

Positive Health (Lincolnshire)

Lincolnshire's 1st Choice for PSHE Provision



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Positive Health Lincolnshire is proud to be one of the biggest providers of PSHE sessions in the county. As a sexual health charity, we concentrate on delivering sessions around Relationships, and Sexual Health in an age-appropriate manner.

At Positive Health, we are in a unique position as we can engage openly with young people about a diverse range of subjects connected to their bodies and their sexual health but also more importantly, their understanding of it. We find that students respond better when discussing issues such as consent, relationships, and their sexual health with an outside speaker. Equally during workshops regarding puberty, many younger students appreciate the opportunity to clarify areas of their own anatomy, something that would find very difficult if it was their teacher stood in front of them.

We provide a whole range of sessions which are targeted for different age groups. Please use the table below to see which sessions are available and if they are suitable for your students. There is a brief overview of each session on the corresponding page. However, if you would like any more information, please contact us on 01522 513999 or email education@positivehealthlincs.com.

	Year 5	Year 6	Year 7	Year 8	Year 9	Year 10	Year 11	6th Form	Page
Puberty	X	X	X						4
Positive Relationships Year 5	X								5
Boundaries		X							5
Intro to LGBT	X	X							6
Intro to Consent			X	X					7
LGBTQ+, Gender & Sexuality				X	X				6
Contraception					X	X	X	X	8
Introduction to HIV/AIDS Awareness				X					9
HIV/AIDS Awareness					X	X	X	X	9
Sex and Relationships					X	X	X	X	10
Consent					X	X	X	X	11
Risky Behaviour					X	X	X	X	12
STIs						X	X	X	13
Understanding the Realities of Sexual Relationships (Pornography)						X	X	X	14

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What Does A Workshop Involve?

The honest answer is that every workshop is different. Each team member has a flexible approach and will adjust the style and emphasis to meet the needs of each group, spending more time on topics if required. However, each workshop has a strong outline, supported by a PowerPoint presentation containing images and any required facts that might help to emphasise a particular point.

A series of fun, age appropriate, activities have been created to accompany each workshop. These really consolidate the information and help the students remember the details in the future. We also signpost to appropriate support organisations (if appropriate).

Each workshop lasts approximately one hour.

Our workshops are suitable for use in a wide range of organisations, not just in mainstream schools. They aim to cater for the needs of all attendees. However, if you have any special requirements for your students, please contact the Education Department Coordinator to discuss.

To book call (01522 513999) or email us (education@positivehealthlincs.com). We will discuss your requirements and arrange a booking. Some sessions are available free of charge, due to government funding, however these are limited and go quickly. We aim to distribute the free sessions fairly across all areas.

For workshops that are not free of charge, there is a fee of £60 per 32 students.

Puberty & Personal Hygiene

We advise this session is suitable for Years 5 and 6.

Puberty and Personal Hygiene aims to prepare children for the changes they can expect during puberty. We also clarify the correct anatomical names for body parts.

This session provides coping strategies for dealing with these changes, i.e. managing of emotions, physical changes and maintaining good personal hygiene.

Sessions are delivered to mixed gender classes. If requested we can provide single sex sessions (although single sex sessions will always be chargeable). However, we do advise having a mixed class as we believe it is important the boys and girls learn about the changes the opposite gender will experience. This is also encouraged by Public Health Lincolnshire.

The students will explore the effects of puberty on the physical, mental, and emotional changes of girls and boys.

We will also help to normalize menstruation. This will include a demonstration for the girls on the use of female hygiene products including pads and tampons.

This session is an hour and a half and includes an information handout for the students to take home.

Both	Girls	Boys
Body Hair	Breasts/Bras	Chest Development
Spots	Periods	Shaving
Body Odor	Hair Removal	Unexpected Erections
Mood Swings		Cleaning of foreskin
Body image		Wet Dreams

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Positive Relationships (Year 5)

This workshop covers what a relationship is, and the different types of relationships that the pupils have.

For this age group we mainly focus on family and friendships. We explore the qualities of a good relationship versus what happens when things go wrong, and how we can resolve our differences whilst respecting other people's views and opinions. It also delicately covers issues around keeping any secrets that they are uncomfortable with, and some of the dangers of using online/social media.

There is also a large section looking at positive self-esteem. It has been found that young people who have a positive self-esteem are much more likely to have healthy relationships as they grow older.

Boundaries

We begin by recapping on what relationships the students have or have heard of moving to discussions on how we act differently depending on who we are with.

We ensure that the children know the correct names for their anatomy which leads into which parts of the body we allow physical contact with, and which parts are private.

The workshop then concentrates on discussing boundaries and body language, and how we use to tell us when people are uncomfortable. In the current climate it is so important for young people to understand consent, so we look at issues around personal space and boundaries. We also discuss which factors could blur those boundaries.

Finally, we explain what the consequences might be if we don't respect each other's personal space, consent and boundaries.



