in trouble early on, so they can get support.



## INTRODUCING A NEW TERM—'COERCION'

Coercion is where someone is forced to do something or behave a certain way through threats, intimidation or emotional manipulation.

It is a form of *emotional abuse*.



## EPISODE 2—HOME LIFE

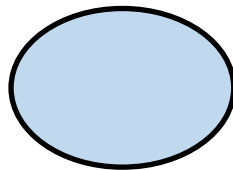
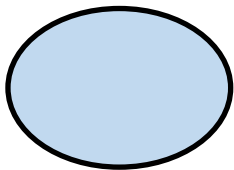
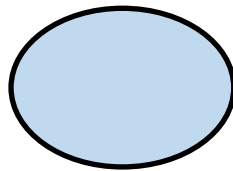
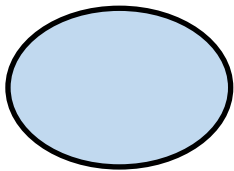
In Episode 2 we get to see a bit of Jasmine’s home life.

What do we learn that is a possible *risk factor* for abuse (so, perhaps makes her more vulnerable)



Can you think of any other *risk factors*, or things in young people’s lives that might make them vulnerable?

As Jas shuts the door at the end of Episode 2, what could be going through her mind?



## POWER & CONTROL WHEEL

Match up the examples with the types of abuse.

CW: details of abusive behaviour.

Threatening to spread rumours or tell lies about an individual to their peer group.

Denying violence or blaming the other person for “causing it”

Controlling what a partner does, who they talk to, where they go. Jealous.



Insults; name-calling; making partner feel shame to manipulate them

Emotionally manipulating partner to engage in sexual acts (pestering, guilt-trips) Getting partner drunk to lower resistance

Making someone afraid by using looks, gestures or words;

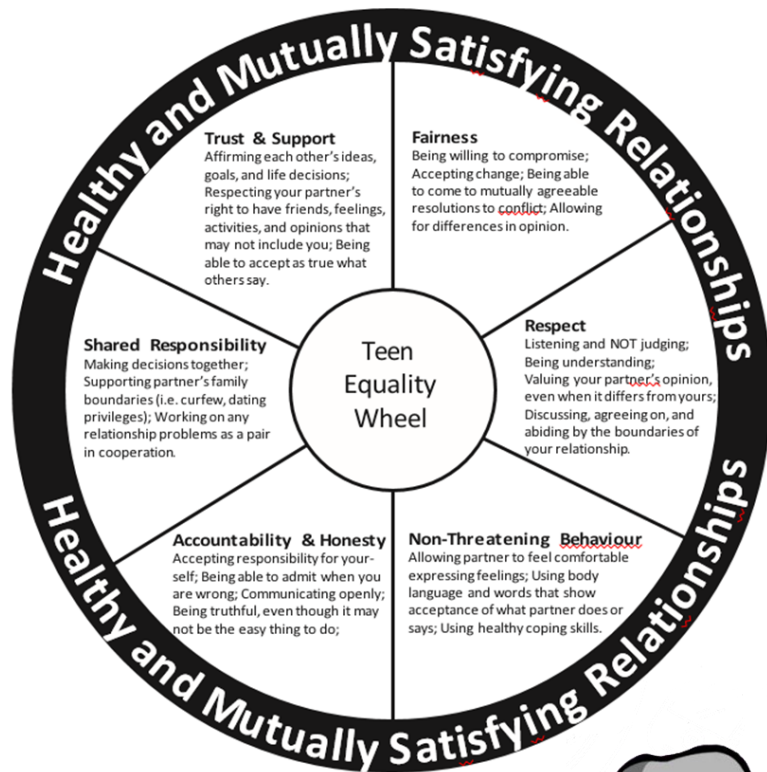
Destroying possessions, displaying a weapon, threatening to commit suicide





## EPISODE 10 –JAKE’S MANIPULATION

Now we’ve seen some examples of Jake’s manipulation, we’re going to look more closely at what makes a relationship “healthy”



On the next page, we look at some signs a relationship is abusive. Take a break if you need to before reading, and come to the live chat if you need to talk through any of it.



