



Sex and Relationships Education

Support for Hackney Secondary Schools

Foreword

This updated guide provides schools with:

- Guidance on requirements around Sex and Relationships Education (SRE) and the National Curriculum;
- Information about the local context;
- Data on sexual health and sexual violence in Hackney;
- Local research findings on SRE;
- A menu of support schools can access.

Since 1998, teenage pregnancy rates in Hackney have fallen twice as fast as the rest of the country. As a consequence, a young woman in Hackney is now less likely than the national average to become a mother before she is 18. However, the rate of Sexually Transmitted Infections (STIs) diagnosed in Hackney residents is the second highest in the country.

The City and Hackney Safeguarding Children Board have identified domestic violence and the sexual exploitation of children as priority areas for local attention. SRE delivery can play an important part in assisting young people to develop their understanding and expectations about healthy and respectful relationships and to identify how to access advice and assistance when abuse occurs.

The Government's Tackling Child Sexual Exploitation Action Plan recognises that schools have an important role in protecting young people by spotting the first signs of abuse and making appropriate referrals. They also have the opportunity to deliver age-appropriate information to children and young people that will enable them to understand and manage risks and make informed positive choices, helping to prevent sexual exploitation taking place and instilling resilience.

Our own research has identified some local examples of great practice in SRE:

- Work on pupil consultation and curriculum planning;
- Work on LGBT issues and addressing homophobia.

This research also confirmed that too many young people are still not satisfied with the SRE they receive at school. An over-reliance on "drop down" days was highlighted in particular.

We know what works in terms of effective SRE and we know from the evidence what doesn't work – simply telling young people to abstain from sex.

To communicate key messages consistently to all young people, we recommend that you:

- Appreciate the value and dignity of your own body and other people's;
- If you decide to have sex, always use a condom to protect yourself from infections and use a back-up form of contraception to prevent pregnancy;
- Never be afraid to ask for help from parents, from professionals and from organisations that are confidential.



Andrew Lee

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Evidence of effectiveness – what does good SRE look like?

UNESCO Guidance on Sexuality Education

UNESCO, in partnership with other UN bodies, issued technical guidance on Sexuality Education in 2009 with the aim of informing educators of the evidence.

The review found that inadequate education leaves young people vulnerable to coercion, abuse, exploitation, unintended pregnancy and sexual infections. It also found children needed better support to find their own way through the clouds of partial information, misinformation and exploitation that come from the media, the internet, peers and the unscrupulous.

The authors reinforced the need to face up to the challenge of providing clear, well informed, and scientifically-grounded sexuality education based in the universal values of respect and human rights.

Research shows programmes with certain characteristics can help young people to:

- Abstain or delay sexual debut;
- Reduce unprotected sexual activity;
- Reduce the number of sexual partners;
- Increase the use of protection.



The characteristics of effective sexuality programmes cover:

- Knowledge of issues such as HIV, other STIs and pregnancy, including methods of prevention;
- Perceptions of risk e.g. of HIV, other STIs and of pregnancy;
- Personal values about sexual activity and abstinence;
- Attitudes about condoms and other contraception;
- Perceptions of peer norms e.g. about sexual activity and contraception;
- Self-efficacy to refuse sexual intercourse and to use condoms;
- Intention to abstain or to restrict sexual activity or number of sexual partners;
- Communication with parents or other adults and with sexual partners.

Sexual Health

The World Health Organisation undertook a technical consultation in 2002 and defined sexual health as:

“...a state of physical, emotional, mental and social well-being in relation to sexuality; it is not merely the absence of disease, dysfunction or infirmity. Sexual health requires a positive and respectful approach to sexuality and sexual relationships, as well as the possibility of having pleasurable and safe sexual experiences, free of coercion, discrimination and violence. For sexual health to be attained and maintained, the sexual rights of all persons must be respected, protected and fulfilled.”

National guidance and requirements for schools

The updated National Curriculum (DfE 2013) states:

Every state-funded school must offer a curriculum which is balanced and broadly based and which:

- *promotes the spiritual, moral, cultural, mental and physical development of pupils at the school and of society*
- *prepares pupils at the school for the opportunities, responsibilities and experiences of later life.*

Whilst Personal, Social, Health and Economic Education (PSHE) remains a non-statutory subject, the National Curriculum (DfE 2013) also asserts that all state schools '*should make provision for personal, social, health and economic education (PSHE), drawing on good practice*'. As of January 2014, all schools are required to publish details of their PSHE programmes on their website as with all other taught subjects.

Government guidance on PSHE (2013) states that Sex and Relationships Education (SRE) is an important part of PSHE education and this element of PSHE is statutory in all maintained secondary schools. However, parents have the right to withdraw their children from all or part of the SRE provided at school up to the age of 18, except for those parts included in the statutory Science Curriculum.

When any school provides SRE they must have 'due regard' to the Secretary of State's SRE guidance (2000); this is a statutory duty. Academies do not have to provide SRE but must also have regard to the Secretary of State's guidance when they do. The guidance covers:

- Developing a Policy for Sex and Relationships Education

- Specific Issues when Teaching Sex and Relationships Education
- Sex and Relationships Education Within PSHE
- Teaching Strategies for Sex and Relationships Education
- Working with Parents
- Working with the Wider Community
- Confidentiality

The full guidance is available at

www.gov.uk/government/publications/sex-and-relationship-education

Ofsted expressed concern in its 2013 PSHE report (*Not yet good enough; Personal, social, health and economic education in schools*) that lack of high-quality, age-appropriate SRE in over a third of schools left young people vulnerable to inappropriate sexual behaviours and exploitation. It is clear, therefore, that PSHE education plays a vital role in helping schools to meet their statutory responsibilities to safeguard their pupils and promote their health and wellbeing under the Children Act 2004. The full report can be accessed here:

<http://www.ofsted.gov.uk/resources/not-yet-good-enough-personal-social-health-and-economic-education-schools>

Sex and Relationships Education (SRE) for the 21st Century, supplementary guidance produced by Brook, the PSHE Association and the Sex Education Forum, was published in 2014 to keep pace with evolving societal challenges for children and young people and makes even more explicit the role of SRE in the safeguarding of children as highlighted by Ofsted (2013). The full guidance is available at **www.brook.org.uk/supplementaryadvice**

In the absence of a new programme of study from the DfE, the PSHE Association, in consultation with a wide variety of partners, has produced a revised programme of study to meet the needs of today's pupils.