Introduction to LGBTQ+

We advise this session is suitable for Years 5 and 6



Following on from questions that we have been asked during our Positive Relationships session, and requests from individual schools we have developed an Introduction to LGBTQ+ workshop. This allows us to spend time answering questions regarding this subject and explaining words that pupils might hear in the wider world but not fully understand.

We explain what the letters LGBT stand for and show some examples of celebrities they might know. We explain the difference between sexuality (who they might have a crush on) and Gender Identity. We then move onto the way in which people in the LGBTQ+ community are accepted within marriage, jobs etc and the different types of families there are i.e. two mums.

Bullying is something which we thought was very important to cover, and we hope that following the workshop students will better understand the difficulties a young person might face if they grow up to identify as any of the labels we have discussed. We also give them some ways to support friends if they are disclosed to.

Finally, we look at gender roles in society and encourage the children that they can become whatever they want.

LGBTQ+, Gender & Sexuality

We advise this session is suitable for all secondary school students.

Although this workshop is suitable for Year 7 upwards, we have found it to be particularly popular for Year 8. We are able to adapt this session to be age appropriate depending on the classes attending even up to Year 11 if required.

It covers a wide range of subjects related to the LGBTQ+ community and answers many questions, by covering topics such as the history of PRIDE and why it is still needed.

It aims to clarify what all the 'labels' are and what they mean to the different groups that use them for example the difference between being transgender and non-binary. We clearly explain the difference between gender and sexuality.

There will be some discussion regarding gender stereotypes and why they exist, this leads onto some activities for the students to complete to allow them to consider their own opinions. We also provide ways to support someone who maybe struggling to understand their sexuality/gender.

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An Introduction to Consent

We advise this session is suitable for Years 7 and 8.

Following several requests from teachers around the county we are happy to introduce a Boundaries and Consent workshop suitable for Year 7/8 students. This workshop aims to be a subtle introduction regarding issues of consent and problems which may arise if students aren't aware of the implications.

It discusses personal space and why we might be physically closer to some people in our lives than others, before discussing any issues which might blur those lines. We also consider when we might need consent, and how we know that the other party is either happy or uncomfortable. By using scenarios, we show how to confidently portray if you are not happy with someone else's behaviour.

There is a theme of consent throughout this workshop, looking at what consent is, what the law says surrounding consent and the age of consent. There is a brief mention of sending indecent images and the consequences that may follow if they do send any.

We also make sure that the students have some guidance about who they can talk to if they are concerned or worried.

Contraception

We advise this session is suitable for Year 9 and above.

Our Contraception session aims to increase students' knowledge, skill base and capacity to make rational and informed decisions in their choice of birth control. We also include which forms of contraception will protect from sexually transmitted infections. All approaches to contraception are examined in detail and the pros and cons are discussed, as well as dispelling a number of classic myths and old wife's tales. There is some discussion around teenage pregnancy and the choices available. The workshop also provides information on how and where to access further help if required.

It promotes a sense of responsibility for looking after your own sexual health through discussion of the necessity of using barrier contraception, regardless of sexuality.

This workshop has group activities and discussions, a condom demonstration, contraception examples and an image-based PowerPoint presentation.

This session works well in all female or mixed groups. However, due to the subject matter it is not as suited to an all-male environment.



Introduction to HIV/AIDS Awareness

We advise this session is suitable for Year 8.



This session is ideal for a Year 8 cohort. It looks at the history of HIV – where it all began, and the science around the virus. We explain how HIV attacks the body's immune system with an age-appropriate video.

We then look at how the virus can/can't be transmitted. There are examples of celebrities who are either living with or who have unfortunately lost their battle with the HIV.

We explain how far we have come with current treatments, yet we are still battling to move away from the stigma surrounding HIV. We also do a comparison exercise of how the HIV pandemic compares to the very current COVID 19 Pandemic.

HIV/AIDS Awareness

We advise this session is suitable for Year 9 and above.

As a local HIV support Charity, we have many years' experience dealing with this virus. We use up-to-date statistics locally, nationally, and worldwide, to introduce students to this topic area.

The workshop begins by looking at the students' current perceptions of HIV. It then moves on to help them recognise how the media has influenced many of the stereotypes that are in the general population and how ignorance of HIV/AIDS has led to a stigma being attached to it. It covers how to protect themselves and information on the importance of regular testing.

Students will be encouraged to identify which behaviours could put them at risk and raise their awareness of the transmission routes. We include an activity for students to consider if the way the virus was caught influences the stigma attached to it.

Finally, we present current data on the virus, the treatments available, the Partner Study and how this led to the Undetectable=Untransmittable campaign.

This session includes a condom demonstration.

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Sex and Relationships

We advise this session is suitable for Year 9 and above.

This aims to increase students' knowledge, skill base and capacity to make rational and informed choices in regard to intimate relationships. We explore the ways in which young people build, maintain, and terminate relationships, and how the use of social media can both complement and undermine this process.

Students are encouraged to consider important qualities of healthy relationships. How developing trust and respect is an essential foundation regarding intimacy. The importance of recognising signs of abuse, and a case study of a male victim of abuse.

