

dhiverse
sexual health matters

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

Workshops for YEAR 10

Contents

1. Why Dhiverse?
2. Our Staff
3. Our Approach
4. Our Workshops

Class constitution

Identity

Looking back at sex and relationships

Gender and identify sexual stereotypes

Sexual rights and responsibilities

Marriage

Anatomy revisited

Contraception + STIs revisted

Body image

Navigating digital media

Pornography and Ethics

6. The SLIP Programme
7. The ABC Programme
8. 'It doesn't have to be awkward!' - a parental engagement programme
9. Contact details

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
Registered address: Office B1, Dales Brewery, Gwydir Street, Cambridge, CB1 2LJ

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' is a simple, clean shape. The 'e' is also simple and rounded. The overall style is modern and professional.

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 10

Class constitution

This year group's class constitution lesson invites students to reflect on their rights and responsibilities when learning about sex and relationships. The class write an agreement for how to best work together and consider the best methods to put this into practice.

Identity

In this session, students will explore the concept of identity and the aspects that combine to make-up an Individual's identity. They will then consider how identities can form as a result of a person's history and/or information that others may not have access to or know

Looking back at sex and relationships

What can we learn from old literature about sexual health? Who has benefited from discoveries about reproduction, gender and sex and who has been left behind? This session aims to give some historical context to the subject of RSE, reflecting on how cultural attitudes have changed over time and how the past still influences attitudes, laws and relationships today. This session can be repeated with different topic resources for a wider context.

Gender and sexual identity stereotypes

Although we may not notice, our view of sex and the decisions we make about it can be incredibly influenced by our ideas around who is sexual and how they are sexual. In this session, students will consider some of the stereotypes around sexual identity (including gender, ethnicity, ability and sexuality), the prejudices that inform them and why they can be harmful to us.

Sexual rights and responsibilities

This workshop uses the concept of sexual rights and responsibilities to investigate how we should treat people, as well as ourselves in sexual situations. Students will consider the definition of sexual rights from a human rights perspective, and breakdown what sexual rights mean in practice using more relatable scenarios.

Marriage

Why do people get married? In this lesson, students will examine the history of marriage, and consider what marriage means to different people and different communities in a modern context. This will include what the law is around marriage and civil partnerships, how this can affect or change relationships, and the different choices people have around getting married (or not getting married!).

Anatomy revisited

This session revisits and builds on students' knowledge around reproductive and sexual anatomy. Students will build their vocabulary and develop their understanding of reproduction and pleasure, as well as how to look after and maintain their physical sexual health.

Contraception and STIs revisited

This lesson is a revision lesson that revisits the health risks that can come with sexual activity. By the end of the lesson, students should feel confident in their knowledge about how to minimise these risks and how to protect themselves and others.

Body image

This session explores our understanding of body image, and how fashion, advertising and other influences can affect our self-image and self-esteem. Students will consider healthy practices that they can adopt when treating and viewing their own bodies, as well as the bodies of others.

Navigating digital media

What is digital media how does it work? Students will consider how digital media conveys topics around sex, relationships and body image. Students will gain the tools to transition from being a passive consumer of digital media to an active consumer, and will engage their critical thinking skills to analyse the content that they are exposed to.

Porn and Ethics

This session on porn builds upon the media literacy developed in our Year 9 curriculum. Students will be asked to explore the cultural influence of porn and to consider the ethical impacts of both the porn industry and of consuming porn. Although the lesson doesn't place a judgement on porn consumption, it does encourage students to develop their critical thinking on the topic.

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

T: 01223 508805

**DHIVERSE, Office B1, Dales Brewery,
Gwydir Street, Cambridge, CB1 2LJ
www.dhiverse.org.uk**

