

dhiverse
sexual health matters

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

Workshops for YEAR 8

Contents

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

Class constitution

What is health?

Recognising and challenging stigma

Understanding violence and abuse

Equality and Equity

LGBTQ+

Unpicking gender

Staying safe online

Breaking up and making up

My needs (families and gangs)

6. The SLIP Programme
7. The ABC Programme
8. 'It doesn't have to be awkward!' -
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, rounded, purple font.

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 8

Class constitution

This lesson is designed to acclimatise students to studying relationships education and then later sex education. Students agree on ways to create a positive learning environment. We set expectations and come up with a 'Class Constitution' which both the teacher and students can refer back to throughout the year.

What is health?

In this lesson, students will explore the different dimensions that make up our health, and compare this to the WHO definition of health. Students will pose the question; 'what does it mean to be healthy?', and will explore how circumstances can impact a person's health.

Recognising and challenging stigma

This lesson helps young people to understand what stigma is, why it can be harmful and provides them with some basic tools to challenge stigma.

Understanding violence

This lesson aims to broaden young people's understanding of the concept of violence by introducing sociological theory around interpersonal and structural violence. Essentially, it will explore how violence that happens person-to-person links with violence that happens on a larger scale, and vice versa.

Equality and Equity

This lesson is designed to help students to explore why equality is so important, to build an understanding of the Equality Act and our rights and responsibilities within that, and to understand equity as a tool for achieving equality.

LGBTQ+

Students will learn about the differences between sex, gender and sexuality, and explore the LGBTQ+ acronym through the lens of kindness and respect for differences in people's experiences.

Unpicking gender

In our unpicking gender session, students will begin to consider what the elements of our experience of gender are, where we get our ideas about gender from and how gender affects how we are treated. Students will consider gender stereotypes and how they affect our daily lives and relationships.

Staying safe online

Unlike your stereotypical online safety workshop, this workshop is student led, and focuses on protecting your state of mind online. Students will have the space to come up with concerns about online activity that many adults may not even be aware of, and they will then think of solutions to these problems together.

Breaking up and making up

This lesson aims to help young people to form a strategy for dealing with difficulties in their friendships, to navigate boundaries set by themselves and/or others, and to create a roadmap for moving on from emotional turmoil together or separately.

My needs (families and gangs)

In this lesson, students will consider what needs young people have, how family and other people in their life can meet these needs, and what happens when others exploit their needs for gain.

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**

