

# LET'S TALK...

## School RSE & PSHE Workshops

Let's Talk... is a series of group workshops created to educate and empower children and young people, while raising awareness around crucial and important issues that many will face while growing up. It provides healthy, age appropriate messages and opens honest and engaging discussions around **gender, sexuality, consent, puberty, grooming, abuse** and other **risk** and **peer issues**.



Let's Talk...is designed in accordance with the **PSHE Association** Curriculum Guidance and the **Relationship Education, Relationships and Sex Education, and Health Education**.

Let's Talk...has been developed to not only respond to emerging trends but to also promote **awareness** and **education** at a wider age range, tackling issues and early **prevention** at Primary age as well as Secondary.



This allows children and young people to receive positive messages around their **relationships** and **wellbeing** at key stages of their education and therefore increasing their knowledge and resilience.

Let's Talk...compliments the **"What's The Debate?"** resources which allows educators and youth workers to further promote and continue educating the key messages delivered in the Let's Talk...workshops.

# Let's Talk...Workshops

## Primary School Workshops

Our Primary School Workshops are designed to be delivered to those in Year 5 and Year 6 but can be adapted for other year groups.

**About My World** -- This workshop has been designed to introduce topics such as **gender** and **sexuality** in an age appropriate way by delivering the key messages of **respect** and **rights within relationships** including **peer pressure** within friendships.

**Consent** -- Focusing on our own **personal boundaries**, this workshop looks at what is OK and not OK within all forms of relationships, the difference between **secrets and surprises** and learning to understand the **warning signs** our bodies give us when things don't seem right.

**Our Bodies** -- This workshop covers the key facts about **puberty** and the changes our bodies go through during adolescence, including physical and emotional changes. Separate workshops available on Period Health, Reproduction and Emotional & Social Changes.

**Our Digital World** -- Looking at the key rules and principles about not only **keeping safe online** but how to be **respectful online**, this workshop helps to recognise and responding to **risks** in the right way. Additional workshops on Cyber-Bullying, Online Gaming and Impact of Social Media on Our Emotions.

**Keeping Safe** -- Tackling **gangs** and **exploitation**, this workshop, in an age appropriate way, looks at the **risks** around **peer groups, peer pressure** and how to be **assertive**.

**Our Emotions** -- Looking after ourselves and that it's ok to not feel OK are the key messages from this workshop as well as identify our **emotions** and safe, practical techniques to control certain emotions such as anger.



# Let's Talk...Workshops

## Secondary School Workshops

### Year 7 Workshops

**Relationships** -- This workshop has been designed to explore the different types of relationships that we experience growing up such as **friendships, families and loving relationships**, exploring the differences, similarities and what is **healthy** and introducing the topic of **domestic abuse**.

**Sexual Bullying** -- Exploring **sexuality, gender and sex** in order to be understanding and **respectful** to individuals, this workshop also seeks to show how **stereotypes** and misrepresentations can influence our **attitudes** and **behaviours** towards others.

**Balls and Boobs** -- This workshop covers the key facts about **puberty** and the changes our bodies go through during **adolescence**, including physical and emotional changes. Separate workshops available on **Period Health, Reproduction** and **Emotional & Social Changes**.

**Contraception and Sexual Health** -- Educating on the key facts and messages around **sexual health**, this workshop looks at **contraception** methods to protect against **STIs** and unwanted pregnancies to equip young people to make **safe, informed** and **healthy choices**.

**Our Mental Health** -- Delivering the key message that we all have mental health; this workshop looks at how to maintain positive mental health while looking at the **challenges** and **stigma** against certain mental health conditions and the impact these can have.

**Saying No** -- This workshop introduces the topic of **peer exploitation** by exploring what it means to be a good friend and the **pressures** our friends put on us and the **consequences** of this.



# Let's Talk...Workshops

## Secondary School Workshops

### Year 9 Workshops

**Consent** – This workshop explores the topic of **consent**, what does consent actually mean, **recognising** it and why it is so important in all forms of relationships- not just sexual ones.

**Sexting** – The issues around **sharing intimate pictures** are explored in this workshop including **trust, privacy, responsibilities, morals** and **legal issues**. As well as the emotional impact sexting can cause and how to **respond and report** unwanted images.

**Substances and Sex** – There are many **risks** around **sexual behaviour** and these can be dramatically increased when **alcohol and substances** are introduced. This workshop looks at these risks and the impact they can have on **sexual health, sexual wellbeing** and **emotional wellbeing**.

**Managing Stress** – Exploring and giving factual information, this workshop tackles the **stigmas** around **stress, anxiety** and **depression**, the **warning signs** and offering practical solutions to manage stressful situations and emotions.