The programme of study is available free and in full on the PSHE Association website at www.pshe-association.org.uk

Requirements at a glance:

ALL STATE-FUNDED SCHOOLS		
	MAINTAINED SCHOOLS	ACADEMIES AND FREE SCHOOLS
WHOLE CURRICULUM	Must be balanced and broadly based, with a statutory duty to promote pupil wellbeing. Schools must publish details of their curriculum, including PSHE and SRE	
PSHE	The Department for Education states that all schools should make provision for PSHE education, drawing on good practice. Schools are free to develop their own PSHE programme to reflect the needs of their pupils.	
SRE	It is compulsory for pupils in secondary education to have sex education that includes HIV and AIDS and other sexually transmitted infections.	
SRE GUIDANCE	Any school that provides SRE has a statutory duty to have 'due regard' to the Secretary of State's Sex and Relationships Education Guidance (DfEE, 2000)	
NATIONAL CURRICULUM	Statutory sex education in science programmes of study at Key Stages 1 to 3.*	
SRE POLICY	The Secretary of State's 2000 guidance states that all schools should have an up-to-date policy for SRE, which must be available for inspection and to parents/carers on request.	SRE policy advisable but not compulsory

*The new GCSE Science curriculum also now includes elements of sex education and sexual health. This is also statutory.

Table reproduced from Sex and Relationships Education (SRE) for the 21st Century courtesy of Brook, The PSHE Association and the Sex Education Forum. Full guidance available at <http://www.sexeducationforum.org.uk/media/17706/sreadvice.pdf>

The local picture

Audit of SRE and Funding in Secondary Schools

Two audits of SRE were conducted in 2010, one involving nine PSHE coordinators and the other involving over 200 young people. Combined, they provided us with a good understanding of what we were doing well and what we could improve further. A key message from both was around the need for a more consistent approach to SRE, both within schools and across the borough.

Only 39% of young people we talked to rated their SRE positively. Whilst sexual health and contraception appear well covered, schools could improve the way they address the legal aspects of sexual behaviour, abortion, fertility, sexuality and assertiveness.

The use of “drop down” days was the norm (for 67% of students) and only one in ten received a programme of SRE delivered over a number of weeks—as recommended by OFSTED. Young people have said they appreciate input from external projects.

Key staff in nine of Hackney’s secondary schools were interviewed and SRE policies were reviewed against a criteria based on accepted good practice. The quality of school SRE policies was variable and did not always serve as a good proxy indicator for the approach to SRE delivery in the classroom.

In 2010, a school pupil in Hackney could expect to receive between 10 and 35 hours of SRE during their time at secondary school. Use of external visitors was also variable and this included school nurses. Support was requested with addressing differences in cultural attitudes towards discussing sexual relationships and family values.

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cultural attitudes towards discussing sexual relationships and family values.

In 2011, Hackney Learning Trust (HLT) introduced grant funding to all state maintained secondary schools to drive improvement in the delivery of SRE. From 2014, this funding is being provided by Public Health (LBH) and overseen in partnership with HLT.

Further Public Health responses to the findings and continued consultation with schools have been:

- Early implementation of a brand new school based health service model
- Initial discussions on the design of a brand new children and young people’s prevention focused health service
- Support to secondary schools in working with external organisations
- Ongoing support to secondary PSHE Coordinators

For further information please contact the Public Health Strategist, Nadia Sica (contact details on back page).



The local picture

Teenage pregnancy

In 1998 Hackney and the City's teenage pregnancy rate was the 3rd highest in the country; in 2012 it is now just below the national average. The teenage pregnancy rate is calculated using the number of conceptions to under 18s measured against the number of females aged 15-17 years in the area. Due to the small numbers in the City of London, the data is combined with Hackney.

- The under 18 Conception rate in 2012 fell by 6.2% from 2011 and 63.8% from 1998.
- This is compared to England's rate down 9.8% and 40.1% respectively. There were 118 conceptions recorded to U18s in 2012, compared with 128 in 2011 and 273 in 1998.
- The narrowing of the gap between local and national rates of conceptions for under 18s is shown in figure 1 below.

