

SLOUGH SCHOOL HEALTH & WELLBEING PROJECT RESOURCE LIST No. 10

PEER-PEER HARMFUL SEXUAL BEHAVIOUR AWARENESS and PREVENTION

The resources, training and CPD opportunities, listed below are all offered by reputable organisations but the School Health & Wellbeing Project does not assess them and it is important that schools review them before use.

ALL RESOURCES AND TRAINING ARE FREE UNLESS SPECIFICALLY STATED.

Please get in touch if you would like further information about anything in this resource list or to discuss support for your school or college.

Susan

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RSHE and PSHE TEACHING RESOURCES

Send Me a Pic

A resource pack, produced by Think U Know, about the consensual and non-consensual sharing of nude images among young people. It is designed for use with young people aged 11-14 in Key Stage 3. The pack contains three session plans based on short film clips. Each clip shows a fictional online chat where young people request, receive and discuss issues related to nude images. The materials have been developed in response to research into young people's relationships online, and through extensive collaboration with young people across the UK. Download the resources

[HERE](#)

Something's Not Right

Something's Not Right, free to download lesson plans and resources from the Home Office, for Key Stage 3-5 students, to support the '[Something's Not Right](#)' campaign on recognising and making disclosures about different forms of abuse. Download the resources here [HERE](#)

Expect Respect—Healthy Relationships toolkit

Expect Respect is a set of resources produced by Women's Aid to help lead sessions on healthy and unhealthy relationships for pupils aged 4-18. It contains age-appropriate activities that can be used in a range of ways. The sessions are designed to be active, fun and engaging but also challenging. The toolkit can be accessed [HERE](#)

It's Not Ok

Lesson plans for Key Stages 3 and 4, films and accompanying activities, produced by the NSPCC, to help pupils identify characteristics of positive relationships and recognise concerning behaviour, including how to respond to it.

Lesson plans can be accessed [HERE](#)

Myth v Reality – Healthy Relationships Online

This lesson and accompanying talking heads films, produced by ChildNet for Key Stages 3 and 4, explore the topic of healthy relationships online. Through the toolkit activities, students will define what makes a healthy relationship online and learn to spot the signs of unhealthy behaviours. They will consider what unwritten rules have become part of our relationships online and develop strategies for managing these. In addition to this there is clear signposting to advice and support on what to do if they are ever worried about behaviour/s in their own relationships or those of their

friends, peers and families. Access the resources [HERE](#)

Myth v Reality – Online Pornography

This lesson and accompanying talking heads films, produced by ChildNet for Key Stages 3 and 4, explore the topic of online pornography. Through the toolkit activities, students will consider what myths are portrayed through pornography and how this could impact on how a young person feels about their body, relationships and gender roles. They will explore strategies for resisting the pressure to watch pornography and receive clear signposting to advice and support on where to get reliable information about sex and relationships from online.

Although not all young people will have seen pornography, they may still feel pressure if their peers, friends or partners are engaging with it. Whether they have seen it directly or not, research suggests that it has the potential to influence young people, their attitudes and behaviour, and their perception of what constitutes healthy relationships and interactions.

Please note that no pornography will be shown during the lesson activities or talking heads films and young people will not be expected to share if they have seen pornography before. Access the resources [HERE](#)

Myth v Reality – Online Body Image

This lesson and accompanying talking heads films, produced by ChildNet for Key Stages 3 and 4, explores the topic of body image online. Through the toolkit activities, students will define what body image means to them in a digital age. The activities will explore the pressure on young people to create their own online brands and what impact the internet and social media in particular can have on how young people feel about their bodies. In addition to this there is clear signposting to advice and support for young people who are concerned about body image or online pressures. Access the resources [HERE](#)

Step Up, Speak Up!

