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.

RSHE and PSHE TEACHING RESOURCES

AGENDA

A resource for educational practitioners who want to provide opportunities for young people to gain awareness of gender-based and sexual violence impacts upon their lives and the lives of others. Issues covered include: addressing gender discrimination; consent; LGBTQ+ rights; bullying; street harassment; female genital mutilation (FGM); sexual exploitation; relationship violence. Download the toolkit here: **AGENDA toolkit**

AGENDA (primary)

A resource for educational practitioners who want to support children aged 7-11 to make positive relationships matter in their school and community. It contains background information for teachers and activity ideas to use as part of Relationships Education. Topics include: feelings and emotions; friendships and relationships; body image; consent; gender and sexuality; equality and equity. Download the toolkit here: **Primary AGENDA toolkit**

Beyond Equality

Beyond Equality aim to work with men and boys towards gender equality, inclusive communities, and healthier relationships. They offer teacher training, online assemblies and face to face or online workshops for pupils to provide opportunities for young men and boys to explore what they could be beyond stereotypes, how they can build healthier relationships and how they can contribute to gender equality. There is a charge for this work.
Further information can be found on their website here: **Beyond Equality schools programmes**

Beyond Equality – Imagine Toolkit

The Imagine Toolkit is free to download and provides resources for engaging boys and young men to prevent sexual harassment and sexual violence against women and girls. The toolkit contains advice and interventions for use by anyone working with boys and young men on this issue. Download the toolkit here: **Imagine Toolkit**

Bold Voices

An educational platform delivering workshops, talks, digital sessions and online resources to teachers, parents and young people at school and university about gender inequality and cultures of gendered violence. The aim is to equip and empower young people with the knowledge and tools to talk about and address these inequalities in their everyday lives and communities. Access the resources here: **BOLD VOICES**

Brook RSE Teaching Resources

Free downloadable resources including, useful handouts, which can be used to supplement relationship and sex education (RSE) lessons. Topics include contraception, consent, pornography, puberty, sexually transmitted infections,

LGBT terminology, abortion and condom use: **Brook RSHE Teaching Resources**

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: **CROSSING THE LINE**

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: **DISRESPECT NOBODY**

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: **EVERY MIND MATTERS**

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: **EXPECT RESPECT**

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: **IT'S NOT OK**

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: **JUST A JOKE?**

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 SEND IT**

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: **HEALTHY RELATIONSHIPS ONLINE**

Myth v Reality – Online Body Image

This lesson and accompanying talking heads films, produced by ChildNet for Key Stages 3and 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: **ONLINE BODY IMAGE**

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: **ONLINE PORNOGRAPHY**

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: **PANTS**

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: **RELATIONSHIP SAFETY**

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: **SEND ME A PIC**

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: **SOMETHING'S NOT RIGHT**

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: **SPEAK OUT, STAY SAFE**

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: **STEP UP, SPEAK UP**

#Stopcyberflashing

An awareness campaign launched by Brook aimed at challenging the sending of unsolicited sexual photos and raising awareness of consent in online relationships. Learn more about the campaign here: **#STOPCYBERFLASHING**

Tender

Tender is an arts charity offering a range of short and long-term workshops and programmes about healthy relationships to primary and secondary schools. The drama-based sessions aim to empower students with the skills and confidence to build positive, respectful relationships with others, and to consider their attitudes and behaviour in a safe, age appropriate way. The secondary programmes also aim to promote healthy behaviour and prevent abuse in teenage relationships. There is a charge for this work.
More information can be found here: **Tender Schools Programmes**

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: **WORKING OUT RELATIONSHIPS**

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:
SEXUAL VIOLENCE AND SEXUAL HARASSMENT BETWEEN CHILDREN IN SCHOOLS AND COLLEGES

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: **STOP IT NOW!**

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: **TRAFFIC LIGHT TOOL**

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: **BEYOND REFERRALS**

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: **ADDRESSING PORNOGRAPHY THROUGH PSHE**

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: **PREVENTING SEXUAL HARASSMENT IN SCHOOLSTHE ROLE OF PSHE**

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: **ANTI-SEXUAL BULLYING**

Sexism and Sexual Harassment - how to update your behaviour policy

Every school is required to ensure Peer-on-Peer abuse is included in the school's safeguarding and behaviour policies. They should reflect your school's whole school approach to peer-on-peer abuse. The Key for School Leaders offer guidance on updating your policies to let your school community know how you'll tackle incidents of sexism and sexual harassment between pupils with example scenarios to help you review your policy.
Access the guidance here: **SEXISM AND SEXUAL HARASSMENT - how to update your behaviour policy**

