

### Session 1 - Intro to SLIP

#### Objectives:

- To discuss different sources of relationships and sex education, and to identify the most accurate sources of information.
- To identify your level of understanding about relationships and sex.

### Session 2 - Understanding consent

#### Objectives:

- To build awareness about consent and who can legally give it.
- To enable young people to recognise consensual and non-consensual situations.

### Session 3 - Media Literacy

#### Objectives:

- To develop critical thinking around online relationships and their risks.
- To raise awareness of the impact of pornography and the laws.

### Session 4 - Understanding relationships

- To improve understanding of relationships and boundaries
- To develop skills to identify behaviours and attitudes that make a relationship healthy or abusive.

### Session 7 - Wrap up

#### Objectives:

- To reflect, re-cap, and identify gaps in the programme learnings.
- To identify your level of understanding about relationships and sex.

### Session 5 - Am I normal? Sexual health

#### Objectives:

- To develop an understanding of how the sexual and reproductive body works.
- To reflect on the impact of sexual health on body image and self-esteem.

### Session 6 - Body image

#### Objectives:

- To discourage the idea of 'normal', encourage diversity and challenge stereotypes.
- To examine society's influence on body image and to recognise factors which impact self-esteem.

# SLIP

sex, the law, internet, pornography

# PROGRAMME

SLIP is a sex and relationships educational programme that aims to support your understanding of the impact of different behaviours and attitudes. We aim to provide a safe opportunity for you to learn and ask questions about relationships and sex related topics. The topics are delivered in an informal, interactive, creative, and accessible way, usually over 7 sessions.



Diverse contact details

[www.diverse.org.uk](http://www.diverse.org.uk)

[enquiries@diverse.org.uk](mailto:enquiries@diverse.org.uk)

Need to talk?

<https://www.childline.org.uk/> \*

\*young people under 19



SLIP can be delivered in small groups, or on a 1:1 basis.



SLIP can be delivered online or Face-to-Face.



**\*Participation in the programme is strictly voluntary. Only YOU can decide to take part.**



£ FREE - aged 11-24