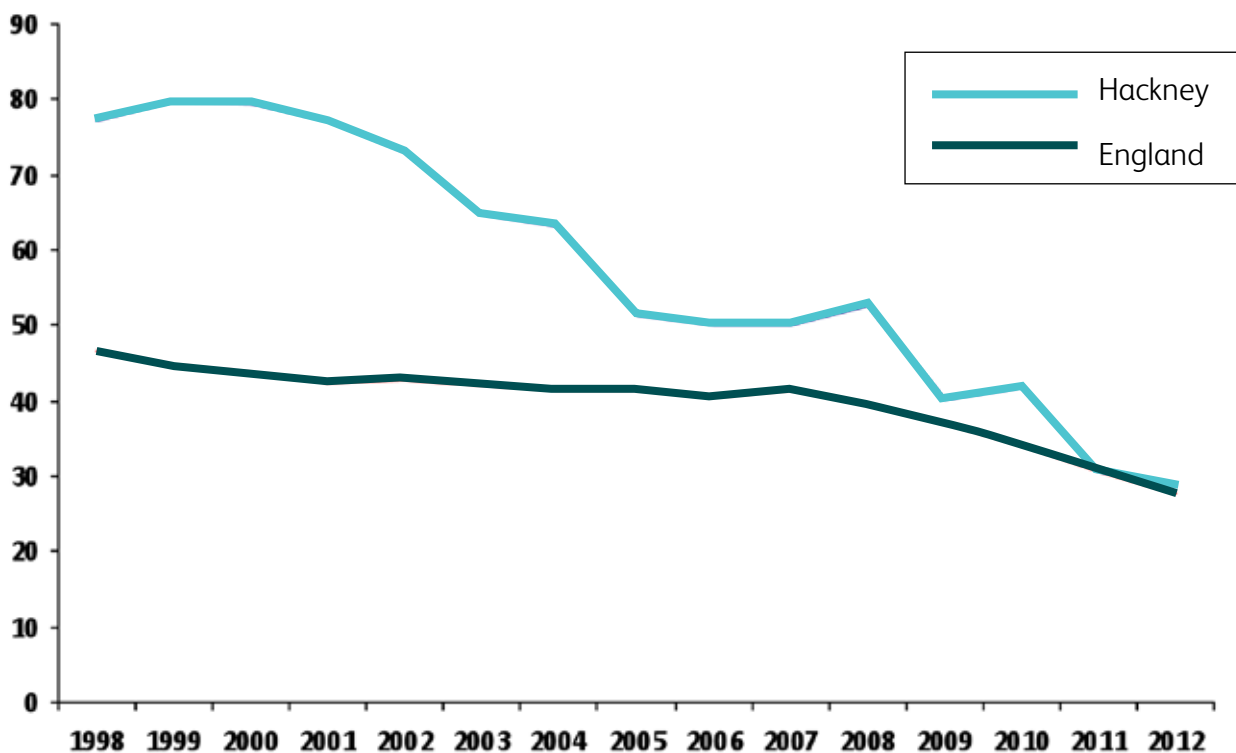


Fig.1 Rate of under 18 conceptions per 1,000 15-17 year old population, 1998-2012.



The local picture

Sexually Transmitted Infections (STIs)

There were 6,349 sexually transmitted infections diagnosed in Hackney during 2013; this is up from 6,101 in the previous year. This equates to a diagnosis rate of 2,518.3 per 100,000 residents, up from a rate of 2,419.9 in 2012. This is higher than the London average of 1,332.5 per 100,000 residents. Due to changes in the data since 2012, comparisons to numbers of diagnoses in previous years are not robust.

The local rates of diagnosis for the 5 most common sexual infections are among the highest in England as demonstrated by the chart below.

In 2012, 1,374 Hackney residents between the ages of 15 and 59 years accessed medical care for HIV, compared to 1,361 from 2011, and 1,105 in 2006. This represents an increase in the rate over the last six years from 6.5 per 1,000 to 7.7 per 1,000 in 2012.

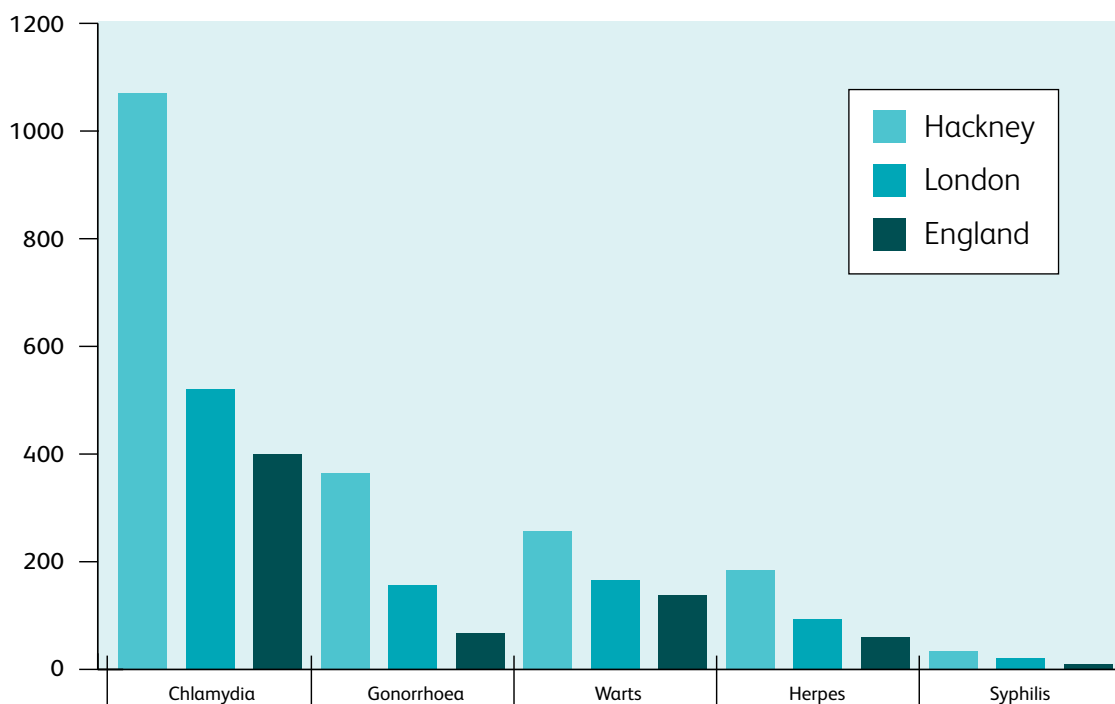


Fig 2. Rate of diagnosis of sexually transmitted infections per 100,000 population, 2013.

Sexual and domestic violence and child sexual exploitation

What is sexual and domestic violence?

In September 2012 the Home Office changed their definition of domestic violence to include 16 and 17 year olds, partly in recognition that domestic violence is not solely an adult issue.