## EPISODE 3—THE SHOP

When Jasmine goes to the shop she encounters a group of older boys she doesn’t know outside.



Woman or girl walking alone. Man or group of men shouting out comments.

Does this look familiar? \_\_\_\_\_

Jasmine gives a jokey, light hearted response, but we *know* she’s not feeling jokey or light-hearted!

So why do you think she acts like she is?

\_\_\_\_\_



ELIZA HATCH



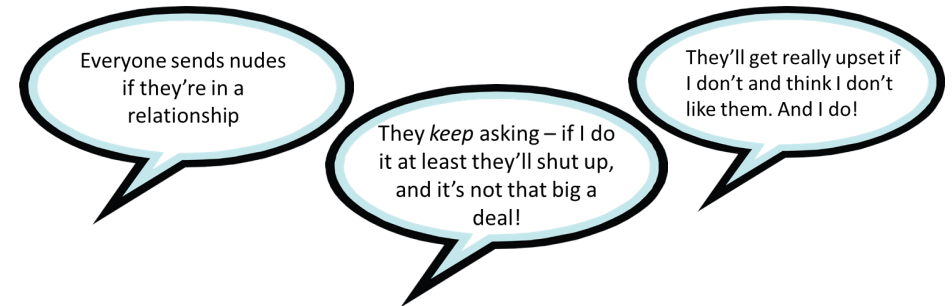
Eliza Hatch is a photographer, who created the photo series “Cheer Up Luv” as a response to street harassment.

Use the QR code to watch an interview with her, where she explains what the project is and why she thinks it’s important.

What do you think of Cheer Up Luv?

## SEXTING—coping with pressure

What do you think of the following statements?



No one should ever pressure you to send a nude image.

Pressure can include: asking all the time, making you feel guilty for not doing it or threatening you, offering you money or gifts in exchange. Anything that makes it feel like it’s not a free choice you’re making!

What can we do? **BE ASSERTIVE & EXPLAIN BOUNDARIES, USE AN APP, REPORT & BLOCK**

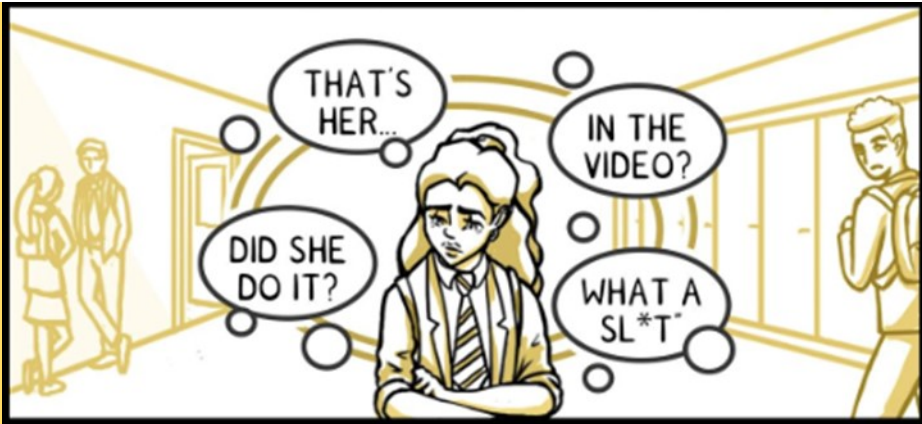
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No one has the right to share images of you without your consent. If this happens it can be devastating, and you may feel shame or blame yourself. You are not at all to blame.

Check out Childline’s page on what to do if you find yourself in this situation.



