



PR.I.S.C.I.LLA

Preventing Incident of Sexual Cyberbullying
in Intellectual disability

Module 1

Relationships: Feeling good with Myself and others



1

The emotions



What are emotions?

Emotions are the feelings that we have.

They help us understand how we feel and how other people feel.

Why do we have emotions?

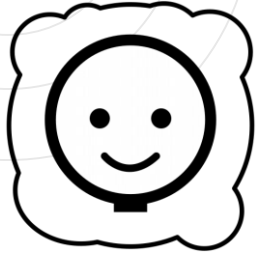
Emotions are like messages sent by the brain.

They tell us what is going on inside our hearts and minds.



Image from [Storyset](#)

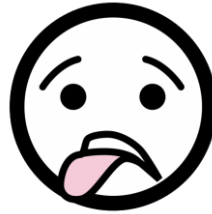
The main emotions are



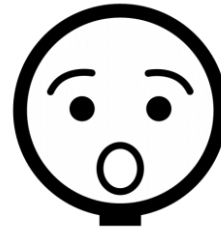
Happiness



Fear



Disgust

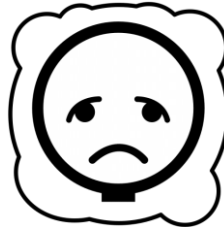


Surprise



Anger

Sadness



What do emotions feel like?

Happiness:

You may feel warm, your face may light up with a smile and you may laugh.



Image from [Pexels](#)



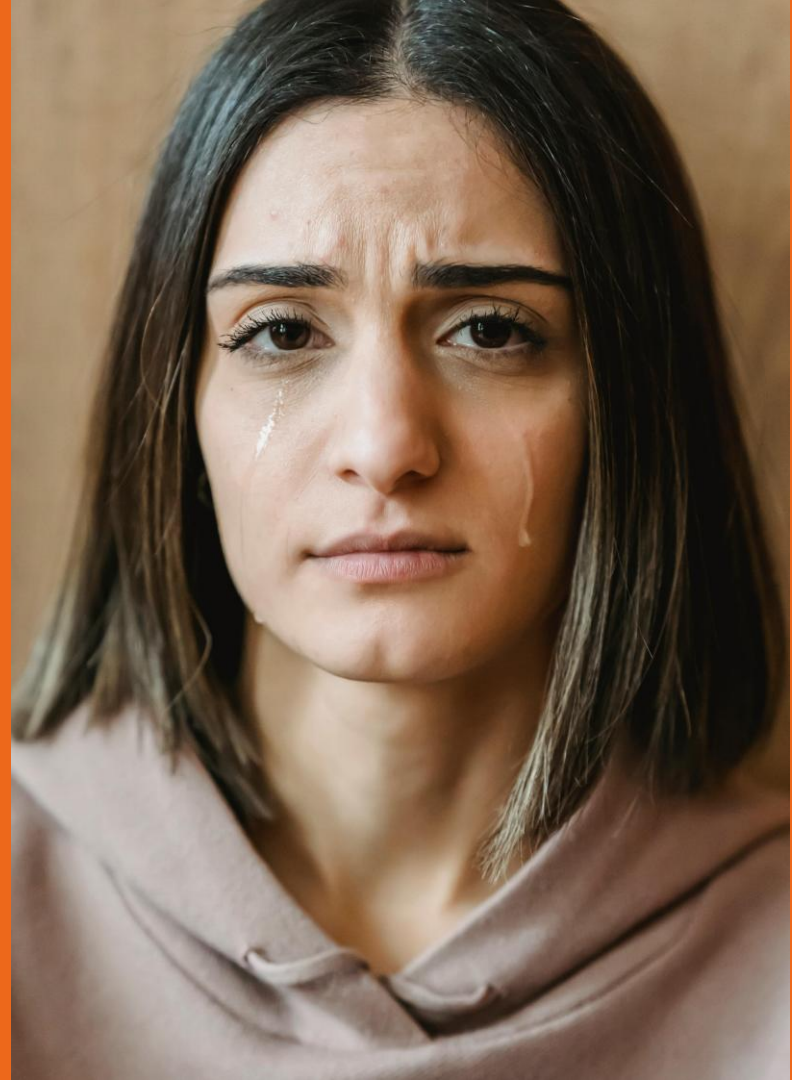
What do emotions feel like?

Sadness:

Your chest may feel heavy, your eyes may fill with tears and your energy may drop.



Image from [Pexels](#)



What do emotions feel like?

Fear:

Your heart may beat fast, your body may feel shaky and your palms may sweat.



Image from [Pexels](#)



What do emotions feel like?

Anger:

Your face may turn red, your muscles may tighten and you may feel very energetic or tense.



Image from [Pexels](#)



What do emotions feel like?

