

WET-DREAMS
PREGNANCY
FERTILITY
CONTRACEPTION
SEXUALITY
INSTAGRAM
TESTING
NONBINARY
PUBERTY
HYGIENE
CREATIVE
GENDER
CONSENT
NORMAL
RELATIONSHIPS
CONDOMS
ART
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MASTURBATION
QUESTIONS
DENTAL-DAMS
SUPPORT
PORNOGRAPHY
INFORMATION
LGBTQ
STISSEXING
COMMUNICATION
TECHNOLOGY
INCLUSIVE
EDUCATION
CHLAMYDIA

21st Century
Relationships & Sex
Workshops
for young people

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Why Dhiverse?

With over 30 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 3 decades. In 2018 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. 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 and tell them what to do. The content of our sessions fit neatly into the local PHSE framework and content is constantly being updated to match national guidance.

About our workshops

Our standard RSE workshops are available **free of charge** throughout Cambridgeshire for 11-25 year olds. Our funding covers two practitioners at a time but we can provide additional practitioners for a charge.

Our workshops are **always age appropriate** and can be adapted to meet the target audience. They are **roughly an hour long** and we prefer to deliver them to a maximum of 35 students to ensure that participants get the best experience.

Although we are funded to provide RSE workshops in Cambridgeshire, we do welcome donations as they help support our unfunded projects.

PLEASE NOTE: We can provide any of our workshops to schools and other young people’s settings outside of Cambridgeshire for a charge. Please contact us for details.

“Today I learned to look for the kite mark (heart) on a condom”



Meg Veit is the Young People’s Services Manager and is responsible for managing, developing and evaluating all our work with young people. Meg has teaching skills and experience; is a self proclaimed sex nerd and even worked in Ann Summers! She’s the ‘go to’ for weird and wonderful questions. Her areas of expertise include LGBTQ inclusive sexual health, contraception, sex and the porn industry and innovative teaching techniques.

The best question she’s ever been asked is: “is lube vegan?”



Sarah Khan is a Young People’s RSE worker. She is experienced in working with all ages, abilities and hard to reach young people. Sarah leads many of our longer term and more intensive work. She loves to work creatively and uses games, art and crafts in her sessions.

The best question she’s ever been asked is: “if you have too much anal sex, will your bum hole turn inside out?”



Boban Gacov is a Young People’s RSE worker. He is a trained primary school teacher. His areas of expertise include working with young parents and foreign language students. Boban leads our work in supported living and youth groups which includes our ‘Stir It Up’ sessions.

‘Stir it Up’ sessions are a great way to remove any awkwardness when talking about relationships and sex by combing chit chat and cooking! Boban also leads our chlamydia screening outreach. ***The best question he’s ever been asked is: “If I don’t have a condom to hand, can I use a plastic bag ?”***

We also have a number of sessional workers able to deliver workshops. Each year we have interns from Cambridge University who then go on to teach with us.

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Contraception:

In this hands on workshop, students get to see what different types of contraception look like in real life, learn how they work and discuss the pros and cons of each, with a ‘Who am I?’ game. We talk about contraception myths, emergency contraception and consider the pros and cons of each option available on the NHS. We are able to do a condom demonstration too and have equipment to enable all students to practice.

STIs and HIV:

We use ‘cuddly microbes’ that represent STIs under the microscope to play a game of catch! We use this activity to talk in detail about each STI, how it’s transmitted and treated. We bust some STI myths, and talk about the stigma they can cause and how and where to get tested. Students get to think on how best to handle real life scenarios, framed within a variety of relationships. We are able to do a condom demonstration during this workshop if requested.

Consent:

We look at consent in a broad way as well as talking about sexual violence. Students play ‘you be the judge’ to familiarise themselves with the law. We practice asking for, giving and withholding consent to everyday requests both verbally and non-verbally. We frame consent through power and discuss what can give someone power in a situation and how they could abuse it. Older students discuss signs that someone may or may not be ready for sex. Our aim is not to scare students, but to always phrase consent in a positive way to encourage autonomy.