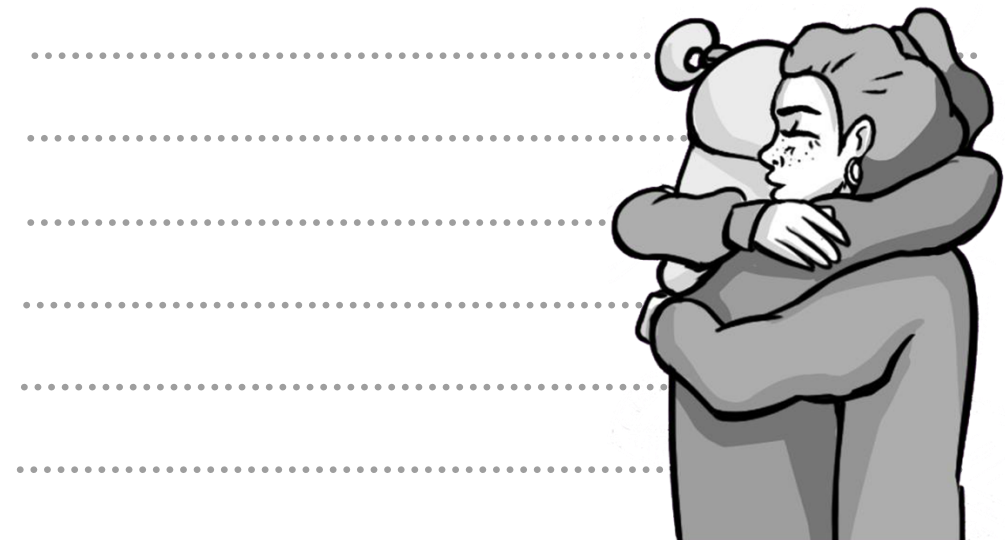
## SEXUAL CONTENT SHARED ONLINE



- ◆ We get the impression Poppy couldn't consent to the video being taken of her, and now it is being shared. Both of these things are crimes.
- ◆ Sometimes though, young people will send sexual images, videos or messages through choice. If the person is under 18, sending and receiving these is still a crime.
- ◆ Once the image is out there, we can't decide what happens with it or who sees it.
- ◆ But there *are* things we can do to stop ourselves getting in this situation, and ways of dealing with it if our images are shared without our consent.

## SPOTTING RED FLAGS

How many red flags can you spot in the conversation outside the shop?





## EPISODE 4—FOOTBALL PRACTICE

In Episode 4, a lot of verbal abuse is passed off as “banter”. But where is the line? In the example below, circle all the moments you think the situation crosses from “banter” to bullying or abuse.

Zoe’s not very good at football. Her friends make jokes about how she’ll never make the school team or have a career in the premier league. Zoe’s OK with this – she still enjoys playing for fun at lunchtime and she knows that she’s good at other things. She laughs with her friends about how she’d be rubbish on the school team – she’d probably kick the ball the wrong way or fall over during an important match!

Some of Zoe’s friends continue the joke the next day. Soon, everyone in her class is making jokes and it shows no sign of stopping. She feels a bit picked on so she says, ‘OK, enough now – the joke’s getting old!’.

No one listens, though. Every lunchtime, Zoe’s friends gather round her and make ‘jokes’ about how bad she is at football. Everyone laughs. No one wants her to play on their team, then Zoe’s friends steal her shoes and throw them on the roof so she can’t play at all. They keep doing this every day for a week.



## CYBERBULLYING

Use the QR code above to take you to Childline’s page on social media and bullying.

Scroll through for tips on dealing with it, and make notes around the picture to remind you of what you can do.





## EPISODE 9—THE AFTERMATH

In Episode 9, Jasmine goes into school after the party to discover Poppy is not there, and everyone seems to know what happened.



- ONLINE BULLYING
- SHARING OF SEXUAL IMAGES ON SOCIAL MEDIA
- MANIPULATION & EMOTIONAL ABUSE IN RELATIONSHIPS

Can you match the images from Episodes 9 and 10 with the bullet points?

