

Teen Boundaries Sexual Bullying Programme UK



Type of intervention



Classroom setting

Target groups, levels of prevention and sub-groups:



Primary prevention

Young Children (0-5 Years), Children (6-11 Years), Young People (12-17 Years), Young Adults (18-20 Years) | Male & Female | Classroom Setting | English



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Target population

The workshops are available for the following age groups:

- 4 – 11 year olds
- 11 – 18 year olds

Delivery organisation

Teen Boundaries & Primary Workshops (part of Family Lives; a non-governmental organisation), UK.

Mode and context of delivery

The programme is delivered through a series of workshops to single-sex and mixed groups of young people within the school environment. It can be delivered as part of enrichment and healthy school days, on inset and off timetable days, as Personal, Social, Health and Citizenship Education (PSHCE) lessons and can be adapted to meet timetabling requirements.

Level/Nature of staff expertise required

Facilitators come from a range of backgrounds and do not require professional qualifications. They undergo a three-day in-depth, intensive training programme around the curriculum and its delivery.

Intensity/extent of engagement with target group(s)

Five lessons lasting one hour each.

Description of intervention

The programme consists of the following lessons:

- Lesson 1: Sexual bullying: Gaining an understanding of what sexual bullying is and understanding the impact of sexual bullying language and name-calling.
- Lesson 2: The media: Exploring how the media represent men and women, understanding the effect this can have and how it can influence gender behaviour.
- Lesson 3: Consent: Defining what sexual consent is, understanding how to stay safe and the ingredients of a healthy relationship.
- Lesson 4: The cyber world: Understanding what cyber bullying is and how to stay safe online, understanding what sexting is and the possible consequences and understanding the effects of watching pornography.
- Lesson 5: Sexual violence: Understanding different forms of abuse, understanding what sexual abuse is, exposing the myths surrounding sexual abuse and rape and knowing where to get help and further support.

Learning outcomes:

- Understand how and why sexual bullying and peer-on-peer sexual exploitation happens and how we can prevent it.
- Unpick messages from the media regarding gender and sexuality and understand how this can affect self-esteem and self-image.
- Understand what consent means, how to stay safe and what a positive relationship looks like.
- Raise awareness of sexual violence and exploitation and feel empowered to report it.
- Understand how to stay safe in cyber space.

Evaluation

Sheppard, D. (2009). Teen Boundaries evaluations: Evaluations of individual workshops. Hertfordshire Mental Health and Well Being Team, Hertfordshire County Council. Available on request from: www.teenboundaries.co.uk/teenboundaries-evaluations/

The evaluations consist of two scale shift questions, four circle the answer questions, five tick-box questions and three written questions.

Feedback based on 1,695 pupils from October 2009 to March 2010:

- 85% of pupils said sexual bullying is a very important issue. 12% said it's an important issue and only 3% said it's not an important issue
- 99% of pupils felt it was a valuable use of their time
- 90% of students do not feel comfortable asking for help from teachers

Comments and suggestions about the workshops:

- *"Make it law to do these lessons" Male pupil, 13 years old*

Things they will do differently as a result of the workshops:

- *"I'll stop calling people 'slags' and 'sluts' as a joke"*
- *"Look out for sexual bullying"*
- *"Help someone if they are being sexually bullied" All male pupil, 14 years old*

Teachers comments about the workshops:

- *"The workshop on Friday was fantastic, the form thoroughly enjoyed it and were very engaged. It's an interactive session which triggered lots of discussion. I was unsure as to how seriously they'd take it, but it went down very well" Year 9 Teacher, Francis Combe School*

References

<http://www.teenboundaries.co.uk/>

<http://www.teenboundaries.co.uk/teenboundaries-in-the-press/>

<http://www.teenboundaries.co.uk/workshops-for-primary-schools/>

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