

### Module 3 - My Protected Future Self

## The Stages of Grooming

In Module 3 you learnt about:

- What peer pressure is
- How to deal with peer pressure
- Understanding the types of abuse that can happen in relationships
- Being able to identify what emotional abuse, online/bullying, physical and sexual violence can look like
- Red flags to look out for in relationships

### Red Flags to look out for in relationships:

#### Controlling Behaviour

Constantly making you feel like you need permission to see people, go out, who you can talk to, monitoring your location.

#### Gaslighting

Manipulating you into doubting something you may have said or questioned. This is a form of emotional abuse.

#### No trust

They're unable to trust you with other people, they never believe you and feel you're lying to them about situations.

#### They make you feel low

People who care for you should boost you up! Whenever you're around the person or ever since you have been in whatever form of a relationship with them you feel not yourself and have anxiety, depression, low self esteem.

#### Lovebombing

Showering you with love, gifts and adoration at the start which then turns to emotional, physical violence or threats.

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## The Stages of Grooming

#### Red Flags to look out for in relationships:

##### Being Disrespectful

Talking down to you, saying mean things about you in front of other people, not considering your feelings.

##### Physically Abusive

Physical violence could look like: Someone punching, kicking, slapping, pinching, burning you, throwing things at you, poisoning you, pushing, withholding medication, drugging you.

##### Isolating You

Controlling who you can and can't see. Wanting to only spend time the two of you and not liking when you spend time with anyone else.

##### Constant Arguing

Constant fighting which is never resolved, fighting in front of people.

##### Negative Energy

No positive interactions together, you don't often have positive experiences together.

##### Judgemental

Instead of being a person in your life that supports you, they judge and criticise anything you say or do.

##### Pushing your Boundaries

They're not listening to you when they don't stop acting in a way or doing something you have to always tell them you don't like that or to stop.

### Module 3

## My Protected Future Self - Glossary

#### **Positive peer pressure**

Positive peer pressure is when friends encourage positive habits and attitudes in your life. It's about friends supporting each other to make positive choices and grow together.

#### **Negative peer pressure**

Negative peer pressure happens when friends or peers push you to do things that can hurt you or cause problems. The negative form of peer pressure can lead to things that negatively impact your life or could have life-changing effects.

#### **Boundaries**

Boundaries are like rules we set for ourselves to feel safe and respected in relationships. They help us decide what's okay and not okay in how we're treated and what we're comfortable with.

#### **Violence**

Violence is when someone physically hurts or harms another person, like hitting or pushing them. Violence in relationships can appear in many forms, it's important to understand that violence should not only be understood as a physical form.

#### **Abuse**

Abuse is a broader term that includes not only physical harm but also other ways of mistreating someone, like being mean to them, controlling them, or not taking care of their needs. It can appear as cyberbullying, tech abuse, emotional abuse, physical abuse and sexual abuse.

#### **Online abuse and bullying**

Cyberbullying is a form of abuse; it can also be called online abuse. It is when someone is being mean or bullying a person through the internet with their goal being that the other person feels bad or upset. Places cyberbullying can occur include social media, sites, games, apps, or any other online service. The forms it can be delivered in can be post, comment, texts, messages, chats, livestreams, memes, images, videos, and emails.

## Tech abuse

Tech abuse or technology abuse is a form of abuse which occurs through technology.

## Emotional abuse

Emotional abuse is when a person is constantly making another person have self-doubt, feel bad or as if the person is useless. The emotional abusive person does this to have power and control over the other person.

## Physical abuse

Physical abuse is when a person intends to hurt you physically in any form.

## Sexual violence

Sexual violence can also be known as sexual assault. It's recognised as when someone forces, pressures, tricks, takes advantage of a person for any kind of sexual activity without the other person consenting.

## Red flag

A red flag is like a warning sign that something might not be quite right in a situation or a relationship.



To Future Me would like to acknowledge the Traditional Custodians of the land on which we are gathered and recognise their continuing connection to land, waters and culture. We pay our respects to their Elders past, present and future.



We celebrate and value diversity. To Future Me has the HEART for providing support to the community in the most inclusive manner.

**KIDS HELP LINE 1800 55 1800**

**LIFELINE 13 11 14**

**QLIFE 1800 18 4527**