Surprise:

Your eyes may widen, your mouth may open and you may stop moving for a moment.



Image from [Pexels](#)



What do emotions feel like?

Disgust:

You may wrinkle your nose, have a bad taste in your mouth or turn your body away from something.



Image from [Pexels](#)



How do we show emotion?



We show emotions with

- Our **faces**: A smile shows happiness and a frown can show sadness.
- Our **bodies**: A hug can show love or comfort.
- Our **words**: Saying "I'm sorry" shows concern, and saying "thank you" shows gratitude.

Why is it important to understand emotions?



Images from [Storyset](#)

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REMEMBER

Everyone has feelings.

All emotions are OK. It's normal to feel happy, sad, scared or even angry sometimes.

What's important is that you learn to understand your feelings and share them with others.

Activity 1

Emotion detectives



Now is the time to test your skills with an activity on emotions!

Go to Activity 1, Emotion Detectives, and choose the version that best suits you.

2

The difference between love and friendship



Friendship

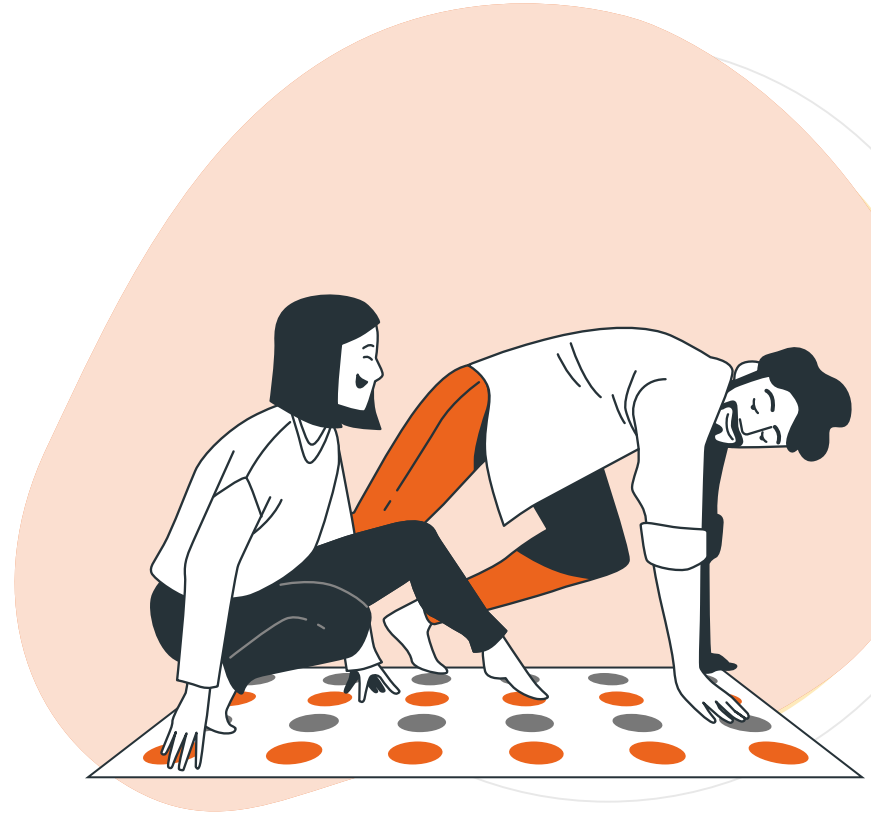
Friendship is when two people enjoy spending time together and care about each other.

Friends can be anyone - people we meet at school, work or in the community.



Friendship

Friends do fun things together, like playing games, going for walks or just having a chat.



Friendship

Friends are there to listen, help when you need it, and cheer you up when you're feeling down.



Friendship

In a friendship, you don't have to share everything with your friend. It's OK to have your own space and time.



