

SEX AND RELATIONSHIPS WORKSHOP

Duration: 70 minutes

Year Group: 9

Number of students: 30 per session

Subjects involved: Citizenship, Personal, Physical and Social Health, Relationships.

Learning Objectives:

Learning Outcomes:

TIME	ACTIVITY	OBJECTIVES	Space Required	Resources Required
10 mins	Opening Discussion	<p>A circle discussion about the following statement - <i>All human beings are born free and equal in dignity and rights. They are endowed with reason and conscience and should act towards one another in a spirit of brother/sisterhood</i> (Opening to the UN Charter of Human Rights).</p> <ul style="list-style-type: none"> • What areas do you have control and choice over? • Are these areas ever restricted or curtailed by others? • Are there times when a restriction is for your benefit? • What are the areas that you should never have to compromise your control over? • What are your hopes for sex and relationships? • What do you feel your role is with regard to sex, relationships and your body? <p>The purpose of this discussion is to consciously recognise the experience of the participants, to introduce the topic of body rights and sexual safety and</p>	Hall or large room	Photos supplied

		to provide a context for discussing respect in relationships.		
10 mins	The Tableaux Game	In groups of about 4-6 the students present frozen pictures of women in the media, denoting images they think they most regularly see. The other groups analyse these presentations and we build an idea of the role women inhabit in the media and why they might take/be given that role. We will also use this exercise to discuss how helpful these roles are for the girls in their day to day lives.		
10 mins	Images of women	Give each group two sheets of media pictures of women, one which objectifies them and one which presents them differently, and one set of the exploration cards ask them to allocate the cards to each picture. The cards say – Fake Strong Abused Manipulated Free A Person Ask the students to come back to the large group. Facilitate a large group discussion about the statements and the students reasons. This allows the class to look at the role of media and pornography in setting societies sexual agenda and promotes a discussion of how this affects women’s rights and the perception of women in relationships.		
20 mins	Forum Theatre	Students play in, director and re focus an improvisation around the issues explored in the workshop, developing empathy, emotional literacy and confidence.		

20 mins	Closing discussion, Q and A and feedback.	Time for participants to study hand outs, fill in their evaluation forms and to ask any questions about any of the workshop, the themes and issues or any other aspect of Body Rights, Sexual Choices or Sex Ed.		
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PLEASE REMEMBER IT IS A LEGAL REQUIREMENT THAT THE CLASS TEACHER IS PRESENT **AT ALL TIMES**. WITH THIS IN MIND WE REQUEST THAT THE TEACHER JOINS THE CLASS BY TAKING AN ACTIVE ROLE IN EACH WORKSHOP. IN OUR EXPERIENCE THIS MAKES FOR A FAR MORE ENJOYABLE

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