

# Sex and relationships

The awareness sessions are designed to help people start the conversation about the topic. These are not designed for experts to deliver information. Instead, these sessions help facilitators to encourage people to normalise talking and reflecting about the topic. This could be a group of parents, or it may be staff exploring a subject as part of a CPD session.

## Introduction

Start by introducing yourself and giving a few pieces of helpful information (this will vary depending on whether the session is in person or virtual, but might include stating the length of the session, information about toilet facilities etc.). If the size of the group is small, you may want to let everyone introduce themselves.

The Introductory slide and things to know can be read out to lay the foundations for what is being discussed in the session.

## Myth busting

This is a true/false game and can be delivered verbally or as written answers.

1. True
2. False (free through c card scheme)
3. True (Children's Commissioner)
4. True (Brook and NCA-CEOP 2017)

## Facts and figures

Read out the info about relationships and porn.

Separate people into small groups or pairs to discuss the two questions.

After some time, ask for feedback if anyone is comfortable sharing with the whole group.

Follow this up with more '#Asktheawkward'. You can reference it or opt to play a video. This resource and the following slide (starting conversations) are there to help parents to see that it's normal for this to feel a bit awkward but it's good to start the conversation.

## Reflection exercise

Play the tea and consent video.

Separate people back into small groups or pairs for the reflection exercise. (Leave the instructions on the screen).

After some time, ask the group to come back together and ask the discussion questions. (If you have a very large group, it may be easier to keep people in small groups for the discussion questions).

## Questions

Give people an opportunity to ask any other questions they have about the subject and encourage the whole group to support each other in finding answers.

Be sure to remind people that this is an awareness session and introduce the next steps which help people to look at further information about the subject.

In finishing, reassure people that talking to others and continuous conversations with their young people is a positive thing.