Friendship

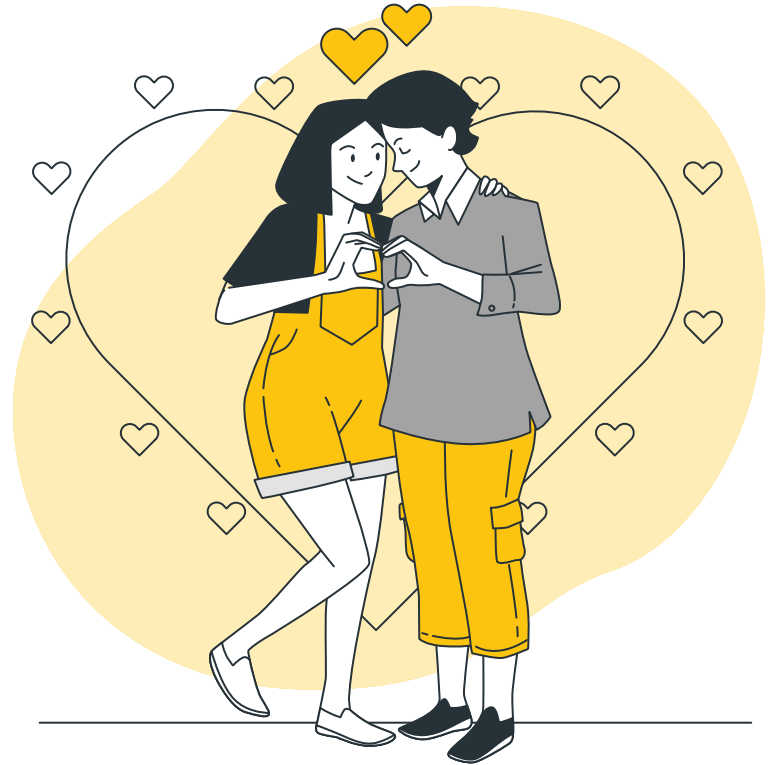
Friends do not kiss, hug or say "I love you" in a romantic way. The affection is more about care and respect, not attraction.



Love

Love is a deeper and more special feeling.

It's a relationship that often involves attraction and a desire to be close to someone in a romantic way.



Love

People in love want to spend a lot of time together.

They enjoy each other's company and often plan special activities together, such as going out on dates or travelling.

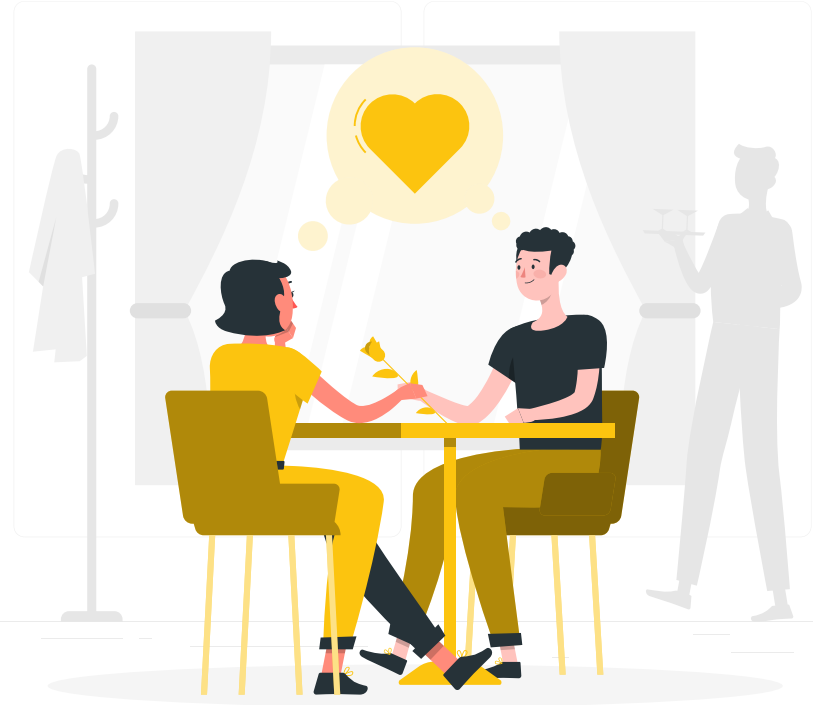


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Love

Love often involves physical affection, such as hugging, kissing, holding hands, saying 'I love you' and, if both people in the couple are ready, even making love. These gestures are meant to show how special the other person is.

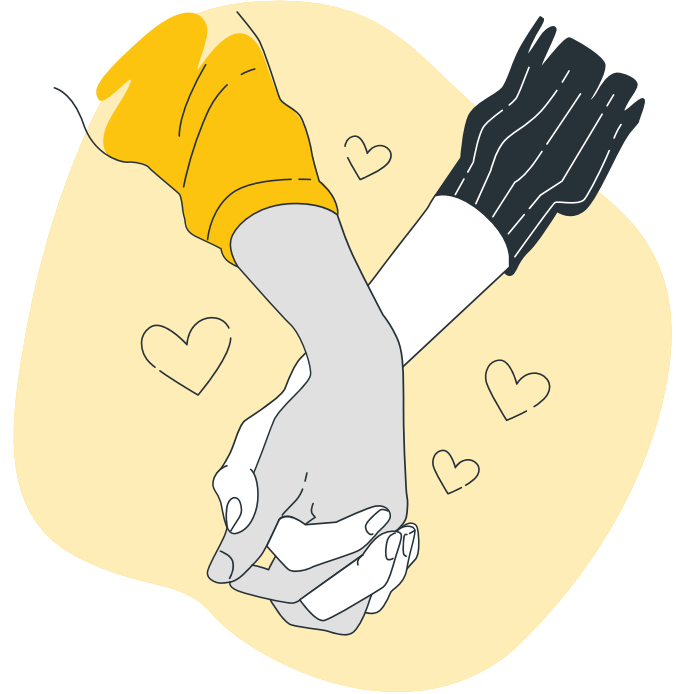


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Love

In love, you may share more about your thoughts, feelings and dreams for the future because you want to build a life together.