A practical campaign toolkit, produced by ChildNet, to address the issue of online sexual harassment amongst young people aged 13 – 17 years including lesson plans, a teaching guide, peer workshops, assembly presentations, films and a quiz. Access the resources [HERE](#)

Just Send It

This lesson and accompanying film, produced by ChildNet for Key Stages 3 and 4, explore the issue of sexting. Through the toolkit activities, students will understand the pressures on young people to take and share sexts and the consequences of doing so; exploring when actions have crossed the line. In addition to this there is clear signposting and advice on the law in relation to sexting and support in dealing with the pressure to send a sexual image. Access the resources [HERE](#)

Just a Joke?

Lesson plans, activities, a quiz and teaching guide, produced by ChildNet, designed to explore the issue of sexualised online bullying with 9-12 year olds. Access the resources [HERE](#)

Crossing the Line

Four films and accompanying lesson plans, produced by ChildNet, exploring the idea of online behaviour sometimes being riskier and the possible consequences of this. Topics covered are: cyber bullying, 'sexting', peer pressure and self-esteem. Download the resources [HERE](#)

Relationship Safety

A set of three lesson plans and accompanying materials for KS4 and KS5 produced by the PSHE Association and Alice Ruggles Trust. The lessons promote awareness of unhealthy relationship behaviours and stalking to help protect young people from the potential risks in such situations. The lessons are offered free to schools to ensure young people learn essential safeguarding information and skills in an interactive yet safe and age-appropriate way. Download the resources [HERE](#)

Working Out Relationships

Two lesson plans for KS3 including teaching guides and power point presentations, produced by the University of Exeter. The lesson plans are evidence-based and use characters to consider the characteristics of an unhealthy relationship and how to exit such relationships safely as well as the key attributes of healthy relationships. There are opportunities for pupils to practise communication skills that will help them with building happy, healthy relationships and also look at how to get help if they are in an unhealthy relationship. Download the resources [HERE](#)

Every Mind Matters

Teaching resources and power point presentations produced by Public Health England for year 6, K3 and KS4 pupils. Topics include: social media, bullying and cyber bullying, body image in a digital world, forming positive relationships. Download the resources [HERE](#)

Brook RSE Teaching Resources

Free downloadable resources which can be used to supplement relationship and sex education (RSE) lessons. Topics include contraception, puberty, sexually transmitted infections, pornography, LGBT terminology, abortion and condom use: [Brook RSHE Teaching Resources](#)

Speak Out Stay Safe

A safeguarding programme from the NSPCC for children aged 5-11 years-old available to all primary schools in the UK. The programme helps children understand: abuse in all its forms and how to recognise signs of abuse; that abuse is never a child's fault and that they have the right to be safe, where to get help and the sources of help available to them. Find more information [HERE](#)

Pants (the underwear rule)

A safeguarding programme from the NSPCC. Free resources including a lesson plan, slide presentation, curriculum links, classroom activities and more. Access the resources [HERE](#)

Disrespect NoBody

Teaching resources aimed at preventing abuse in teenage relationships, produced by the PSHE Association, Home Office and Government Equalities Office. Topics include consent, relationship abuse and sharing sexual images. Download the resources [HERE](#)

GUIDANCE

Sexual Violence and Sexual Harassment between Children in Schools and Colleges

Advice for schools and colleges on how to prevent and respond to reports of sexual violence and harassment between children published by the Department for Education. The guidance is for: governing bodies of maintained schools and colleges; proprietors of independent schools (including academies, free schools and alternative provision academies) and non-maintained special schools; management committees of pupil referral units; headteachers, principals, senior leadership teams and designated safeguarding leads. It covers: what sexual violence and harassment is; legal responsibilities; a whole school or college approach to safeguarding and child protection; how to respond to reports of sexual violence and sexual harassment. This updated guidance comes into force on 1st September 2021.

Download the guidance [HERE](#)

Stop It Now! – Preventing Harmful Sexual Behaviour

This toolkit, produced by the Lucy Faithful Foundation, is for parents, carers and professionals to raise their awareness of the risks of harmful sexual behaviour in children and young people and measures to prevent it. The toolkit contains support, advice and information, plus resources and links to useful organisations.