## BANTER (CONTINUED...)

Do the same as on the last page (circle where it crosses a line), and then make a list of all the ways something can change from banter to abuse

Sam confides in a friend about their crush on a classmate. They ask their friend not to tell anyone, but soon everyone knows. People start going 'whooooo' when the classmate walks in. Sam's embarrassed, but they try not to take too much notice and assume the teasing will stop soon.

One day, someone pushes Sam so they fall onto the classmate they have a crush on. The classmate tells everyone that Sam's a 'creep' and everyone laughs.

Later, Sam finds out that they have been removed from a chat group and blocked from their friends' social media. No one talks to them at school anymore.

*E.g. people you don't know getting involved*

.....

.....

.....

.....

.....

.....





## EPISODE 5—THE ULTIMATUM

In Episode 5, we see Jasmine put under some real pressure to do things she doesn't feel comfortable doing...



## EPISODE 8—THE FLASHBACK

In Episode 8, we go back in time to a traumatic incident in Jas and Poppy's childhood.

### Domestic Abuse

“Any incident or pattern of incidents of controlling, coercive, threatening behaviour, violence or abuse between those aged 16 or over who are, or have been, intimate partners or family members, regardless of gender or sexuality.

The abuse can encompass, but is not limited to, psychological, physical, sexual, financial and emotional.”

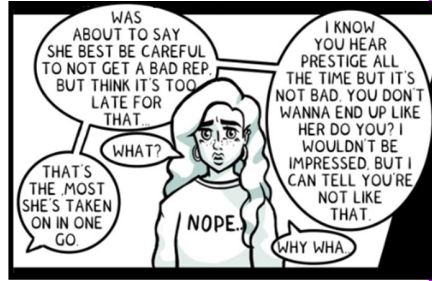


Can you make any links between what happened back then and what is happening now?

Key words: trauma, secrets

# LET'S CATCH UP WITH POPPY

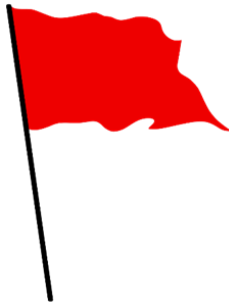
Jas loses Poppy at the party, and then this happens ...



◆ What is happening with Poppy?

◆ What are the red flags here?

◆ What could Jasmine do?



## EPISODE 6—THE HOUSE PARTY PT 1

Because Jasmine was so unsure, Poppy used a lot of different manipulative tactics to get her to go to the house party with her.



What is going on in the above statements? What emotions do they play on?

.....

.....

Tick the one you think would be most effective? What could you say in response?

.....

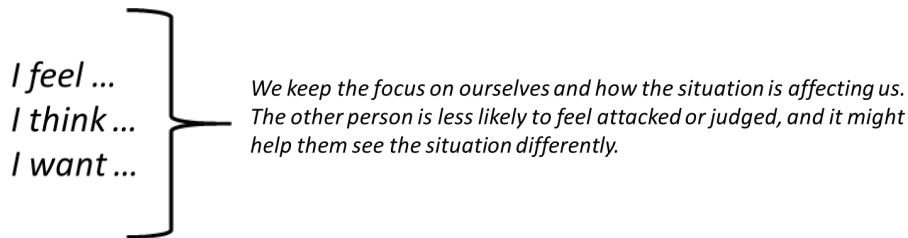
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# BOUNDARIES & DIFFICULT CONVERSATIONS

Saying no to friends is hard. Being able to communicate your boundaries, and telling people when something makes you feel uncomfortable, is hard too!

Trusting your instincts and taking control of decisions about your own life is something that might take practice, but it is worth it.

One way of talking about boundaries with friends is by using “I Statements”



Change the sentences on the left into “I statements”.

Those Year 11s seem dodgy to me.

You’re not acting like yourself – something is going on.

You’ve been drinking and doing all sorts – that’s not my scene.

Why have you been keeping secrets from me?