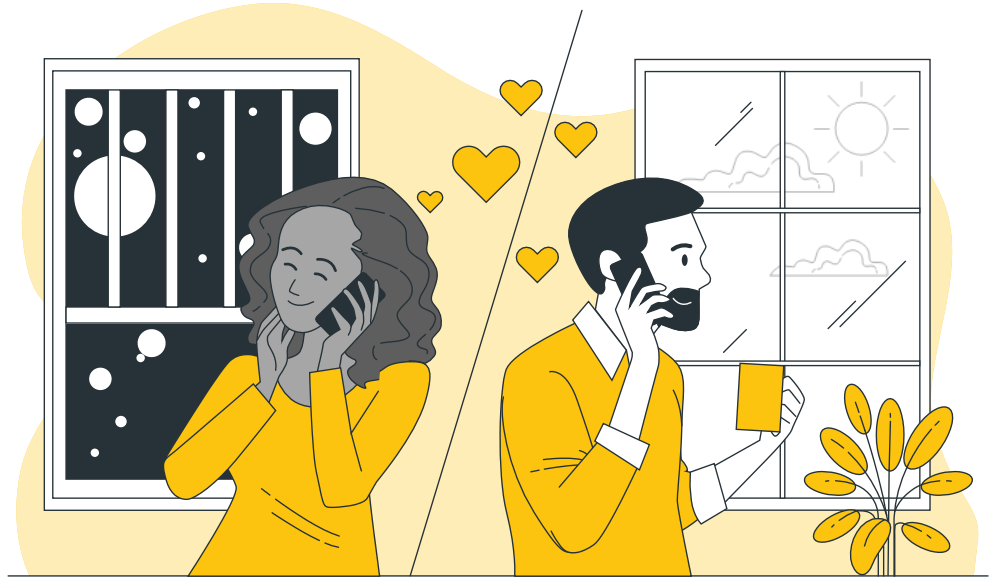
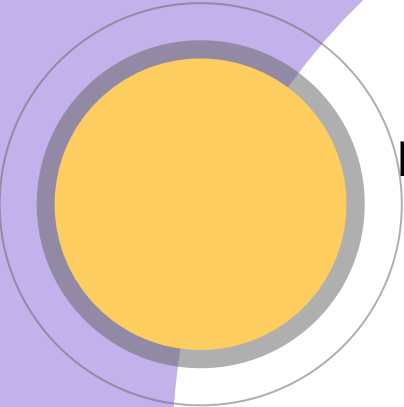


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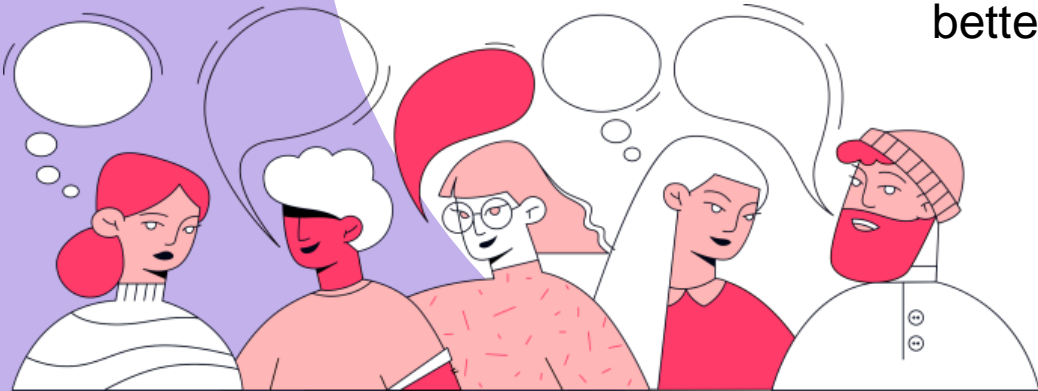
Love

People in love often talk about their future together, such as living together, getting married or having a family.





Both friendship and love are important, and both are special in their own way. It's important to understand how you feel about someone and always respect the feelings of the other person. If you're not sure whether your relationship is friendship or love, it's OK to talk to someone you trust to help you understand your feelings better!



Activity 2

Love or friendship?



**Now is the time to test your skills with an activity!
Go to Activity 2 “Love or friendship?” and choose
the version that best suits you.**

3

The importance of self-love



Self-love

Have you ever done something out of love or friendship, even though you didn't feel very comfortable with it or didn't agree with it?