The definition now reads: *“Any incident or pattern of incidents of controlling, coercive or threatening behaviour, violence or abuse between those aged 16 or over who are or have been intimate partners or family members, regardless of gender or sexuality. This can encompass, but is not limited to, the following types of abuse: psychological, physical, sexual, financial, and emotional.”*

Sexual abuse is often a component of domestic violence – for example, partners and former partners may use force, threats or intimidation to engage in sexual activity; they may taunt or use degrading treatment related to sexuality, force the use of pornography, or force their partners to have sex with other people.

What to look for: signs of sexual and domestic violence

These are signs you can keep an eye out for, and you can also make sure that students know to look out for them. It’s a sign of controlling or violent behaviour if a boyfriend or girlfriend:

- gets extremely jealous
- monitors calls and emails, and gets angry if there isn’t an instant response
- has trouble controlling his or her emotions, particularly anger
- stops their boyfriend/girlfriend seeing or talking with friends and family as much as they’d like
- uses force during an argument
- blames others for his or her problems or feelings
- is verbally abusive, or
- shows threatening behaviour towards others

What is child sexual exploitation?

Child sexual exploitation (CSE) is a form of sexual abuse that involves the manipulation and/or coercion of young people under the age of 18 into sexual activity in exchange for things such as money, gifts, accommodation, affection or status. The manipulation or ‘grooming’ process involves befriending children, gaining their trust, and often feeding them drugs and alcohol, sometimes over a long period of time, before the abuse begins.

What to look for: signs of child sexual exploitation

- going missing for periods of time or regularly returning home late
- skipping school or being disruptive in class
- appearing with unexplained gifts or possessions that can’t be accounted for
- experiencing health problems that may indicate a sexually transmitted infection
- having mood swings and changes in temperament
- using drugs and alcohol
- displaying inappropriate sexualised behaviours
- they may also show signs of unexplained physical harm
- Involvement in offending/gang association
- Evidence of sexual bullying/vulnerability through internet or social networking sites
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- Evidence of sexual bullying/vulnerability through internet or social networking sites

Where to go for further help, information and resources:

Consult with either Safer London or Nia (page 16 and 17); If you feel a child or young person is at risk of harm, refer to Children’s Social Care referral pathways.

Female Genital Mutilation (FGM)

What is FGM?¹

Female Genital Mutilation (FGM) is the partial or total removal of external female genitalia for non-medical reasons. In communities where it is practised it is also known as female circumcision, cutting or sunna.

The term FGM covers all harmful procedures to the female genitalia for non-medical purposes. There are 4 types – all are illegal and have serious health risks.

FGM ranges from pricking or cauterizing the genital area, through partial or total removal of the clitoris, cutting the lips (the labia) and narrowing the vaginal opening.

Even partial removal or 'nipping' can risk serious health problems for girls and women.

Girls and women who have had FGM may have problems that continue through adulthood, including difficulties urinating, incontinence, frequent infections and pain when having sex.

Who is it at risk?

FGM is most commonly carried out when a girl is 5-8 years old. However it can happen at any age before a girl or woman is married or pregnant. Some girls are babies when FGM is carried out.

In the UK, girls from the Somali, Kenyan, Sudanese, Sierra Leonean, Egyptian, Nigerian, Eritrean, Yemeni, Kurdish and Indonesian communities are most at risk of FGM.

What to look for: signs of FGM

A girl or woman may:

- have difficulty walking, sitting or standing
- spend longer than normal in the bathroom or toilet
- have unusual behaviour after an absence from school or college
- be particularly reluctant to undergo normal medical examinations
- ask for help, but may not be explicit about the problem due to embarrassment or fear.

The local picture

- The Homerton has approximately 6,000 births a year.
- The number of women who disclosed a history of FGM, at booking for maternity care (usually 12 weeks) from 1st January 2008 to 31st December 2013 was 245 according to the EPR system. The type of FGM is not recorded electronically.
- The Homerton undertakes about 10 FGM surgical procedures a year where the closed vagina is reopened (this is called deinfibulation).
- It is possible that a greater number of women do not disclose but are recognised later – this data is not currently collected.

The local response

A multi-agency response including the development of FGM Protocol and guidance documents for schools is being coordinated by the City and Hackney Safeguarding Children Board (CHCSB). Partner agencies include: CHCSB, London Borough of Hackney Public Health, Children's Social Care, Homerton University Hospital and Hackney Learning Trust.

¹ Reproduced from: www.nspcc.org.uk

**Where to go for further help,
information and resources:**

National Society for the Prevention of Cruelty
to Children (NSPCC)

FGM Helpline

0800 028 3550

fgmhelp@nspcc.org.uk

Home Office

FGMEnquiries@homeoffice.gsi.gov.uk

Metropolitan Police

Child Abuse Investigation

Command/Project Azure

020 7161 2888

Foundation for Women's Health

Research & Development (FORWARD)

www.forwarduk.org.uk

020 8960 4000

Childline

www.childline.org.uk

0800 1111 (24 hr free helpline for children)

• **New national FGM: Resource Guide and
e-learning tool**

• **[https://www.gov.uk/government/
publications/female-genital-mutilation-
resource-pack/female-genital-mutilation-
resource-pack](https://www.gov.uk/government/publications/female-genital-mutilation-resource-pack/female-genital-mutilation-resource-pack)**

• **Healthy Schools London FGM lesson planning**

• **[https://www.gov.uk/government/uploads/
system/uploads/attachment_data/
file/276541/KS3_FGM_lesson_plan.pdf](https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/276541/KS3_FGM_lesson_plan.pdf)**

• **London Safeguarding Children's Board advice
and tools**

• **<http://www.londonscb.gov.uk/fgm/>**

• **Local contacts:**

• **Leethen Bartholomew**

• Community Partnership Advisor

• City and Hackney Safeguarding Children Board.

