

dhiverse

sexual health matters

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

Workshops for Year 7

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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.

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The logo for Dhiverse, featuring the word "dhiverse" in a lowercase, rounded, purple font. The 'd' and 'h' are connected, and the 'i' has a dot. The 'v' and 'e' are also connected. The logo is positioned in the bottom right corner of the page.

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. This in turn could help them to prevent sexual ill-health, prevent engagement in unhealthy relationships and keep them and others safe.

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

All key staff have a teaching, training or youth work qualification. They also have an enhanced DBS check and have undertaken training in a range of areas including 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 7

Class constitution

This lesson is designed to acclimatise students to studying relationships education and then later, sex education.

Students will agree on ways to create a positive learning environment. We will set expectations and come up with a 'Class Constitution' which both the teacher and students can refer back to throughout the year.

What is a relationship?

This lesson explores different types of relationships, and encourages students to think about the needs they meet. Students will be encouraged to think about the features of healthy and unhealthy relationships, and develop an understanding of what abusive behaviour might look like.

Different types of families

This session looks at what we mean by family and what it means to be part of a family. It looks at the different types of family unit, and how our differences and similarities can bring families together. The session also looks at marriage and other types of stable and committed relationships, and encourages students to consider the differences and similarities between them.

Respect

This session asks students to consider what we mean by respect and why we should accept and celebrate people's differences. It introduces the benefits of diversity in communities, as well as what we can achieve by working together.

Communication

This lesson requires students to reflect on the value and the power of communication in all forms of relationships. Students will explore how we can use language as a tool to self-advocate and share our feelings and boundaries.

Power dynamics and grooming

In this lesson, students will explore power dynamics with the aim to build a deeper understanding of what it means to be groomed. Students will be asked to imagine power dynamics through the use of old fashioned balance kitchen scales as a visual metaphor.

Practicing consent

This session looks at consent in everyday life and introduces students to what we mean by consent, how and when it is sought, and its value. It looks at consent around our bodies, the potential consequences of non-consensual interactions, and how parental responsibility plays a role in consent for this age group.

Consent online

This session encourages students to think about how the Internet works and the information that they share online. It looks at where our information goes and who sees it, and prompts students to reflect on their digital footprint and online behaviour, empowering them to navigate the internet confidently and respectfully

Staying safe online

This session begins to explore online safety, building on knowledge developed through primary school. It supports students to identify harmful content and potential abusers, and helps them to understand some of the laws around online restrictions and behaviours.

Body image & reading visual information

In this lesson, students will challenge their perception of what makes an 'ideal' body and examine where these perceptions come from. Students should come away with the message that we can celebrate differences in our bodies.

Puberty

This session aims to differentiate between sex and gender, and give students an overview of what happens during puberty, with a focus on the emotional aspects. It also covers the practical, emotional and sustainable management of periods.

Anatomy and Sex

This session introduces hormones and how they influence puberty. It helps students to understand the anatomy of sex organs and their purpose, and what we mean by secondary sexual characteristics. It also looks briefly at pregnancy, and looks to address some potential concerns that students may have around common features of sexual development.

Pregnancy

This session builds on the introductory information covered in the 'Anatomy & Sex' lesson. It looks at how and when pregnancies occur and develop, and the impact of pregnancy on the mother. It also looks at contraception and briefly at the potential problems that can occur during pregnancy.

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 Project

(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

T: 01223 508805

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