Access the toolkit [HERE](#)

Sexual Behaviours Traffic Light Tool

Brook's nationally recognised Sexual Behaviours Traffic Light Tool and training provides a highly visible, multi-agency response that helps professionals to identify, understand and respond appropriately to sexual behaviours in young people. The training must be completed to gain access to the tool and will equip professionals to make consistent and informed decisions that neither stigmatise nor criminalise young people. There is a charge for attending the training.

Further information can be accessed [HERE](#)

Beyond Referrals

The Contextual Safeguarding Network, supported by a Research Advisory Group, have created a range of resources for schools, multi-agency partnerships and inspectorates for tackling harmful sexual behaviour in schools. The webpage provides all the resources for schools to assess their own response to harmful sexual behaviour. This includes guidance to a traffic-light tool for self-assessment, an example completed self-assessment, a range of resources to help schools complete their self-assessment and an online scorecard where you can enter your scores and print tailored reports.

Access the resources [HERE](#)

Addressing Pornography Through PSHE

Research report about the potential impact of pornography on young people and a teacher briefing produced by the PSHE Association. The teacher briefing includes why and how to teach about it and how to build this learning into the wider PSHE curriculum. Access the research and teacher briefing [HERE](#)

Preventing Sexual Harassment in Schools: The Role of PSHE

A briefing from the PSHE Association on how PSHE can help address harmful sexual behaviour in schools. Download the briefing document: [HERE](#)

Anti-Sexual Bullying

A new guidance document and free online training for schools and other education settings from the Anti-Bullying Alliance to support anti-sexual bullying work. The training topics include: definitions of sexual bullying; investigating and responding to sexual bullying; preventing sexual bullying. Access the guidance document and training here: [HERE](#)

TRAINING, INFORMATION and AWARENESS for STAFF

Anti-Bullying Alliance

A new **sexual bullying** guidance document and free online training for schools and other education settings to support anti-sexual bullying work. The training topics include: definitions of sexual bullying; investigating and responding to sexual bullying; preventing sexual bullying.

Access the guidance document and training here: [Sexual Bullying Prevention](#)

Brook

A range of **online courses** (most are free) on a range of RSE topics including: **relationships, pleasure and consent**. Access the training [HERE](#)

A series of **informative podcasts** which aim to encourage critical thinking and stimulate debate about several RSHE topics including **pornography, consent and gender roles in relationships**. Listen to the podcasts [HERE](#)

Brook's nationally recognised **Sexual Behaviours Traffic Light Tool** and **training** provides a highly visible, multi-agency response that helps professionals to identify, understand and respond appropriately to sexual behaviours in young people. The training must be completed to gain access to the tool and will equip professionals to make consistent and informed decisions that neither stigmatise nor criminalise young people. There is a charge for attending the training. Further information can be accessed [HERE](#)

ChildNet

Talk it Over is a research-led resource designed to support educators in facilitating empathetic, honest, and evidence-based conversations with secondary aged pupils about online hate and how to tackle it:

[Talk it Over](#)

Contextual Safeguarding Network

An **information video** entitled **Sexting in Schools: Responses to Abuse through Image Sharing** presents research findings on schools' responses to sexual image sharing plus good practice suggestions for schools. Access the video

[HERE](#)

An **information video** entitled **Involving Schools in the Response to Peer-on-Peer Abuse** outlining the importance of involving schools in the response to peer-on-peer abuse and what this might look like in practice. Access the video [HERE](#)

An **information video** entitled **Peer on Peer Child Sexual Exploitation** outlining research findings on peer-on-peer child sexual exploitation. Access the video [HERE](#)

NSPCC Learning

Detailed **information webpages for CPD** including videos, podcasts and resources to provide information on all aspects of harmful sexual behaviour in schools. Subjects covered include definitions of HSB, recognising and assessing behaviour of concern and good practice for schools in responding to incidents and preventing and protecting pupils.