• **leethen.bartholomew@hackney.gov.uk**

• **020 8356 6371**

• **Detective Sergeant Dave Hickford**

• Police Child Abuse Investigation Team:

• **020 8217 6537**



Recommended organisations working locally



CHYPS (City and Hackney Young People's Service) Plus provides an innovative onestop access to holistic health services for adolescents living or educated in Hackney and the City aged 11-19 years. Sessions are offered through a multi-agency partnership approach in a range of health and non-health settings. The CHYPS Plus team works alongside the core school health service to deliver targeted services in school settings, as well as targeted and specialist services in other settings such as youth clubs and the service hubs in Lower Clapton and Hoxton Street.

What they offer:

- Clinic visits for school groups at either of their service hubs;
- Support for secondary schools that wish to develop their own drop-in sessions;
- Support for teaching staff in the delivery of a wide range of health priorities including sexual health;

- General and sexual health education on a 1: 1 and/or group basis;
- Testing and treatment for Chlamydia and some other STIs;
- A range of contraceptive choices including access to the free condom scheme run by Brook (please see later section);

Costs:

CHYPS Plus are part of the Homerton University Hospital NHS Foundation Trust and do not charge for most services offered. Please call them for further discussions.



Contact

Charity Kanotangudza

Email: charity.kanotangudza@homerton.nhs.uk

Tel: **020 8919 5040**

Web: www.chypsplus.nhs.uk

All prices from local organisations are subject to change



CWP support schools, parents and governors with training, policy and curriculum guidance. We aim to improve the quality of teaching through increasing teacher confidence in planning, delivery and assessment. Our success is based on a thorough understanding of what constitutes effective teaching and learning for both teachers and pupils. Our comprehensive primary and secondary resources are used all over the UK and have recently been updated to focus on safeguarding including internet safety and relationships and also to reflect changes in the National Curriculum for Science.

What they offer:

CWP have a unique in-class training programme which offers:

- SRE Modelling
- Team-teaching
- Pupil needs assessment
- Up-to-date resources including schemes of work, lesson plans, teaching materials
- Evaluation and assessment

CWP use our resources to work with all pupils from nursery to 19 year olds. Our lessons are designed to demonstrate a wide range of teaching methodologies to equip teachers with the skills to deliver effective SRE. The programme includes three supported lessons:

- Lesson 1 is demonstrated by the CWP trainer;
- Lesson 2 is team taught with the CWP trainer leading;
- Lesson 3 has the teacher leading and the CWP trainer supporting.

Between each lesson, the teacher and trainer meet to discuss progress, plan and reflect. All participating teachers complete a pre and post evaluation form, enabling them to assess their progress.

Costs:

Contact provider for full pricing.



Contact

Tony Coleman

Email: tonycoleman@tcwp.co.uk

Tel: **020 8559 2442**

Web: www.cwpresources.co.uk



nia has provided a safe and supportive environment for women and children who are escaping physical, sexual and emotional abuse since 1975. The organisation works towards the prevention of violence against women through direct work with young people, parents and professionals.

nia delivers a Safe Choices programme for young women who have experienced/are at risk of, sexual violence, sexual exploitation, gang association and/or offending behaviour.

They offer young women experiential group work and intensive one-to-one support. They focus on developing resilience and positive support networks and challenging patterns of offending behaviour to enable young women to develop healthy and safe relationships.

What they offer:

- Group work programmes in schools for young women aligned with PSHE and SRE curriculum;
- 1:1 intensive support for young women at risk/experiencing sexual exploitation or gang association;
- Training for professionals about Child Sexual Exploitation, Sexual Violence and Gang Association, including risk indicators and effective responses within safeguarding procedures.

- Identity and Body Image-raising awareness about the impact of media and culture on female body image, promoting positive self-esteem.
- Anger and Emotions – exploring emotions and behavioural responses.
- Sexual Violence – exploring different forms of abuse.
- Sexual Exploitation – raising awareness about grooming and exploitation.
- Relationships – understanding healthy/unhealthy relationships. Exploring consent.
- Domestic Violence – raising awareness about different forms of abuse and support to identify forms of power and control.
- Gang Association – risks and reasons for association, safety planning and support services.

Costs:

nia is fully funded to work with Hackney schools.



Contact

Claudia Lusardi

Hackney Safe Choices Project Worker

Email: clusardi@niaendingviolence.org.uk

Tel: **07931 998 590**

Web: www.niaendingviolence.org.uk

EMPOWER is a support programme addressing young women's experiences of sexual violence and exploitation, primarily through gangs.

What they offer:

Young Women's Group Work

This is a 10 week programme for between 10 and 12 young women from schools or PRU's. Students will generally be referred from years 8 and 9 but could be within the age range 11-18. They may have known gang association or be vulnerable to experiencing sexual violence/ exploitation within gangs or groups of young people.

Young women participate in a range of interactive workshops that explore key issues and enable them to develop life skills. They receive support to improve their sense of identity, confidence, self-esteem and increase knowledge of healthy relationships.

Referrals into our intensive one to one support programme can be made from the group programme where there are additional needs.

Young Men's Group Work

This is a 10 week programme for groups of between 10 and 12 young men from schools or PRUs. Students will generally be referred from years 8 and 9 but could be within the age range 11-18. They will have a known gang association or be considered at risk. Or they could be at risk of involvement in sexual violence/exploitation within gangs or groups of young people.

Young men participate in interactive workshops that explore key issues around masculinities, identity, sexual consent and healthy relationships, impact of popular culture and pornography as well as gang association.

This input will allow them to make positive and informed choices.

Support for all pupils:

One off group sessions for young people as taster sessions or drop down days can also be delivered in schools. These could be single gender or mixed group sessions.

