

SESSION OVERVIEW

| ACTIVITY | TIMING (50 mins) | WHAT YOU NEED |
|------------------------------------|------------------|---|
| Intro and group agreement | 5 mins | PPT or whiteboard |
| Introduction to consent | 10 mins | PPT, consent triangle image, Hannah Witton Consent 101 video (if using) https://www.youtube.com/watch?v=MjRLutSWwA0 |
| Sexual harassment values continuum | 15 mins | PPT, sexual harassment values continuum cards/statements/facilitator sheet |
| Unhealthy relationships | 15 mins | PPT, plain paper, Disrespect Nobody films if using https://www.youtube.com/watch?v=ObvC12uJa6A |
| Summary and support | 5 mins | PPT |



Identifying harmful sexual behaviours

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**TAKE CHARGE.
TAKE A TEST.**

SEXUAL HEALTH & WELLBEING EXPERTS

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About Brook

- Relationships & sex education
- Advice & information
- STI testing
- Contraception
- Free condoms
- Pregnancy testing & advice
- Counselling



Meet the trainer

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Group agreement



Look after yourself



Non- judgemental & open



Respectful



Safe



Take part



Ask questions (nothing personal)



Confidential



Language



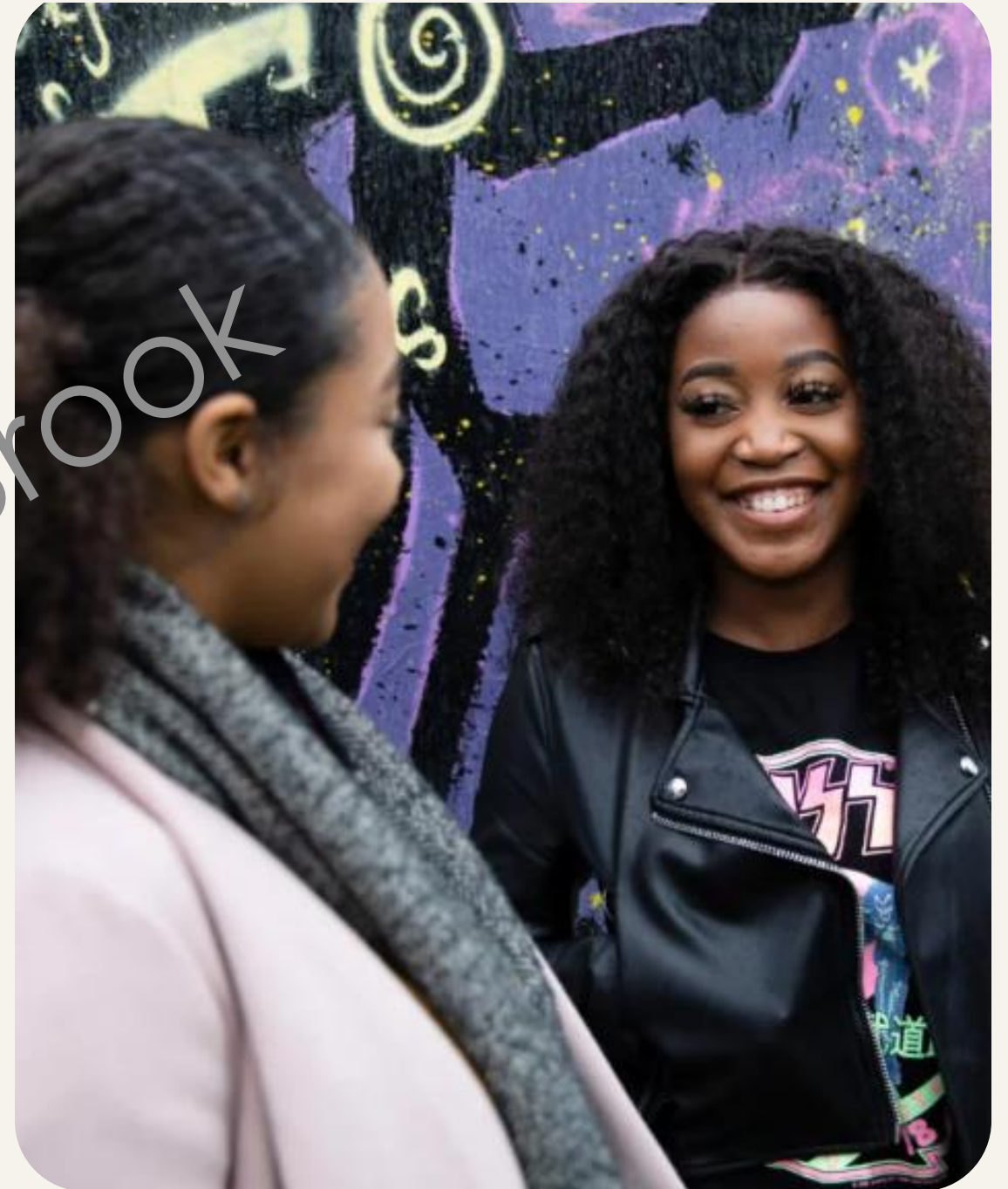
Fun

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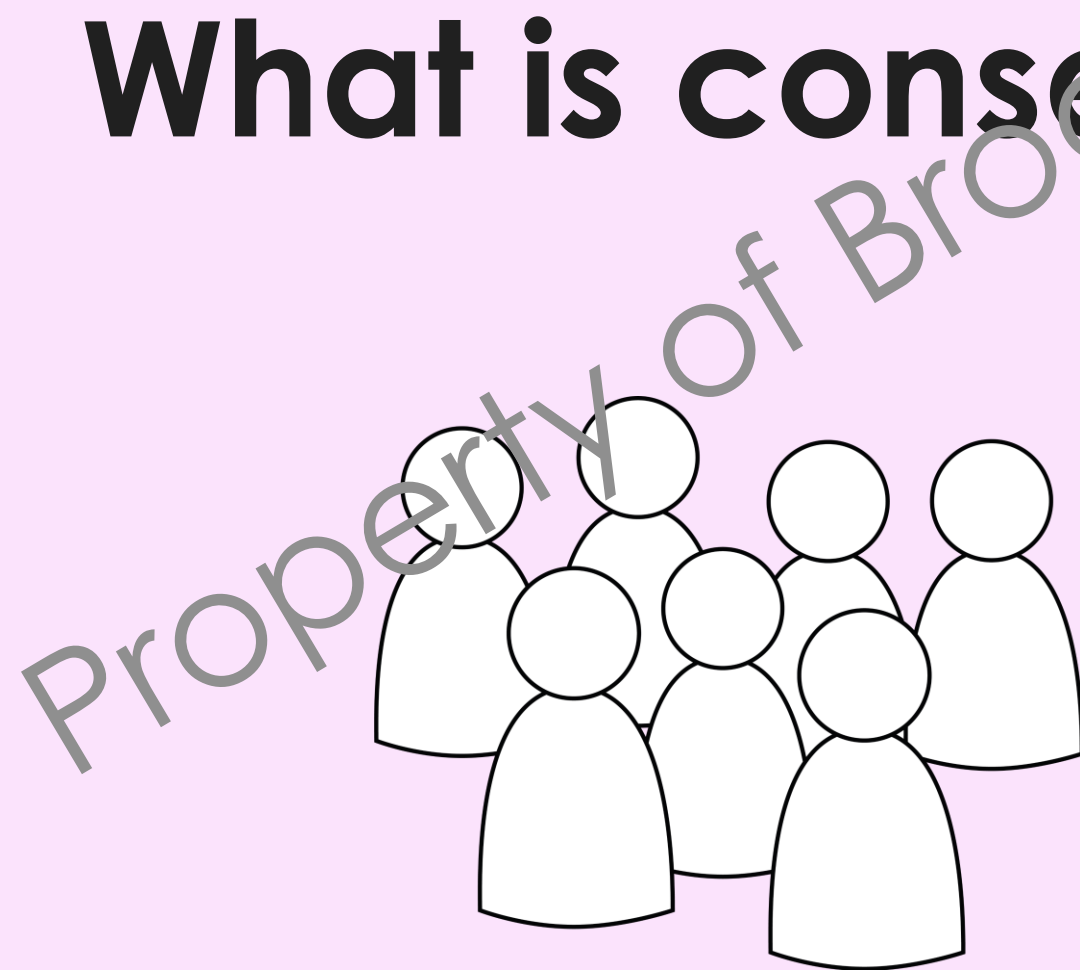
Learning objectives

By the end of the session, you will be able to:

- Identify the qualities of healthy relationships and the skills needed to support them
- Describe different types of abuse and the possible effects on the survivors of abuse
- Identify harmful sexual behaviours, including sexual harassment
- Recognise that abuse is always wrong, and that people of all genders can be perpetrators and victims of abuse and sexual violence
- Identify the range of support available for those in abusive situations and the benefits from seeking help



What is consent?



What is consent?

Noun

“Permission for something to happen or agreement to do something”

Verb

“Give permission for something to happen”

Legal definition of consent

A person consents if they agree by **choice** and has the **freedom** and **capacity** to make that choice

Statutory Definition from Sexual Offences act 2003 (section 74)

CHOICE

CONSENT

FREEDOM

CAPACITY

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WHAT IS CONSENT?

