

- To ensure that participants get the most out of the training we prefer groups to be a maximum of 30 and minimum of 6 participants
- All trainings are designed to have sufficient time for participants to ask questions
- Virtual Trainings can be delivered on an evening as well as during the day
- **Open training dates** are advertised on our website and through social media
- **PLEASE NOTE** that if you opt for a training to be delivered **at your venue** and this is **outside of Cambridge, there will be an added charge for travel to and from your venue**. Our start point is CB1 2LJ

Training Topic	Length of Training	Virtual Training Group Price	Virtual Open Training Price P.P.	Your Venue Training Group Price
An Introduction to Sexual Consent	1.5hrs	£165.00	£30.00	£187.50
Let's Explore Sexual Consent	3.5hrs	£385.00	£52.50	£437.50
Bystander Intervention	1.5hrs	£165.00	£30.00	£187.50
Let's Talk About Relationships	1.5hrs	£165.00	£30.00	£187.50
How to Engage Effectively with Young People around Relationships and Sex	2hrs	£220.00	£40.00	£250.00
How to Engage Effectively with People who have a Learning Disability or Autism, around Relationships and Sex	4hrs	£440.00	£60.00	£500.00
A Whistle-stop Tour of Sexual Health	1.5hrs	£165.00	£30.00	£187.50
Understanding My Body and My Relationships – <i>workshop for parents of SECONDARY school children</i>	2hrs	£220.00	£40.00	£250.00
Understanding My Body and My Relationships – <i>workshop for parents of PRIMARY school children</i>	2hrs	£220.00	£40.00	£250.00
HIV – The Facts	1.5hrs	£165.00	£30.00	£187.50
Understanding our ABC Programme	2hrs	£220.00	£40.00	£250.00
Understanding our SLIP Programme	1.5hrs	£165.00	£30.00	£187.50
Talks	1hr	£110.00	£20.00	£125.00

## An Introduction to Sexual Consent

This training is for anyone 16+ who would like to gain a basic understanding of sexual consent. There are a lot of misunderstandings, confusions and fears around consent and this training aims to help support participants to feel better equipped to navigate consent.

## Let's Explore Sexual Consent

This training is for anyone 16+ who has a basic understanding of sexual consent and would like to explore sexual consent in more depth. Participants will gain a greater insight into the law and consent, and the differences between consent and non-consent. This training aims to provide an up-to-date knowledge of the legal framework around consent and sex and includes input from a survivor of sexual assault and the Police.

## **Bystander Intervention**

This training is for anyone age 16+ who would like to explore what is meant by both the bystander effect and bystander intervention.

Racism, bullying, sexual harassment and other inappropriate behaviours contribute to a toxic culture, and if left unaddressed, these behaviours can become normalised over time. The impact they can have on people can be hugely detrimental – leading to stress, anxiety, physical harm and mental health problems. The Bystander Effect is when a person sees another person in trouble but doesn't help or intervene. Bystander Intervention is recognizing a potentially harmful situation or interaction and choosing to respond in a safe and appropriate way that could positively influence the outcome.

This training looks at the bystander effect in general but focuses on what we can do if we witness sexual harassment or assault.

## **Let's talk about Relationships**

This training is for anyone age 16+ who would like to improve their understanding of relationships and develop tools to identify behaviours and attitudes that make a relationship either safe and positive or, toxic and abusive. We will look at:

- How to identify abusive behaviours and attitudes
- Resources that people within abusive relationships can access
- The challenges in ending a relationship we're not happy with
- How relationships evolve
- What makes a healthy relationship?

## **How to Engage Effectively with Young People around Relationships and Sex**

This workshop aims to support teachers and those who work with young people in an educational/support setting to feel better equipped to engage YP in RSE. In the session we will reflect on our own experiences of Relationship and Sex Education, and we will look at:

- Creating a safe space to teach or talk about RSE
- Responding to challenging behaviour, including sexualised behaviours and attitudes
- Managing the 'difficult' questions
- Recognising the barriers to young people engaging effectively
- The RSE Curriculum
- Age-appropriate content – PSHE Guidance

## **How to Engage Effectively with People who have a Learning Disability or Autism, around Relationships and Sex**

This workshop aims to equip professionals who support people who have a learning disability (LD) or autism, with the skills, knowledge and tools to communicate effectively around relationships, sex, sexual health and keeping safe online and in the community. We will look at:

- The relationship and sexual needs of people with a LD or autism, and their legal rights around relationships and sex
- Creating a safe environment to talk about relationships and sex
- Explore the key topics related to relationships, sex and sexual health
- How to communicate around the key topics
- Responding to challenging behaviour, including sexualised behaviours

- Managing the 'difficult' questions
- Recognising the barriers to people with a LD or autism establishing relationships
- Developing resources to help support people in these discussions

### **A Whistle-stop Tour of Sexual Health**

This session is for anyone age 16+ who would like to gain a basic understanding of what we mean by sexual health. We will look at:

- What we mean by sexual health and why it's important
- Common STIs and how to protect oneself and one's partners from infection
- Condoms and Contraception
- Sexual health check-ups and where to get support around your sexual health and relationships

### **Understanding My Body and My Relationships – for parents of SECONDARY school children**

The Department for Education guidance mentions that Relationships and Sex Education (RSE) Relationships Education (RE) and Health Education (HE) puts parents as prime educators, with schools complementing and reinforcing what children learn at home. This training aims to support parents, guardians and carers, or anyone who would like to gain a better understanding of how to talk to children and young people about sex and relationships and our bodies. We'll look at:

- The key elements of RSE and HE in secondary education
- How to normalise conversations around relationships, sex, and our bodies
- Appropriate language when talking to children and young people
- Building a positive body image, talking about the genitals; supporting puberty changes and talking about masturbation
- Tips for online safety and pornography access
- Sexual health during teen years, understanding healthy relationships, LGBTQ+ awareness, promoting consent at home

### **Understanding My Body and My Relationships – for parents of PRIMARY school children**

The Department for Education guidance mentions that Relationships and Sex Education (RSE) Relationships Education (RE) and Health Education (HE) puts parents as prime educators, with schools complementing and reinforcing what children learn at home. This training aims to support parents, guardians and carers, or anyone who would like to gain a better understanding of how to talk to children and young people about sex and relationships and our bodies. We'll look at:

- The key elements of RE and HE in primary education
- How to normalise conversations around friendships, relationships, sex, and our bodies
- Appropriate language when talking to children
- Building a positive body image, talking about the genitals, supporting puberty changes and talking about masturbation in childhood
- Tips for online safety and pornography access
- Understanding healthy relationships, families, diversity and LGBTQ+ awareness,
- Promoting consent at home

### **HIV – The Facts**

This training is for anyone age 16+ who would like to understand what HIV is, how it's transmitted, how HIV has changed in 35+ years and what it's like to live with HIV in the 2020s. We will also

explore the myths and facts of HIV and look at how we can reduce the stigma and prejudice that many people living with HIV still experience.

### **Understanding our ABC Programme**

Please note that this workshop is free of charge to people in Cambridgeshire and Peterborough.

The Diverse 'ABC Programme' is an alternative relationships and sex education programme for people who have a learning disability (LD) or autism. We work with participants to help them better understand relationships, consent, sex, how to keep safe online and out in the community, and sexual health.

This workshop aims to help parents, carers and professionals understand the need for the ABC Programme and how it supports people, explores the relationship and sexual needs of people with a LD or autism, and their legal rights around relationships and sex. The workshop will help you to understand some of the barriers people with a LD or autism face when learning about relationships, sex and sexual health and to consider more effective ways to communicate with someone with a LD or autism about sex and relationships.

You can view information on our full ABC Project using this link <https://www.diverse.org.uk/our-services/learning-disabilities-difficulties/>

### **Understanding our SLIP Programme**

SLIP stands for - Sex, the Law, the Internet and Pornography, and it is an alternative relationships and sex education programme for young people age 9 to 24 who have educational, behavioural and/or attitudinal challenges which are affecting, or have affected, their ability to engage with Relationship and Sex Education (RSE) in school, and where this lack of engagement has resulted in, or could result in, the young person offending or engaging in risky behaviour.

This workshop aims to help professionals and parents and guardians understand why SLIP was designed, why it's needed, who it benefits and what the benefits are. We will also discuss how to decide if a referral to the SLIP programme would be appropriate for the young person you are supporting.

You can view full details of our SLIP Programme using this link <https://www.diverse.org.uk/our-services/slip-sex-law-internet-and-pornography/>

### **For information or to make a booking:**

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Diverse is the working name of The Dales Trust