Young Women's groups:

Healthy Relationships & Consent or Girls & Gangs

Young Men's groups:

Healthy Relationships & Consent or Identity & Gangs

Mixed groups:

Sexual Bullying or Gender and Identity

Support for Staff:

Training workshops enable those working in schools to develop a broader understanding of the issues. Training can help staff to identify young women presenting with risk indicators to help them support their referral process.

Support for Parents:

Helping parents and carers understand the challenges faced by their children is an important part of supporting young women affected by sexual violence or exploitation. Workshops will raise awareness and help parents and carers to develop a broader understanding of the issues.

Costs:

Contact provider for full pricing.



Contact

Email: empower@saferlondonfoundation.org

Tel: **020 7021 0301**

Web: www.saferlondonfoundation.org



What they offer:

The award-winning Eye With A View (EWAV) Works education workshops focus solely on understanding sexual health and sexually transmitted infections and HIV.

The workshops support and promote healthy adolescent sexual choices. The sessions explore measures that can be implemented by young girls and boys when making sexual decisions.

Our series of innovative, fun, modern, open discussion workshops and information seminars can be delivered in secondary schools and colleges. They run for 1 hour and involve discussion about the science of healthy sexual choices. They aim to give young people an in-depth understanding of sexually transmitted infections and HIV, and introduce to them interventions on how we can 'make proud choices', 'be comfortable, responsible and protective'.

The sessions will be delivered by Lola Atkins, CEO of EWAV Works. Lola graduated from Kings College, London after studying Microbiology and Immunology and has up to 15 years experience and specialist knowledge on microbiological diseases. She has worked within the NHS, clinical research organisations and pharmaceutical industries. She is also a speaker and has delivered training, presentations within schools and youth offending institutions across London and the South east.

Costs:

£145 (for each session)



Contact

Lola Atkins

Email: lola@ewavworks.com

Tel: **020 7249 9880**
07883 031 115



Established in 2004, “Meet the Parents” is Immediate Theatre’s innovative, peer-led education project and has been a real hit with students in Hackney.

What they offer:

Sessions are led by local, trained young parents using drama as a stimulus to explore issues and engage young people in learning. Workshops are tailored to meet the needs of groups of young people and of parent groups. Workshop themes include: puberty; STIs; assertiveness; parenting; sex and relationships; choices and decisions; contraception and other health issues.

They can provide a tailor-made package that suits the needs of your school, from a one-off workshop through to a series of six workshops with a single group. For larger year groups they can provide assembly presentations or separate workshops over a “drop down” day.

“This is exactly what I’ve been looking for.”

PSHE Coordinator

Young parents make effective educators as they are talking from their life experiences and they have a desire to provide their peers with the education that they wish they had had or had been able to appreciate. This gives them the imperative to help other young people and pass the learning on.

Costs:

Contact provider for full pricing.



Contact

Jo Carter

Email: info@immediate-theatre.com

Tel: **020 7012 1677**

Web: www.immediate-theatre.com



People with disabilities have a right to information and understand about sexuality. For 27 years Image in Action have been putting that belief into action, developing effective methods and creating new ways of making complex issues safe and accessible.

They are acknowledged as leaders in the field of Sex and Relationships Education (SRE) for people with learning disabilities. Image in Action books provide clear and useful ideas that work in practice and include:

- Let's Do It, Image in Action's core activities handbook
- Let's Plan It, a planning and curriculum guide, how to put the Image in Action activities into practical, effective programmes for a range of groups
- The Confidence Factor, an SRE course for use with pupils with moderate learning disabilities or autism spectrum disorders with lesson plans and worksheets for pupils
- Going Further, a resource for use with learners with learning disabilities, 16+ or in FE colleges

What they offer:

- Their main focus is on children, young people and adults with learning disabilities
- Work with other groups such as those with Asperger syndrome or physical disabilities
- Lead group sessions of practical, direct work
- They can also offer specifically tailored sessions for individuals
- Staff training
- Setting up local projects
- Reviewing and writing SRE policies

Costs:

Books cost from £28.

FE College resources are free to download.

Staff training, classroom delivery and consultancy costs are available on application



Contact

Lesley Kerr-Edwards, Director

Email: Lesley@imageinaction.org

Tel: **01494 481 632**

Web: www.imageinaction.org



SkyWay has over 10 years experience of leading and delivering on peer led education and training. Peer to Peer workshops and facilitation are created and delivered for young people by young people to help tackle the many common myths and prejudices they may encounter. The Clued Up workshops are designed to provide young people with the knowledge, skills and confidence to overcome these everyday pressures.

What they offer:

Peer - led tailor-made sessions on sexual health are available, including:

- Cyber bullying / sexual grooming
- Contraception and abortion
- STI's
- Sexuality and homophobia
- Relationships/ Transitions
- Drugs and Alcohol

In partnership with the Child Exploitation and Online Protection Centre (CEOP) the peers also provide free Thinkuknow workshops with any booking. The workshops will encourage young people to have fun with new technology, whilst staying in control of the risks. Importantly, it teaches young people where to go if they have any concerns.

Costs:

- One-off workshop (up to 1 hour) – £50
- One-off workshop (up to 2 hours) – £85
- “Drop down” day (4x4 workshops) – £450
- Series of 6 workshops – £260
- Assembly presentations – £100
- Thinkuknow workshops are offered free with any booking



Contact

Daniel Mussie

Email: daniel@skyway.uk.com

Tel: **020 7729 6970**



An educational resource that links directly to the film 'Undeclared' (Cert.15), exploring themes of Relationships, HIV, Stigma, Prejudice and difference

Level: Key Stage 4 & 5

Subject: English, Drama, Citizenship, Film, Media Studies, PSHE, Gifted & Talented

Themes: HIV, sexual health, friendship, bullying, prejudice and self-identity

What they offer:

- 'Undeclared' film screening and discussion (1 hour)
- Teacher training on HIV and Empathy
- Delivering workshops (1 hour each) based on:
 - HIV – back to basics
 - HIV – myths & misconceptions
 - Identity, secrets, privacy and lies
 - Hate and stigma
 - Impact and empathy.

