

Trainings delivered to your organisation are **£250 per hour** and can be delivered face to face or online. We offer a 20% discount to NHS, local authority, charities, voluntary and community organisations.

Online Open Trainings – dates and prices charged per person, are promoted on our website and social media.

Training Topic	Length of Training
An Introduction to Sexual Consent	1.5hrs
Let's Explore Sexual Consent	3.5hrs
Bystander Intervention	1.5hrs
Let's Talk About Relationships	1.5hrs
Talking to Young People about Relationships and Sex – <i>a workshop for teaching staff and anyone working with young people around RSE</i>	2hrs
'Talk the Talk' (talking to people who have a learning disability or autism about Relationships and Sex)	4hrs
A Whistle-stop Tour of Sexual Health	1.5hrs
Understanding My Body and My Relationships – <i>workshop for parents and teaching staff of SECONDARY school children</i>	2hrs
Understanding My Body and My Relationships – <i>workshop for parents and teaching staff of PRIMARY school children</i>	2hrs
HIV – The Facts	1.5hrs
Talks and presentations on any, or a combination of, elements from the above topics	Min 1hr Max 2hrs

To ensure that participants get the most out of the training we prefer groups to be a maximum of 35 and minimum of 6 participants. Trainings can be delivered daytime, evenings and weekends and they are designed so that participants have sufficient time for participants to ask questions. There is an additional charge for travel if your venue is outside of Cambridgeshire or Peterborough. Our start point is CB1 2LJ.

Training Overviews

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. We look at the bystander effect in general, but we focus on what we can do if we witness sexual harassment or assault.

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.

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?

Talking to Young People about 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

'Talk the Talk' (Talking to People who have a Learning Disability or Autism about 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 (Secondary)

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 (Primary)

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.

For information or to make a booking:

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Charity registration number 1058307. Diverse is the working name of The Dales Trust