Sex and consent are addressed through discussion and scenarios to encourage young people to consider the difficulties of raising the subject of sex with a partner and negotiating the use of contraceptives, where to source and how to use contraception, including emergency contraceptives.

The students will look at the impact of gender on consent issues, along with, the role that pornography plays in how young people perceive relationships.

This session includes a condom demonstration.

NO!

Consent

YES

We advise this session is suitable for Year 9 and above.

Consent is defined and explained to the students. The different kinds of consent are addressed, with an emphasis on sexual consent, and how to ask for/get consent. The law surrounding consent is clarified (including ages of consent), and students are made aware of certain behaviours that constitute assault/rape, the consequences of this and where they can go to access help and support for themselves or their peers.

False allegations of rape are briefly mentioned and, also the #thisisnotconsent campaign. There are a few scenarios which lead to group discussions on consent in order to get a well-rounded understanding of all the pupil's opinions.

There will be an opportunity for a condom demonstration if requested by the school, information on where to go for help and advice, information on emergency contraception and an opportunity or questions.

Risky Behaviour

We advise this session is suitable for Year 9 and above.

This workshop is regularly updated to reflect the risks young people can face in today's world.

Currently, one of the biggest issues is the risk alcohol can play, especially when we look at binge drinking. In order for young people to identify how alcohol can affect them they have the opportunity to use the beer goggles to try out some tasks, this always proves popular!

Although this is not a Drugs Awareness workshop, we have included an element on drug taking and other drugs related issues, such as:

- ❖ What the risks are.
- ❖ The issue of drink 'spiking'.
- ❖ How to get help if they are concerned about themselves or a friend.

As a sexual health charity, we spend time discussing how the use of both drugs and alcohol can lead young people onto to taking more risks in their sexual health. How it can increase their chances of contracting an STI, an unplanned pregnancy, or create problems regarding consent. However, we make sure that there is clear guidance on where the students can get help and advice should they need it including the correct use of condoms and how to access emergency contraception.

This session includes a condom demonstration.

Sexually Transmitted Infections (STIs)

We advise this session is suitable for Year 10 and above.

This is one of our most requested workshops, it identifies a whole range of STIs which are prevalent in both Lincolnshire and the UK.

We begin by dispelling many of the myths surrounding how STIs are transmitted, and which acts are more or less likely to put us at risk.

The following STIs are then discussed separately:

- ❖ Public Lice
- ❖ Thrush (although not strictly an STI it is included as it can be passed on by sexual activity)
- ❖ Chlamydia
- ❖ Gonorrhoea
- ❖ Genital Warts
- ❖ Herpes
- ❖ HIV/AIDS

We explain any symptoms which may or may not be present, how to get tested and any treatments available. We also aim to alleviate any fears that the students may have regarding visiting the local GU clinics.

Finally, we explain how young people can keep themselves protected, when to ask for help and where they can get advice/guidance should they need it.

This session includes a condom demonstration.

Please note... this workshop does contain medical photographs of genitals with symptoms of STIs, however, our trainers do make the students aware that this is the case at the beginning of the session.

Understanding the Reality of Sexual Relationships (Pornography)

We advise this session is suitable for Year 10 and above.

This has become a large issue in the past few years and is now included in the new government guidelines for RSE. However, this can be a difficult and sensitive subject for teachers to navigate with their students.

This session allows students to clarify their understanding of the law regarding pornography. We then move on to the impact that Pornography has on young people's perceptions of relationships, sex and sexuality. How it can give a distorted view of body image for both males and females, along with blurring the lines of consent.

We compare reality versus what is seen on the screen, particularly focusing on the portrayal of women, and the use of pornography by young people confused by their sexuality. We use quotes, quizzes and discussions to get the students engaged in this topic.

Testimonials

Here is what teachers and students have to say about us.

“You made it really interactive and enjoyable by letting us use objects like the beer goggles and games”

“I know the whole class found it exciting and educational”

“I liked all the pictures we saw and found out about symptoms. It was very interesting and not boring”

“I liked that we could speak like adults and the amount of information provided was relevant to our age group”

“I like outside speaker coming in and giving us advice. I think there should be more sessions”



“I feel sure that many of the pupils will think about their future drinking and its potential consequences far more carefully, and hopefully act accordingly, in the light of the information given in the workshop”

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Our Story at Positive Health

Positive Health (Lincolnshire) is a charity based in Lincolnshire whose original aim was simply to provide confidential information and support to people with or affected by HIV and AIDS. Since the mid 1980's we have been helping a growing number of people throughout Lincolnshire who live with the virus or care for someone with HIV.

The organisation has subsequently grown and evolved to become the county's leading sexual health charity, providing social care support to people living with HIV, preventative outreach work and promoting the awareness of good sexual health through education, training and outreach.

The Education and Training team have grown and developed over the years into a team of professionals who specialise in delivering knowledge on a range of topics relating to sexual health to places of education across the county.

Positive Health (Lincolnshire) also provides health promotion services. We are involved in local events such as Lincolnshire Pride, Freshers Fairs at the local colleges and universities World AIDS Day and other diversity events.

For more information please see
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