Costs:

Contact provider for full pricing.



Contact

Emily Kerr Muir

Email: Emily@bodyandsoulcharity.org

Tel: **020 7923 6880**



Brook is a national voluntary sector provider of free and confidential sexual health advice and services specifically for young people under 25. They have 50 years' experience of providing professional advice to over 260,000 young people every year.

What they offer:

SRE and health and well being programmes

- Interactive classroom sessions on topics including sexual health, healthy relationships, emotional health and wellbeing and FGM.
- Bespoke targeted support for small groups of young people at risk of poor sexual health and unplanned pregnancy.
- 1-1 education sessions for vulnerable young people
- Innovative programmes targeting young people with special educational needs using visual and interactive materials.

BiteSize Brook

An education event that delivers information about sexual health and creates opportunities to engage in learning that is relevant to young people's lives. This initiative works with up to 100 young people at a time. Young people work in teams of 12-15 and rotate around a number of themed learning zones.

Teacher Training

Brook supports professionals to develop their knowledge and skills to provide support and deliver SRE to young people. Flexible, bespoke programmes can be developed to suit the school's needs.

In addition Brook offers the following:

Sexual Behaviours Traffic Light Tool

This safeguarding training uses a 'traffic light' tool to support professionals working with children and young people to identify, assess and respond appropriately to

- Categorise sexual behaviours
- Increase understanding of healthy sexual development
- Distinguish this from harmful behaviour.

See www.brook.org.uk/traffic-lights

Introduction to Sexual Health and Condom Distribution

Brook runs Hackney's condom distribution scheme for young people, one of the most successful schemes of its kind. Schools that want to become part of the network of access points can receive free bespoke training for their school to help make this happen.

See www.comecorrect.org.uk

Costs:

Contact provider for full pricing.



Contact

Alison Robert

Email: Alison.Robert@brook.org.uk

Tel: **020 7787 5021**

Web: www.brook.org.uk



Positive East is the largest community-based HIV charity in London with nearly 25 years experience of supporting people living with or affected by HIV. They offer a unique range of support services giving holistic help to thousands of people. They ‘take people from a place of crisis at diagnosis to sustained independence.’

Services include counselling, peer support, advice on housing and benefits, help with immigration status, one to one or group support and health and wellbeing programmes including a healthy cafe, yoga and gymnasium. People supported by Positive East are encouraged to get back to work if they can, so the charity offer volunteering opportunities and run employability courses.

The charity also focuses on preventing the spread of HIV by doing instant HIV tests in more places than anyone else. Their prevention work also includes one to one counselling for people who are HIV negative but feel their behaviours are putting themselves at risk and sex and relationships work with HIV negative African men.

What they offer:

Positive East offer speakers who are living with HIV to come and talk about their experiences. Talks can be tailored to fit the time you have available, from a 10 minute slot in an assembly to a longer talk involving the history of the HIV epidemic and how it has impacted on the person speaking, for example. Contact them for a discussion on your needs and how Positive East can help.

‘Thank you for your talk. I am greatly interested in this topic. I am doing an EPQ on this’

Year 12 student

‘The girls did enjoy the talk very much.’

Key stage 4 coordinator, East London

‘Thanks again, it was great they asked so many questions’

Head of Upper School, Waltham Forest

Costs:

Positive East is fully funded to work with Hackney schools.



Contact

Paul Fleming

Email: Paul.fleming@positiveeat.org.uk

Tel: **020 7791 2855**

Web: www.positiveeast.org.uk



EFC is dedicated to enabling young people to make informed choices about pregnancy and abortion. They concentrate on the issue of abortion, as it is the issue that receives least attention, but they believe that work with young people should value all pregnancy choices equally. They offer a range of training opportunities and educational resources to support high quality SRE. EFC have extensive experience of working with young people, facilitating discussion of unplanned pregnancy and abortion. Their training courses draw on this experience to offer an overview of all the issues around abortion, from young people and the law to different cultural perspectives. EFC produce a range of resources to provide young people, parents and professionals with clear, up-to-date and accurate information about abortion.

What they offer:

Open day training

“Abortions, Decisions and Dilemmas”

is a multi-disciplinary course aims to raise awareness and understanding of teenage pregnancy and abortion so that professionals can facilitate constructive discussion of the issues and equip young people to make informed choices. Check the website for the next date.

Resources to support classroom delivery

“Unexpected” is a new DVD featuring two films that follow two friends as they grapple with unintended pregnancy, each reaching her own, informed choice. The DVD comes with teaching notes featuring lesson plans, worksheets, and extension activities for use in both PSHE and Religious Studies.

“Abortion: Rights, Responsibilities and Reason”

is a cross-curricula resource for KS4 and above. It uses the topic of abortion to explore issues of citizenship, religion, law and ethics. It contains practical lesson plans, tools and factsheets to enable teachers to provide lessons that explore complex issues in a safe and stimulating way.

Costs:

Contact provider for full pricing.



Contact

Email: efc@brook.org.uk

Tel: **020 7284 6040**

Web: www.efc.org.uk



Tender is a charity working with schools across London to deliver effective education on healthy and unhealthy relationships, sexual bullying and coercion and online safety. Using an innovative arts-based approach, Tender enables students to explore their attitudes openly and constructively through participatory exercises, creative learning and guided debate.

Participants in Tender projects learn to:

- Understand the characteristics of healthy and unhealthy relationships;
- Explore attitudes and behaviour maturely and constructively;
- Manage risk and stay safe;
- Advocate respect and equality in their peer groups and communities;
- Offer appropriate support to their peers and seek support if they need it.