Maybe a friend or someone you care about asked you to do something and you said "yes" even though you weren't sure or didn't feel right.



It is normal to want to make the people we care about happy, and sometimes we do things for them to show that we care.

Relationships, whether friendship or romance, are very important in our lives and can evoke strong emotions.

But there is another thing we need to remember: **it is just as important to show love to ourselves as it is to show love to others.**



Say NO

Saying "no" to something that makes you feel uncomfortable: If a friend or partner asks you to do something you don't want to do, it's OK to say 'no'. You don't have to do everything for others if it doesn't feel right.

Don't let anyone pressure you

Even if someone is really close to you, it's important not to let them pressure you into doing something you don't want to do. For example, if a friend asks you to go somewhere you don't like or do something that makes you feel uncomfortable, you can say, "I'd rather not do that".

Set boundaries

If someone asks you to do something that makes you feel uncomfortable, whether it's in a friendship or a romantic relationship (like being physically close when you don't feel like it), you have the right to say, "I'm not ready for that" or "I'm not comfortable with that".

Take some time out for yourself

Sometimes we are asked to be available for someone at all times. But it's important to know that it's OK to take time for yourself, to do things you enjoy or just to relax.

Be honest about how you feel

If a friend or partner wants you to act in a way that doesn't feel true to who you are, it's OK to explain your feelings and say, "That doesn't feel like me" or "I'm not comfortable with that".

Respect your own feelings

If you're feeling hurt, sad or upset about something in a relationship, it's OK to speak up. You deserve to be heard and understood, and it's important to trust your feelings

4

Social Media vs. real-life relationships: what are the differences?



Difference between Social Media and real-life relationships

When it comes to relationships, there are two main ways to connect with others: offline (in person, so in real life) and online (through the internet and social media).

There are positives and negatives to both, and understanding the differences can help you make better decisions about how to connect with people while staying true to your needs and values.

How we talk to each other

Face-to-Face Communication

You can see facial expressions
and hear tone of voice

It's easier to understand
emotions

Sometimes it can be loud or
overwhelming



Image from Storyset

How we talk to each other

Online communication

You can chat anytime,
anywhere

You have more time to think
before replying

But it's more difficult to see how
others feel



Image from Storyset

Meet new people and build relationships

In-person relationship

Friendships grow over time
It's easier to build trust
Can be hard if you're shy or
don't meet many people



Meet new people and build relationships

On social media

It's easy to find people with similar interests

It may take longer to trust someone



Trust: Building safe relationships

Trusting people face to face

- Trust grows over time
- You can see how someone acts
- Sometimes people don't behave as expected

Trusting people on social media

- Trust takes time to build and may require more patience
- People can hide behind screens
- Be careful - someone may not be who they say they are

Emotional connection

In real life

- Emotional connection can feel stronger
- It's possible to read other's body language
- Sometimes can be difficult to express emotions face-to-face



Image from [Storyset](#)

Emotional connection

On social media

It can be harder to feel emotionally close to someone

Sometimes it could be easier to talk about our emotions as you don't have to worry about immediate reactions

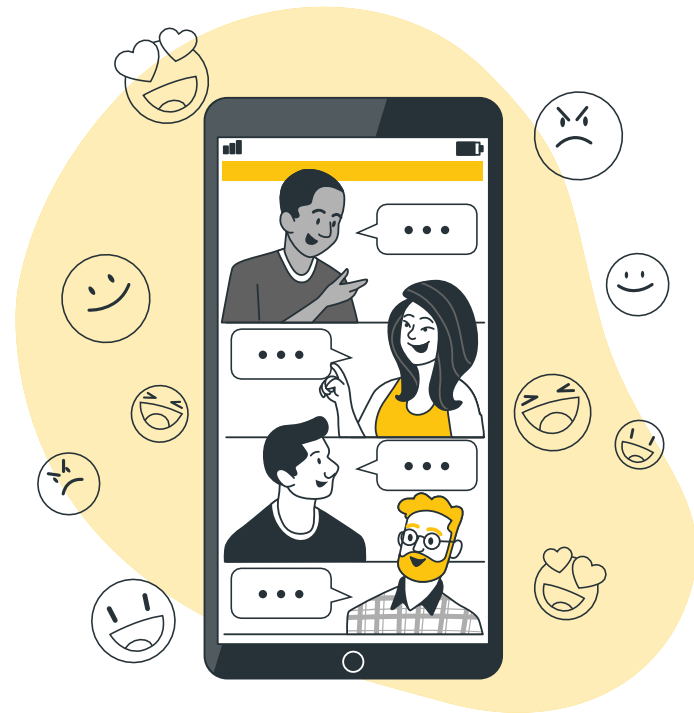


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Boundaries and privacy

In person

- When you connect with someone in real life, it's often easier to set boundaries because you can communicate directly with them about your needs. In person, it's clear when you need space or want to end a conversation

On social media

- You have more control over your privacy and can decide exactly what you want to share
- However, the Internet also brings risks, such as oversharing or unintentionally revealing private information

5

Signs of healthy and unhealthy relationships



What is a toxic relationship?