How to Manage a Disclosure of Sexual Harassment or Assault

A free, downloadable guide produced by Brook for teachers/professionals working with young people on how to manage disclosures of sexual harassment and assault.
Download the guide here: **HOW TO MANAGE A DISCLOSURE OF SEXUAL HARASSMENT OR ASSAULT**

Sharing Nudes and Semi-Nudes

A free, downloadable guide about how to respond to incidents and safeguard children produced by the UK Centre for Internet Safety for education settings working with children and young people. Download the guide here:
SHARING NUDES AND SEMI-NUDES

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 RSHE topics including: **relationships, pleasure and consent**.
Access the training here: **RSHE training**

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: **PODCASTS**

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**

Consent, Young Men and RSE

A recording of the Brook training event which brought together an expert panel to explore how to constructively engage boys and young men in conversations around consent.
Watch the recording here: **CONSENT, YOUNG MEN AND RSHE**

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** which outlines 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**

INEQE Safeguarding Group

What's Up with WhatsApp? Information and guidance from the INEQ Safeguarding Network for parents, carers and educators about the popular app and new features. Access the guidance here:
What's Up with WhatsApp

Information and video about the new WhatsApp disappearing messages function and how to keep children safe

Guidance about young people and Dating Apps

National Online Safety

National Online Safety app for parents, carers and educators: a free comprehensive online safety app packed with insightful courses, explainer videos, webinars and guides on topics that will help you protect children and young people when they're online: **National Online Safety App**

What Parents and Carers Need to Know about Tinder: a free guide from National Online Safety for parents, carers and professionals working with children and young people about the Tinder dating app.
Download the guide here: **WHAT PARENTS AND CARERS NEED TO KNOW ABOUT TINDER**

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: **PROTECTING CHILDREN FROM HARMFUL SEXUAL BEHAVIOUR**

NSPCC Learning has released the first in a three-part series of **podcast episodes focusing on direct work with children and young people displaying harmful sexual behaviour**. This episode explores topics including: strategies and techniques to create a safe space in therapeutic sessions with children; how to provide clarity around confidentiality and safeguarding; and how and when to address harmful sexual behaviour in a session. Listen to the podcast here: **DIRECT WORK WITH CHILDREN DISPLAYING HARMFUL SEXUAL BEHAVIOUR**

INFORMATION, ADVICE and SUPPORT for CHILDREN and YOUNG PEOPLE

NSPCC Report Abuse in Education helpline

0800 136 663 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. The 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**

Online Porn – webpages on the Childline website giving information, advice and guidance about online porn, 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

Brook

RSHE at Home: an online FAQ series for parents and carers produced by Brook designed to support parents and carers to start and continue conversations at home. Topics include: consent, LGBTQ, sex and disability. The sessions can be accessed here: **RSE at Home with Brook**

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**

INEQE Safeguarding Group

What's Up with WhatsApp? Information and guidance from the INEQ Safeguarding Network for parents, carers and educators about the popular app and new features.
Access the guidance here: **What's Up with WhatsApp**
Information and video about the new WhatsApp disappearing messages function and how to keep children safe

Young People and Dating Apps: a guide to the risks, concerns and behaviours associated with young people and dating apps: **Young People and Dating Apps**

Internet Watch Foundation

T.A.L.K. Campaign

Is a new self-generated child sexual abuse prevention campaign launched by the Internet Watch Foundation. 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**

The Marie Collins Foundation

Online Harm - Guides for Professionals and Parents/Carers have been produced by the Marie Collins Foundation and the NWG Network aimed at reducing online harm. The **Online Sexual Harm Reduction Guide** is aimed at professionals; **How Can I Help My Child?** is aimed at parents and carers.

National Online Safety

National Online Safety app for parents, carers and educators: a free comprehensive online safety app packed with insightful courses, explainer videos, webinars and guides on topics that will help you protect children and young people when they're online including an extensive selection of guides for parents and carers on a range of topics: safer remote learning, apps such as House Party and TikTok, social media and the pressures it can put children young people under, screen addiction, 'sexting', 'trolling', gaming and gaming platforms, plus many others. Find out more and download the app here: **National Online Safety app for parents** or via the National Online Safety website **HERE**

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 and Carers Need to Know about Sexting**

What Parents and Carers Need to Know about Tinder: a free guide from National Online Safety for parents, carers and professionals working with children and young people about the Tinder dating app.
Download the guide here: **What Parents and Carers Need to Know about Tinder**

Parents Protect

An online child sexual abuse and exploitation awareness learning programme for parents, carers and professionals to help them understand potential risks, recognise the signs of possible abuse in children, be aware of inappropriate behaviour in adults and know where to go for help if you have concerns and would like to talk about them. Access the programme here: **Parents Protect** The programme will also show how to create a **family safety plan**