*I feel ...*  
*I think ...*  
*I want ...*

# CONSENT—WHAT IF WE WERE TALKING ABOUT PIZZA?

We are constantly saying yes and no in our lives, and are not judged for it! It’s normal to express what we want (or don’t) and for that to be respected. How would you feel in the situations below ?



If your friend walks into your house with a pizza that has a topping you don’t like and offers you a slice and you decline, how would you feel if they said “It’s weird that you don’t want a slice.”



If your friend walks into your house with a pizza and offers you two slices and you eat four without asking them, what do you think their reaction would be? How do you think they would feel?



If your friend walks into your house with a pizza and you ate it with them one day and then they came back the next day with another pizza and offered you a slice and you declined, how would you feel if they got upset?



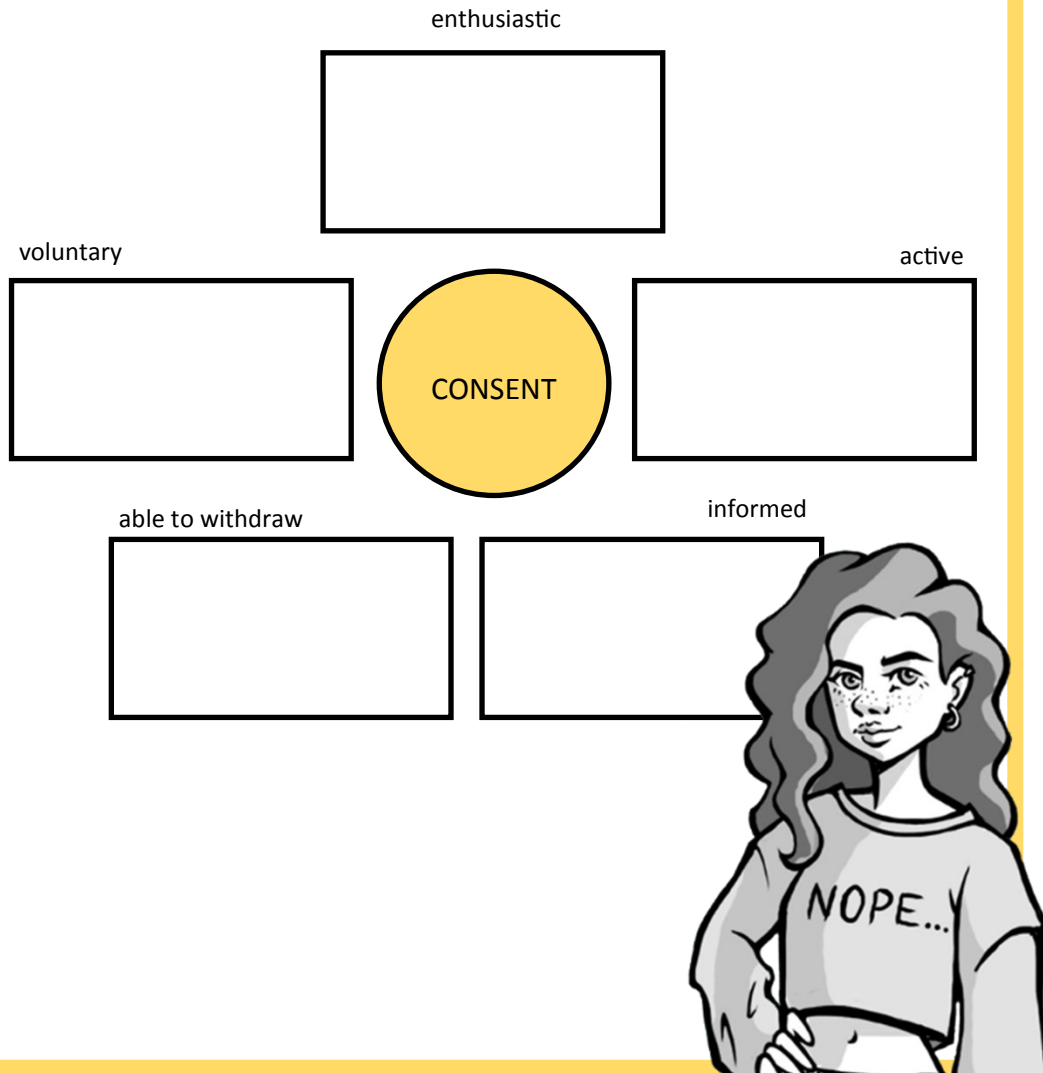
If your friend walks into your house with a pizza and half of it had a topping you didn’t like, would you feel comfortable asking for a slice with the topping you did like? How would you react if your friend told you that you could only have a slice with the topping you didn’t like?