A toxic relationship is when someone makes you feel bad, insecure or unhappy. This can happen in friendships as well as romantic relationships.

Let us look together at some signs to look out for in a toxic relationship



Disrespect

The other person doesn't listen to you, makes fun of your ideas, or puts you down.

They may ignore your feelings or make you feel unimportant.



Image from [Storyset](#)

Excessive jealousy

The person may get very jealous and ask questions like "Why are you talking to them?" or "Where have you been?" This can make you feel trapped and uncomfortable.

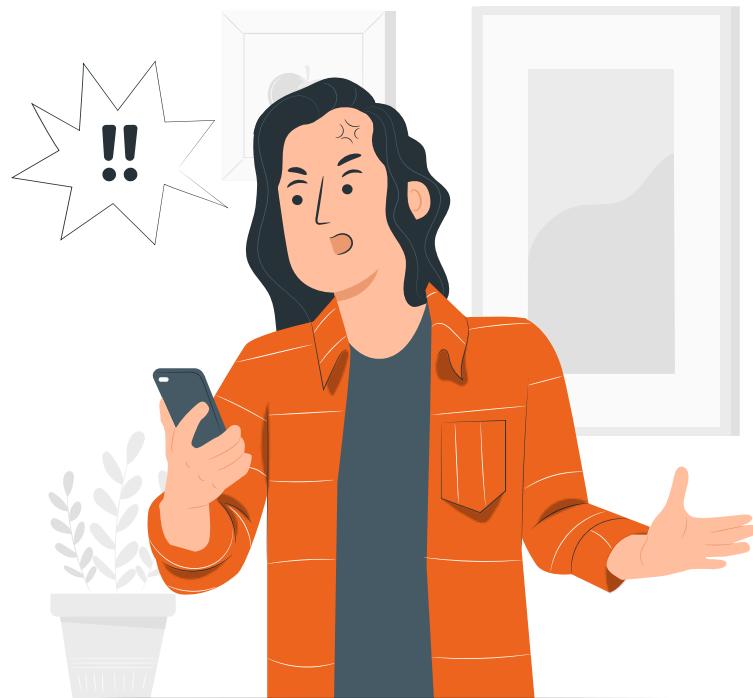


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Control

Someone tries to control what you do, who you talk to or where you go. This can make you feel like you don't have the freedom to make your own choices.



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Manipulation

They make you feel guilty about things that aren't your fault, or try to persuade you to do things you don't want to do. They may say things like "If you really cared, you would do this".

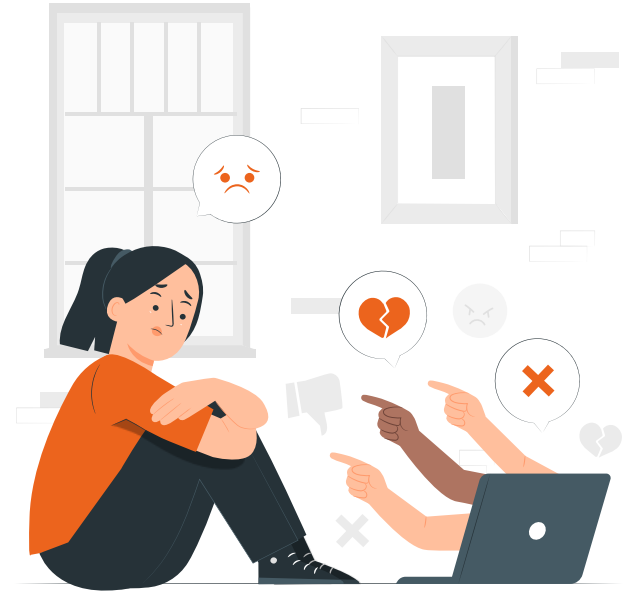


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Emotional or physical harm

A toxic person may shout at you, insult you or physically hurt you.

This is never OK, and it's important to recognise these actions as harmful.



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Feeling guilty or afraid

You may feel scared, anxious or guilty when you are around this person. You may worry about upsetting them or making them angry all the time.