Access the webpages [HERE](#)

INFORMATION, ADVICE and SUPPORT for CHILDREN and YOUNG PEOPLE

NSPCC Report Abuse in Education helpline

[0800 136 663](tel:0800136663) or email help@nspcc.org.uk

This dedicated helpline will offer support to:

- all children and young people making current and non-recent disclosures of sexual harassment or abuse on school grounds within school time, and incidents linked to school in any capacity
- any children or young people who want to talk about being involved or witnessing any incidents
 - any adults who have experienced non-recent abuse
 - parents and carers who have any concerns about their own or other children
 - professionals who work in schools and need support in this or related issues.

More information about the helpline can be found [HERE](#)

To help raise awareness of the Report Abuse in Education helpline, **two resource packs** have been produced with social media graphics, suggested posts and printable posters to help spread the word. There is a pack for [children and young people](#) and one for [adults](#).

Childline

Something's Not Right - information and advice webpages on the Childline website, providing reassurance, support and advice for young people if they are worried that something is not right or if something has happened.

Access the webpages [HERE](#)

Talking About Sex - information and advice webpages on the Childline website, providing reassurance, support and advice for young people about a range of issues including consent and feeling judged, pressurised or coerced into having sex. Access the webpages [HERE](#)

Report and Remove – webpages on the Childline website giving information, advice and guidance for children and young people about how to report and remove a sexual image of themselves that has been shared online.

Access the webpages [HERE](#)

Online and Mobile Safety – webpages on the Childline website giving information, advice and guidance about 'sexting' and sharing nude images, online porn online grooming, staying safe and getting help if things go wrong.

Access the webpages [HERE](#)

Rise Above

A website for young people, provided by Public Health England, giving information, advice and guidance about a variety of issues including consent and relationships. Access the website [HERE](#)

Disrespect Nobody

A Home Office sponsored website for young people offering information and advice about positive relationships including consent, pornography, sexting, relationship abuse and rape. It also includes information about where to get help. Access the website [HERE](#)

The Mix

A website for young people, aged 14-25, providing information and advice on a range of issues including relationships, sex, consent, sexting and pornography. Access the website [HERE](#)

Ditch the Label

A global youth charity website with information to help young people aged 12-25 deal with issues such as revenge porn, trolling, emotional bullying, social anxiety, toxic relationships, healthy relationships, conflict resolution, break-ups, feeling rejected, consent, getting over an ex, making friends, betrayal, and supporting friends. Access the website [HERE](#)

Healthier Together – webpages for Young People

Information for young people about relationships, friendships, gender identity, sexuality, contraception, consent, emergency contraception, pregnancy, sex and relationships, sexually transmitted infections and where to get help:

[Healthier Together - Young People](#)

INFORMATION, ADVICE and SUPPORT for PARENTS and CARERS

Controlling Behaviour in Young People's Relationships'

A guide for parents and carers, produced by Women's Aid, including recognising if a child is being controlled by their partner, talking about healthy behaviour in relationships with a child, how to collect evidence of coercive control and where to go for help. Access the guidance [HERE](#)

T.A.L.K. Campaign

The Internet Watch Foundation have launched a new self-generated child sexual abuse prevention campaign. Data shows a 77% rise in cases of self-generated imagery cases since 2019. The hard-hitting campaign aims to empower girls, and warn their parents and carers, about the risks posed by online predators targeting children. The goal of this campaign is to build resilience to the threat of self-generated sexual abuse of children, thereby reducing the number of incidences. As part of the campaign, parents are encouraged to use the **T.A.L.K.** checklist to talk to their children about online dangers: [T.A.L.K. Campaign](#)

Young People and Dating Apps

The INEQE Safeguarding Group have produced a guide to the risks, concerns and behaviours associated with young people and dating apps: [Young People and Dating Apps](#)

What Parents Need to Know About Sexting

An online safety guide about sending nude images (sexting) with information about the law and risks plus safety tips:

[What Parents Need to Know about Sexting](#)