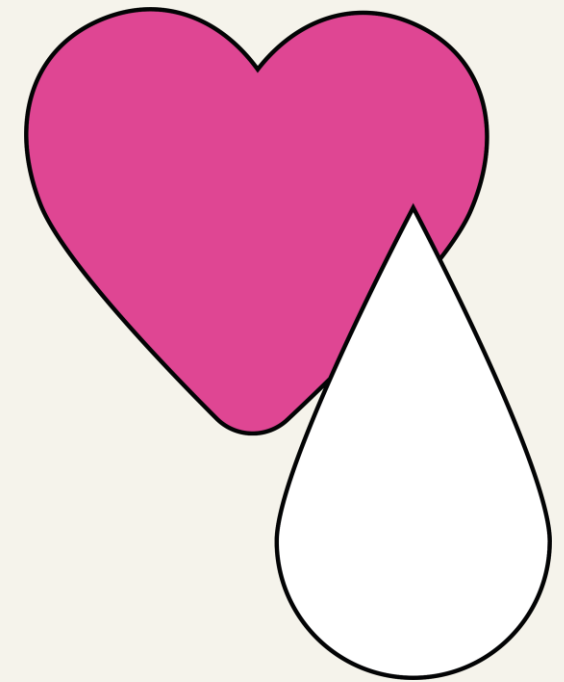
(FT. HANNAH WITTON!)

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Sexual harassment

- Sexual harassment is unwanted behaviour of a sexual nature and might be present in an abusive relationship.
- It is against the law under the Equality Act 2010 which says it has the effect of violating a person's dignity or creates an intimidating, hostile, humiliating or offensive environment
- Consent needs to be extended beyond just intimate sexual encounters, but to all environments



Sexual Harassment Values Continuum

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Sexual harassment

Everyone should have the freedom to have choice over their bodies and sexualities, without being intimidated or humiliated. This includes in online spaces.

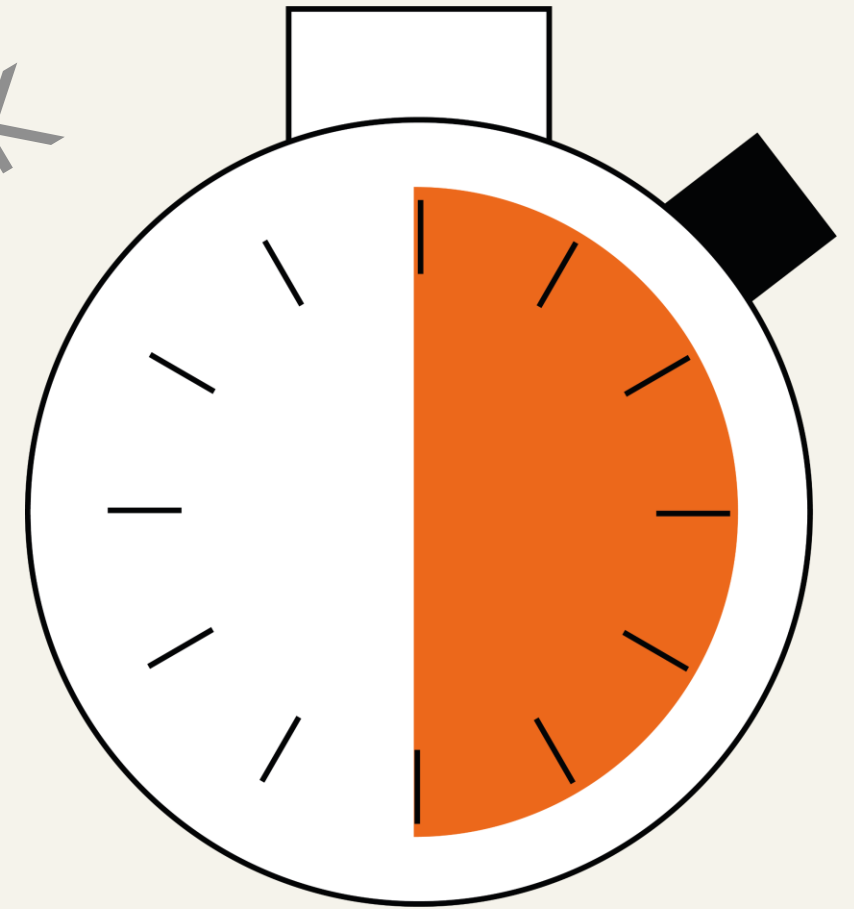


Unhealthy relationships

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Healthy and unhealthy relationships