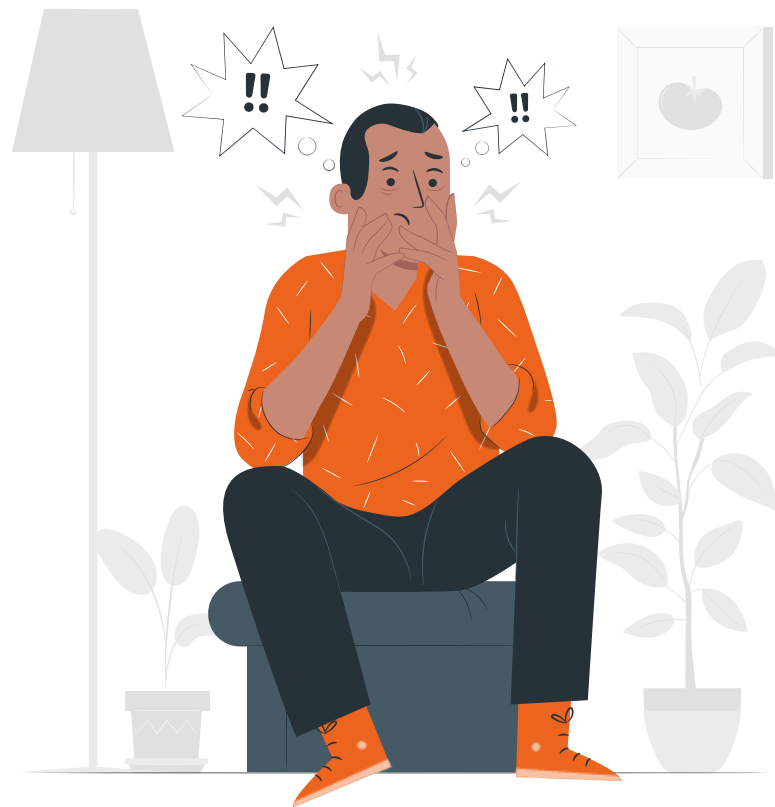


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Lack of trust

In a toxic relationship, it's hard to trust the other person. They may lie, cheat or make you feel insecure about yourself.



Image from Storyset

Isolation

They may try to stop you seeing your friends or family, making you feel alone or like no one else cares about you.



Being forced to change

If the person wants you to change who you are or what you believe in to make them happy, it's a sign of a toxic relationship. You should never feel pressured to be someone you're not.



**If you notice these signs in a relationship,
it's important to talk to someone you
trust, such as a family member, friend or
professional, to help you understand
your feelings and what to do next.**

**Remember that you deserve to be in a
relationship where you feel respected
and safe.**

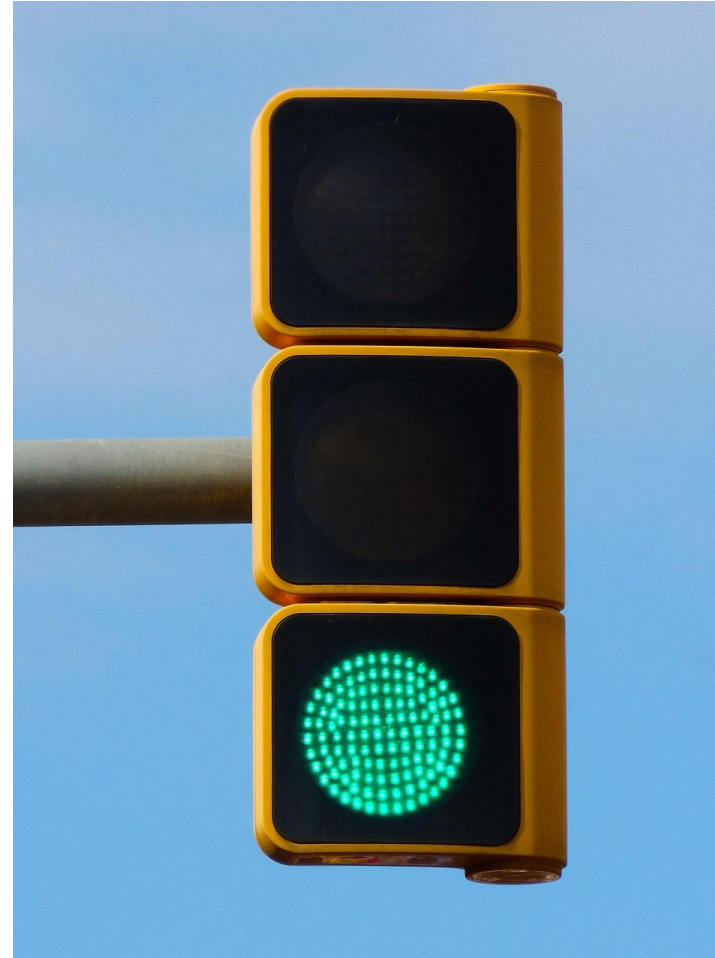


What are the signs of a healthy relationship?

Healthy relationship

In a healthy relationship, whether it's a friendship or a romantic relationship, both people feel safe, respected and happy.