Healthy relationships:

This workshop centres around giving young people practical tools to enable them to recognize an unhealthy relationship, recognize and participate in healthy relationships of all forms and practice effective communication. We ask students to reflect on what is an acceptable way to be treated and to treat someone else in any relationship, romantic or otherwise.

#isafety:

Not your average internet safety lecture! students have the opportunity to get out their phones and explore Barbie’s Instagram mistakes. We go back to basics— how does the internet actually work, where is their information is stored and by whom? We practice recognising fake news and making safe passwords. We discuss the laws around sexting and sending nudes, where and how to report troubling experiences and how to safeguard themselves.

Pornography

We examine non-explicit pictures such as adverts and paintings to discuss what porn is and how it has affected mainstream culture. We examine how the industry works by creating an imaginary porn studio in the classroom and discuss what’s real and what’s fake. We use a hilarious video that compares porn sex to real sex, illustrated by food (think bananas, cream and Nutella!). Students reflect on what affect porn can have on their body image and view of sex. We finish with a classroom wide agree/disagree exercise.

Body image and self esteem:

Students watch a video about ‘ideal’ bodies through the ages and reflect on modern pressures by creating their own ‘Frankenstein’s Monster’. We examine how photo-shopping and filters can warp your view of how a normal body should look. We come up with practical ways to improve self esteem, including asking students to write a list of 5 things they like about themselves and their peers.

Am I normal?

Students become agony aunts, researching from provided resources to answer real, age appropriate anonymous questions from their peers. We’ve collated questions asked in the schools we visit to come up with the most frequent burning questions on young people’s minds and we fill in all the gaps. “Is my vagina normal?”, “What is masturbation?” “Is my penis big enough?”, “What’s the white stuff in my knickers?”, “Can everyone see my erection?”, “Does sex have to hurt the first time?”

Each session is tailored to the year group for the most effective session.

Tailored workshops

We are able to offer tailored workshops, either combining topics or tweaking to meet your needs and the needs of your young people. If you would like a workshop on a topic we don't cover, this can also be accommodated for a fee.

Informal workshops and drop-ins

In order to accommodate a wide variety of young people, we aim to be flexible and offer sessions in a more informal, less structured way. We can come and create art with your students, play games or we've even delivered cooking classes with a sexual health twist in our 'Stir it Up' sessions! We can have member of staff available for drop-ins where we can deliver information, support, signposting and chlamydia testing.

Assemblies

We are able to deliver to assemblies of any size on any of our workshop topics.

"I have learned a lot whilst on this course and have found the way the lesson is planned very helpful as there is lots of interactive activities, bringing a fun aspect to it."



SLIP (Sex, Law, Internet and Porn)

is one of our new initiatives and aims to support both young offenders and any

young person who did not fully engage with RSE (Relationships & Sex Education) at school. The programme is comprised of 6 sessions and is open to young people up to age 18 living in Cambridgeshire and Peterborough.

We can tailor SLIP to meet the needs of participants, by running group sessions or taking individual referrals.

SLIP is available to young people age 19 to 25 and for young people outside of Cambridgeshire and Peterborough, for a charge. Please contact us for details.

“Today I learned abuse and violence is 100% unacceptable and no means no!”

‘Stir it up’

Our ‘**Stir it Up**’ group sessions are a great way to remove awkwardness when talking about relationships and sex by combining chit chat and cooking!

Sessions are designed to be informal, relaxed, fun, informative and interactive while creating a yummy dish!

The sessions work best in supported housing or anywhere that has kitchen facilities.

Our facilitator is also a trained chef and all necessary hygiene and health and safety practices are followed.

“Today I learned that it’s important to discuss what you want out of sex”

**For information and enquiries about our
Young People’s Services contact:**

Meg Veit, Young People’s Services Manager

E: meg@dhiverse.org.uk

T: 01223 508805

OR

visit our website to complete a booking form

General Enquiries:

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