- Note down at least five qualities that should be present in a healthy relationship
- Note down five qualities/ behaviours which might be present in an unhealthy or abusive relationship

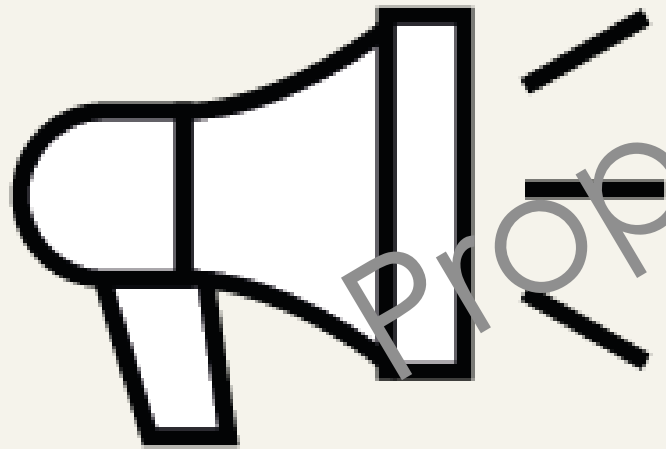


Healthy relationships involve...



- Being unique
- Respect
- Trust
- Equality
- Consent
- Safety
- Care

Dealing with harmful behaviours



- Verbal abuse
- Emotional abuse
- Controlling behaviour
- Physical abuse
- Sexual abuse
- Financial abuse



Dealing with harmful behaviours

If you find yourself in an unhealthy relationship or if domestic abuse is happening to you, it's important to tell someone and remember you're not alone.

Why is it difficult for someone to leave an abusive relationship?



Key messages



- Sexual harassment is not acceptable and consent needs to be extended beyond just purely intimate sexual encounters
- Anyone can be a perpetrator of abuse. It may be that the perpetrator doesn't realise this and needs support around healthy relationship education. It is never their partner's fault
- If you have been affected by anything in today's lesson please speak to an adult you trust

Cool down

Turn to the person next to you and share:

- What is something you learned today?
- How are you feeling?
- How are you going to look after yourself after this session? Do you have anything nice planned for the rest of the day?

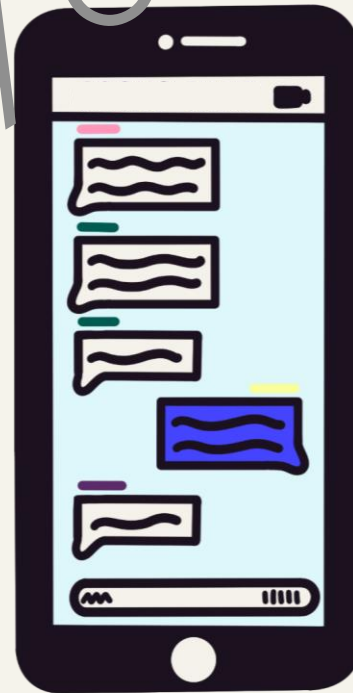


Getting help and support

I'm worried about something, but I don't know how to tell you.



I didn't want to speak on the phone, so I used a text helpline.



I want help but I don't want everyone to know...



Getting help and support

Talk to a trusted adult
Tell your GP or school nurse

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See webpage for
local clinics and
phone lines

ChildLine
0800 1111 



childline.org.uk

0800 1111

THE MIX



themix.org.uk



0808 808 499

 **text THEMIX
to 85258**

REFUGE

National domestic
hotline 24/7
0808 2000 247

RESPECT

Male victims of
domestic abuse
0808 8010 327

GALOP

LGBT+ domestic
abuse
0800 999 5428

Ask Brook

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ASK BROOK... A GUIDE TO SEXUAL HEALTH & WELLBEING

🔍 Quick-search our info, advice & real stories...

I'M LOOKING FOR HELP WITH...

Having sex for the first time













Getting an STI test

Emergency contraception

What contraception is right for me?

I've had unprotected sex

I'm concerned about myself or someone else

| | |
|---|--|
|  CONTRACEPTION |  STIS |
|  PREGNANCY |  SEX |
|  GENDER |  SEXUALITY |
|  MY BODY |  ABUSE |
|  RELATIONSHIPS |  WELLBEING |
|  VAGINAS & VULVAS |  PENISES & TESTICLES |
| REAL STORIES | GET HELP |



**Thank you for listening.
We hope you enjoyed it!**

**Diolch am wrando
rydyn ni'n gobeithio wnaethoch chi
fwynhau!**