Let us look together at signs that a relationship is healthy:



Respect

Both people listen to each other, care about each other's feelings, and value each other's opinions. You feel safe to share your thoughts and feelings.



Support

A healthy relationship means that you support each other through good times and bad.

You encourage each other and offer help when needed.



Boundaries

Both people respect each other's boundaries. If something makes you uncomfortable, it's OK to say no and the other person will respect your feelings.



Trust

You can trust each other and there is honesty in the relationship.

Both people feel safe and confident that they won't be lied to or betrayed.



Communication

You are open about your thoughts and feelings. If there's a problem, you work together to solve it, rather than ignoring it or getting angry.



Kindness

In a healthy relationship, both people are kind to each other.

You treat each other with care, love and respect, and you enjoy spending time together.



Equity

Both people share equally in the relationship. Neither person controls or dominates the other and decisions are made together.



Image from [Storyset](#)

Fun and enjoyment

You have fun together!

You enjoy each other's company and laugh, play and share happy moments together.



Image from Storyset

Independence

Even in a close relationship, it's important for both people to have their own space, hobbies and time to themselves.



Healthy relationships make you feel good about yourself and bring out the best in you. Both friends and partners should make each other feel valued, supported and understood.

In a healthy relationship, you can be yourself and your feelings are respected.



Activity 3

Identifying healthy and unhealthy relationships



**Now it is time to test your skills with an activity!
Go to Activity 3 "Identifying healthy and unhealthy
relationships" and have fun!**

What to do if you realise you are in a toxic relationship

If you find out that you are in a toxic relationship, it is important to take steps to protect yourself.

Here are some simple steps you can take:



Ask for help

If the situation feels overwhelming, don't hesitate to ask for help. **There's no shame in admitting you need support** - talk to someone you trust. This could be a parent, therapist, teacher, mentor or someone close to you. They can guide you on what to do next and help you feel better.



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Consider ending the relationship

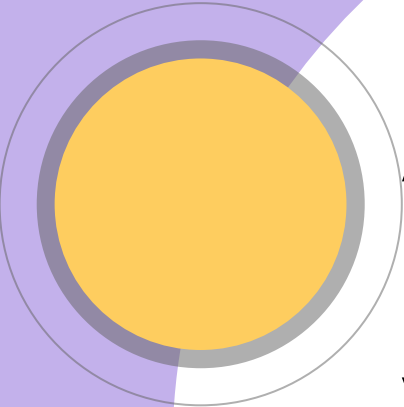
Sometimes the best thing to do is to end the relationship. If the person is hurting you or making you feel bad, it is okay to leave. You deserve to be treated well.



Stay safe

If the relationship makes you feel unsafe, find a safe place to go. Ask someone you trust for help or call the emergency services if you need it.

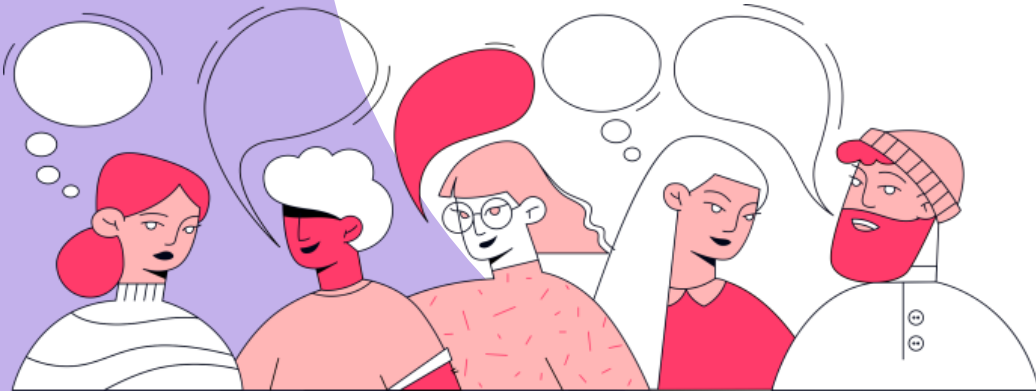


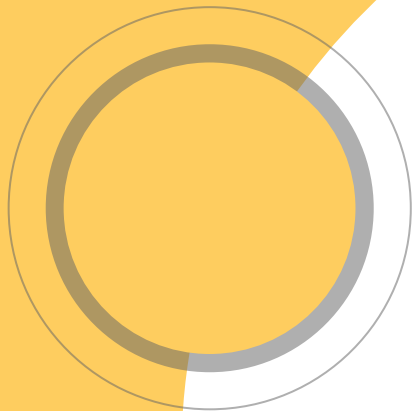


Always remember that your safety and happiness are important.

You deserve relationships that make you feel cared for, respected and safe.

Don't be afraid to ask for help if you need it!





ThankYOU



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