

dhiverse
sexual health matters

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

Workshops for YEAR 9

Contents

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

Class constitution

What is intimacy?

Sexual consent

Romance under the microscope

Contraception

STIs

Negotiating condom use

HIV

Under the bonnet

Pregnancy (1+2)

Fertility

R U Ready?

Sexual violence (1+2)

Coercion and control

Breaking up and making up

Turning up for people

Gender identity

Online relationships

Pornography

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, sans-serif font. The 'd' is a dark purple color, while the 'hiverse' is a lighter purple color. The letters are closely spaced.

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 9

Class constitution

This year group's class constitution lesson asks students to consider what the barriers to learning about sex and relationships might be and how we can address them in class. The class writes a constitution about how they can support each other's learning in the coming lessons.

What is intimacy?

This lesson asks students to consider what intimacy means, to consider the types of intimacy that we can use to bond that aren't sexual, and to dispel some harmful myths about sex. This lesson directly combats misinformation young people may pick up from unreliable online and offline sources.

Sexual consent

This lesson asks students to apply their understanding of consent to a sexual context, and builds an understanding of the laws around sex and how the law might inform sexual interactions. We've aimed to build a lesson that gives young people a sense of ownership over the concept of consent by examining consent as a collection of buildable social skills, and by modelling the behaviours needed to navigate consent.

Romance under the microscope

This session will ask students to consider the questions ‘what is romance?’ and ‘what makes something romantic?’. Students will reflect on what we see as romantic in society, and decide whether we romanticise the right things. We will choose something considered to be underrated, but good for our wellbeing, and use the opportunity to romanticise this in the lesson.

Contraception

This session explores what contraception is, how it works, where to get it from and the different types that are available. Students will be invited to consider the pros and cons of each method available on the NHS.

Sexually transmitted infections (STIs)

This session explores the risks involved with sexual activity. Students will know how to minimise these risks and develop an understanding of how to protect themselves and others.

Negotiating condom use

This lesson is designed to give students practical skills around safe condom use, including flavoured condoms, internal condoms and dams. It will also help students to build their communication skills around condoms.

HIV

This session will explore the differences between HIV and AIDS, how HIV is transmitted, tested for and treated, and the challenges faced by people living with HIV. Students will explore how they can take a stand against HIV stigma.

Under the bonnet

From wet dreams to vaginismus, this workshop takes a deep dive into all types of non-infectious sexual and reproductive health issues, how to look after ourselves and when and where to get help.

Pregnancy - two lessons: Parts 1 & 2

These two sessions build on students' previous learning around how people get pregnant and how the pregnancy may typically progress. They look briefly at contraception, birth, and possible complications in a pregnancy. They also begin to explore what it's like to be a parent, and what the options are for someone faced with an unintended pregnancy.

Fertility

This lesson has been designed to empower young people to understand their fertility journey in order to make informed choices around pregnancy throughout their lives. It includes how likely it is to become pregnant at each point of the menstrual cycle and how we can avoid pregnancy. It also includes how fertility changes throughout our lives, the steps we can take to support our fertility and our options if we are struggling with fertility.

R U ready?

This session explores the social constructs of sex, including 'virginity' and 'passing' into adulthood. The session also explores what sex actually is and helps students to develop an understanding of how to prepare for making decisions around sex.

Sexual violence - two lessons: Parts 1 & 2

These lessons aim to expand young people's understanding of sexual violence to include both larger scale 'structural' violence as well as 'interpersonal' violence. Students will reflect on which types of violence are still largely tolerated by society, and will be welcomed to apply their own ethical compass in the quest to reduce the harm caused by sexual violence on every societal level.

Coercion and control

This session considers coercion and control in relationships. It prompts students to reflect on acceptable and appropriate behaviours in relationships, to identify concerning behaviours, and to think about their own personal boundaries and support networks.

Breaking up and making up

This lesson asks students to consider when it's appropriate to end a relationship, and lays out the building blocks for preparing a strategy for ending relationships safely and kindly on both sides of the equation

Turning up for people

‘Turning up for people’ is an extension of healthy relationships. The lesson focuses on how we can nurture our relationships with others, taking responsibility and recognising and implementing healthy boundaries.

Gender identity

This lesson focuses on the T in LGBTQ+. Students will be asked to think about what gender identity is, where it comes from and how people experience gender differently. Students will consider how we can show respect to people with gender experiences that are different from our own.

Online and long distance relationships

This workshop presents students with three different fictional long distance relationships: a colonial era so-called ‘tobacco bride’ and groom, a 1980s connection made through a strictly personals column, and a 2020s classic linking with your Instagram mutual. Students reflect on how long distance dating has and hasn’t changed, what new challenges modern communication offers and how we can navigate long distance relationships in a safe and fulfilling way.

Pornography

This lesson is designed to explore pornography and sexting, with the aim of understanding the differences between sex and relationships that are seen in porn and those which are seen in real life. Students will explore how the porn industry works and how this impacts their own ideologies around relationships and sex.

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@diverse.org.uk

T: 01223 508805

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

