

dhiverse
sexual health matters

**Relationships & Sex Education
for the 21st Century**

Workshops for YEAR 11

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1. Why Dhiverse?

With over 25 years experience of providing sexual health and relationships support and education, we have continually adapted our provision to meet the changing needs of young people throughout three decades. Today, we are a well-respected sexual health charity in Cambridgeshire, Peterborough and areas of bordering counties.

Our RSE provision reflects and meets the needs of young people in the 21st century, and our workshops are creative, interactive and **always** age appropriate. They are designed to give young people the information to make their own informed decisions; not to lecture them or tell them what to do. The content of our sessions is designed in line with the **new RSE curriculum introduced in 2020 and matches national guidance.**

We work hard to ensure that all of our content and resources are inclusive and reflect people of different genders, sexualities, religions, cultural and ethnic backgrounds and abilities.

**DHIVERSE is a working name of The Dales Trust. The Dales Trust is a registered charity in England and Wales no: 1058307 and a company incorporated in England no: 03249464
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The logo for Dhiverse, featuring the word "dhiverse" in a lowercase, sans-serif font. The letters are a vibrant purple color. The 'd' and 'h' are connected, and the 'i' has a dot. The 'v' and 'e' are also connected. The overall style is modern and clean.

2. About our staff

Our staff are passionate about ensuring that young people have access to good RSE that equips them to make informed choices and helps them to prevent sexual ill-health, from engaging in unhealthy relationships and keeps them and others safe.

Our staff have experience of working with young people with a range of needs, abilities and from different environments. They communicate with young people on their level; they inform and support but never tell them what do.

All key staff have a teaching, training or youth work qualification. All staff have an enhanced DBS check and have undertaken training in e.g. Safeguarding Children & Young People (refreshed regularly), Mental Health First Aid, Understanding and Communicating around Sexual Health and Professional Boundaries.

3. Our approach is...

Evidenced based

Research from the *Sex Education Forum* and *PSHE Association* tells us that comprehensive RSE is the most effective way to deliver this work, and on average delays the age of first sex as well as making first sex more likely to be wanted, protected and competent.

Intersectional

We strive to be inclusive to young people with varying needs. Our content does not ignore the differences in our students' experiences, but aims to encourage empathy and active listening, and to include a wide range of perspectives. We want young people to be able to take the information and skills they gain and apply them to their own circumstances and values.

Rejects shame

It is widely evidenced that shaming people is not effective in promoting positive behaviour change. We aim to cultivate an open, judgement free space where everyone is empowered to be curious. Dhiverse facilitators will answer any questions that young people ask. They will never refuse to answer a genuine question and will try to an honest and age appropriate answer.

Empowerment centred

We never tell young people what to do. Instead, we give young people unbiased facts so they can go on to make healthy, informed and responsible choices. We don't want to lecture young people, but simply offer a space where they can improve the skills around relationships, communication and self-advocacy that are essential to a positive and fulfilling transition into adulthood and beyond.

4. About our workshops

Today's children and young people are growing up in an increasingly complex world and living their lives seamlessly on and offline. This presents many positive and exciting opportunities, but also challenges and risks. In this environment, children and young people need to know how to be safe and healthy, and how to manage their academic, personal and social lives in a positive way.

Extract from the Department for Education Guidance

Our workshops are designed to meet the needs of young people in the 21st century. They are **always age appropriate** and can be adapted to meet the target audience.

Workshops are interactive and student led because evidence shows that young people engage in RSE better this way.

Each workshop is roughly **an hour long** and we prefer to deliver them to a maximum of **35 students** to ensure that participants get the best experience.

5. Workshop Menu for Year 11

Consent revisited

As well as revisiting the general concepts underpinning consent, this lesson extends on students' understanding of consent by considering the impact of alcohol and drugs on our ability to consent. It also explores how we might be able to mitigate an imbalance of power and where that's not possible.

Analysing risk

As this lesson evidences, taking risks is a healthy part of adolescent development. It develops students' ability to analyse the likelihood and severity of risks, as well as the positive benefits of taking appropriate risks. It raises an awareness of risk taking so that young people can adopt a more conscious and safe approach when taking risks.

Pornography revisited

During this revision session, students will get the opportunity to showcase an in depth understanding of the law around porn, and will reflect on how porn can impact relationships with ourselves and others (both positively and negatively). Students will also learn some strategies that can be applied when someone feels dependant and/or negatively affected by porn.

Sexual aftercare

In this workshop, students will consider how sex can affect all the different dimensions of our wellbeing, including physical, emotional, social and spiritual, and also what steps we can take to support our own wellbeing and the wellbeing of our sexual partners.

Am I normal?

Through the use of 'Agony Aunt' style questions, this session considers the idea of norms when it comes to body image and healthy sexual development. It asks students to think critically about this concept, and to look at a range of common concerns around sexual development in a distanced way, considering the advice and support that might be useful for anyone concerned about these issues.

Tailored workshops

We want to meet the needs of young people and we are happy to tweak workshops to accommodate different needs free of charge. If you would like a workshop on a topic we don't cover, or you would like a mixture of two topics, this can also be accommodated for a fee. All of our workshops are able to be delivered to groups of up to 35 students.

Q&A open platform session

We offer open platform sessions to students where they can ask questions to our RSE specialist. Students can prepare questions in lessons beforehand or they can simply come along to the session and ask questions as they think of them. Students can text the facilitator after the session if they had a question that they didn't want to raise in front of their peers.

6. The SLIP Programme

(Sex, Law, Internet and Porn)



Our *SLIP Programme* is funded by **BBC Children In Need**. It aims to support young offenders and any young person who did not fully engage with RSE (Relationships & Sex Education) at school and could be at risk of offending or engaging in risky behaviour. The programme is comprised of six sessions and is open to young people in Cambridgeshire and Peterborough up to the age of 18.

We can tailor *SLIP* to meet the needs of the participants. Our sessions can be delivered to groups or individuals.

The programme is **free** to young people in Cambridgeshire and Peterborough, however we can provide it in other areas for a charge.

7. The ABC Programme

(Awareness, Balance Choice)



The ***ABC Programme*** is a six week modular programme for anyone with a learning difficulty or autism. The aim of the programme is to provide support around relationships, sex, sexual health and keeping safe.

The programme can be delivered to groups (of up to ten participants), on a one-to-one basis or to couples.

Understanding ABC is a workshop for professionals which aims to help them to better understand the 'ABC Programme' and who might benefit from it.

Both the *ABC Programme* and *Understanding ABC* are funded by the **National Lottery Community Fund**, making them **free** of charge to people in Cambridgeshire and Peterborough. However, we can provide them in other areas for a charge.

8. It doesn't have to be awkward!

It doesn't have to be awkward! is our parental engagement programme which supports parents and guardians to understand the **Relationships and Sex Education (RSE) curriculum**. It aims to equip them with the skills and confidence to talk to children about relationships and sex at home.

The sessions provide information on:

- An overview of the national RSE curriculum
- Communication skills around relationships and sex
- Consent and the law
- Everything that your child needs to know about their body
- Growing up in a digital age

They are informal and interactive with lots of time to chat, socialize and ask questions. Some sessions may be supported by young people, who volunteer for us, so you can hear about their experiences directly from them.

9. Contact details

For further information about the RSE Curriculum or anything else in this booklet, please contact us:

E: enquiries@dhiverse.org.uk

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