What they offer:

- “Drop down” enrichment days for whole year groups designed to individual school priorities;
- Intensive projects, creating student-devised performances promoting equality and respect;
- Training sessions for staff on abuse in teenage relationships, sexual bullying and sexual coercion;
- A range of resource packs, lesson plans, films and web resources to support effective relationships education;

- Consultancy support to assist schools in achieving outstanding results in PSHE under the new OFSTED guidelines.

“I know what to look for in a relationship and feel more confident about looking after myself and people I love.”

Female student, 15

“I now feel like I can make a difference.”

Male student, 14

“It was one of the best things I’ve seen students do in almost 40 years of teaching – really moving and highly effective.”

Assistant Head Teacher

Costs:

Tender has funding in place to offer free or subsidised projects to some schools. Where funding is unavailable, a “drop down” day including follow up resources costs £1000. Other projects vary according to schedule. Contact Tender for further information. Tender resources range from £6 to £65. Full details are available from the Tender website.



Contact

Email: home@tender.org.uk

Tel: **020 7431 7227**

Web: www.tender.org.uk

Recommended national organisations



The Sex Education Forum

The Sex Education Forum is a unique collaboration of member organisations and practitioner networks. Their main aim is to work together with members, practitioners and other stakeholders to achieve quality SRE.

www.ncb.org.uk/sef



The PSHE Association

The PSHE Association is the subject association for all professionals working in PSHE education. Their aim is to raise the status, quality and impact of Personal Social Health and Economic education (PSHE) and enable high quality PSHE education teaching and learning for all children and young people.

www.pshe-association.org.uk



FPA

The FPA give straightforward information, advice and support on sexual health, sex and relationships to everyone in the UK. They produce a wide range of leaflets and teaching resources and run the national helpline Sexual Health Direct.

www.fpa.org



Stonewall

Stonewall's "Education for All" campaign helps tackle homophobia and homophobic bullying in schools and works with a wide coalition of groups.

www.stonewall.org.uk/at_school/education_for_all



Gendered Intelligence

Gendered Intelligence deliver facilitated workshops to all young people within schools and other settings in order to generate discussion and debate around gender and the ways in which it presents challenges in our everyday lives. They can also provide training for staff to raise awareness of young trans people's experiences.

www.genderedintelligence.co.uk/education-services



Forward UK

Established in 1986 in response to the emerging problems caused by female genital mutilation being seen by health professionals, FORWARD is an African Diaspora women's campaign and support charity (registered in the UK). Since this time FORWARD has been working to eliminate the practice and provide support to women affected by FGM. At our twenty year review FORWARD formally incorporated into its mandate other issues allied to Female Genital Mutilation, in particular vesico-vagina and recto-vagina fistulae and child and forced marriage.



Manor Gardens

Manor gardens are a charity established in 1913 to help people get healthy and stay healthy; and have helped FGM survivors influence change at the highest levels of government through their StopFGM in the UK community-led campaign.

Free online resources

PSHE Association updated Programme of Study

In the absence of a new programme of study from the DfE, the PSHE Association, in consultation with a wide variety of partners, has produced a revised programme of study to meet the needs of today's pupils.

www.pshe-association.org.uk/resources_search_details.aspx?ResourceId=495

Sexual Health Online for NE London

This website contains up to date information on local services for sexual health. Other functions include an A-Z guide to sexual health, a sexual health quiz and the chance to put a direct question on any issue to their resident sexual health expert "Ask Dr Sarah". The site is also available in a range of community languages, www.sho-me.nhs.uk

London's Core Curriculum for SRE

The Government Office for London produced a core curriculum for SRE in 2009. The development of this resource was informed by a consultation event which was attended by representatives from all London boroughs. The resource includes suggested schemes of work from Foundation Stage to Year 11 with signposts to detailed lesson plans.

www.cwpresources.co.uk/blog/2013/10/remember-the-sre-core-curriculum-for-london

Teenage relationship abuse: A teacher's guide

This document from the Home Office contains advice for teachers on dealing with issues around teenage relationship abuse.

dera.ioe.ac.uk/2013

Expect respect toolkit

This toolkit for addressing teenage relationship abuse has been adapted for the Home Office from an original resource which was funded by the Body Shop and is published by the Women's Aid Federation of England.

www.womensaid.org.uk

Where Is Your Line?

This film was developed to question the ambiguities around the issue of consent and asks the viewer "where is your line?". The objective was to raise awareness of the Havens, a London-based crisis centre that helps rape and sexual assault victims, and to foster debate amongst young people about what constitutes rape. It follows a survey into attitudes towards consent and sexual violence.

www.rightsofwomen.org.uk/pdfs/Legal/YRFC_booklet_v8.pdf

Free online resources

“Your rights, your body, your life – Sexual violence and the law: a young person’s guide”

Another Havens-produced resource which gives step by step information on reporting sexual violence to the police and the criminal justice system. It includes a case study and examples as well as a drawing of a court room and a directory of support services.

www.thehavens.co.uk/help/young_people.php

Stand Up for Us

This practical resource helps schools challenge and respond to homophobia in the context of developing an inclusive, safer and successful school environment for all. The issues and practical approaches apply equally to early years settings, primary, secondary and special schools and PRUs.

www.the-classroom.org.uk/wp-content/uploads/2011/05/DfES-Stand-Up-For-Us.pdf

Healthy Schools London FGM lesson planning

This lesson has been written to raise awareness of the practice of FGM and to inform young people of the facts and issues, and how and where to get help if they need to. In order to inform and facilitate the exploration of attitudes around FGM, it is important for young men as well as young women to take part in these lessons.

https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/276541/KS3_FGM_lesson_plan.pdf

London Safeguarding Children’s Board advice and tools

This website hosts a number of resources from different partners including, the LSCB FGM Resource Pack, sharing good practice from various health organisations, national resources and from the Metropolitan Police FGM Prevention Campaign.

<http://www.londonscb.gov.uk/fgm/>

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