**Grooming and Exploitation** – This workshop will explore the different forms of **exploitation** such as **sexual, peer** and **criminal** as well as looking at the range of different grooming methods allowing young people to understand **warning signs, vulnerability factors** and where to get **support**.

**Abuse and Violence** -- The different forms of **relationship abuse** are explored in order to gain an understanding of the different types of **behaviours** that are seen as abusive in relationships. The workshop tackles the subject of **power and control** within relationships as well as tackling the **myths and misconceptions** of abusive relationships.



# Let's Talk...Workshops

## Secondary School Workshops

### Year 10 Workshops

**When There's No Consent** – It is important in all relationships to feel **respected** and not feel pressured by what the other person wants. This workshop helps with the understandings of **rape**, **sexual assault** and **sexual harassment** in order for young people to assert their **own choices** and to have a range of strategies to combat **sexual pressure**.

**Pornography** – This workshop explores **pornography** to tackle how **gender representations** in the **media** can influence a person's attitude and behaviour within relationships and the impact these **representations** can have on **mental health** and **body image**.

**When We're Not OK** – This workshop allows young people to recognise early **warning signs** in themselves and others when they are struggling with mental health enabling them to **seek support** and find **alternative coping techniques** before things become too much.

**Coercive Control** – This workshop tackles the topics of **coercive control** and **emotional abuse** to show that abusive relationships aren't always physically violent. Examining a range of relationships such as peers, family and exploitative, young people will be able to spot the **warning signs** and understand the **cycle of abuse**.

**Impact of Social Media** – Young people can live in a social media world being presented in images and messages which they may perceive to be real and therefore have a negative impact of their **self-esteem** and **well-being**. This workshop looks at the messages social media can give to young people as well as keeping themselves **safe in their online worlds**.

**Risks and Consequences** -- **Gangs** and **street life** gender and role differences are explored in this workshop to understand the **risks** associated with these such as **knife crime** and **sexual violence** as well as the **legal, social** and **moral consequences**.





# Let's Talk...Workshops

## Specialised Groupwork Programmes

**We All Have The Right To Be Safe** – This is a 6 Week Programme for children and young people that have historically witnessed domestic abuse. The programme tackles issues such as our support networks, identifying our emotions, it's OK to feel angry but how do we manage it and identifying healthy friendship and relationships. This programme can be adapted for Primary and Secondary aged.

**The Girl Code** – This Girls Programme looks at healthy peer relationships, body positivity, self-esteem, sexual health and emotional well-being. This group is led by the young people taking part, choosing the topics that are important to them, allowing to tackle gender stereotypes and promote peer led education. Min of 3 Sessions, 6 Sessions Recommended


**The Boys Club** -- This programme looks at the misconceptions out there that says what it means to be a man, tackling masculinity, body image, risk and respect. This programme is led by the young people taking part, allowing them to ask the important questions to them. Min of 3 Sessions, 6 Sessions Recommended

**Free From** – This programme tackles teenage relationship abuse with the aim to help empower young people to make healthy and safe relationship choices. Aimed at young people who are at risk of entering their own abusive relationships, this programme looks at the concept of power and control, the dynamics of abusive behaviour and ending a relationship safely. Min of 6 Sessions to be delivered.

Further details of these programmes are available on request.



# Booking Terms & Conditions



Full Terms and Conditions can be obtained upon request. Let's Talk...Workshops is a product of "What's The Debate?" including, but is not limited to, the design, layout, look, appearance and graphics. Reproduction is prohibited other than in accordance with the copyright notice, which forms part of these terms and conditions.


Individual workshops are delivered between 60 and 90 minutes and are booked for a total of 2 hours, allowing time for set up and debrief or individual questions.

Cost includes certificate of attendance and handouts when applicable.

Individual workshops are booked at £85

A group booking of 3 workshops are booked at £225

A group booking of 6 workshops are booked at £450




Workshops can be mixed, for example a school can book 2 workshops each for Year 7, Year 9 and 10 as a 6-workshop booking

Bookings outside or Worcestershire will also require travel and /or accommodation costs, but these are discussed prior to booking

Let's Talk...is also available for Drop Down Days, these are delivered as either half day or full day bookings. These are booked at £180 for half day and £350 for full day, this price is for one facilitator. Please note half day is up to 3 hours and a full day is 4 to 6 hours.

For all new customers, payment for first booking must be paid in advance and no later than 14 days prior to workshop. A cancellation charge will be applied if bookings are cancelled without sufficient notice.



The Specialised Groupwork Programmes have a minimum requirement of sessions to be delivered and are delivered at a smaller capacity than the above workshops. Due to the nature of the programmes and a duty of care, further details will be required of individuals taking part. Please contact me to discuss further and for costs.