# CONSENT

Consent isn't just "not saying no". And it isn't even just about saying yes! If you say yes, but *you don't know what you're saying yes to, or you're scared* about what will happen if you don't, or you *say no later ...* it's not the consent that needs to be in place for sexual activity to occur.

Write how they 5 words link to consent and why they're important.



# Four Types of Abuse

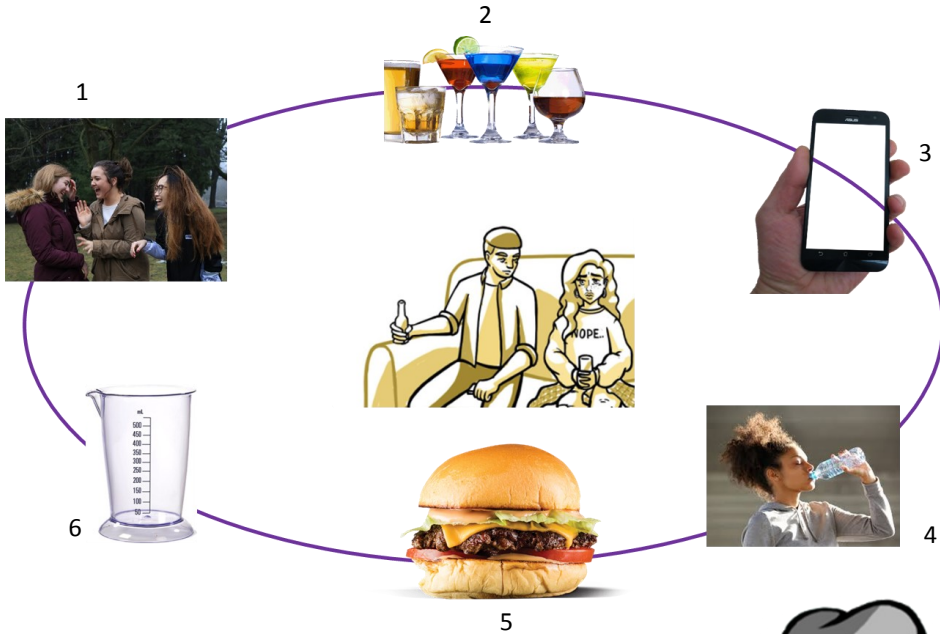
We won't cover everything in this course, and this list could be much longer. If you think you are experiencing peer-on-peer abuse, the key is to talk to someone: teacher, family, Childline, support worker. Then things can start to change.

Write in examples from the story as you find them.

EMOTIONAL
FINANCIAL
PHYSICAL
SEXUAL

# HARM REDUCTION—DRINKING ALCOHOL

If we are going to drink, what can we do to reduce the risk of coming to any harm? Label the pictures, explaining what it shows.



- 1.
- 2.
- 3.
- 4.
- 5.
- 6.



## CONTENT WARNING

Although we've already touched on some very serious topics, from the halfway point in the story, things get especially bad for our 2 girls.

Some of the issues around abuse may be upsetting for you, so please do go at your own pace, and feel free to join the live chat on Wednesday if there are things you want to talk about.