

CONSENT

AND

RELATIONSHIPS

*Is this
ok?*



PRODUCTIONS

NO

YES!

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SHE PRODUCTIONS

**COMPANY IN RESIDENCE AT
EAST RIDING THEATRE**

She Productions is an East Riding charity dedicated to creating original theatre and arts' workshops that empower, inspire and engage all ages.

Since forming in 2015, She Productions have produced 12 original shows and 7 outreach programmes for local communities.

Our work highlights includes: The StorytEllas musical web-series supported by Arts Council England, Development of Finding Your Voice workshops with East Riding of Yorkshire Council and National Lottery, It's Different for Girls UK Tour & accompanying Consent workshops with Young Carers.

FOREWORD BY NATALIE HARRIS

SEXUAL VIOLENCE SUPPORT WORKER

As a teenager, I experienced myriad occasions of sexual violence and unhealthy relationships, patterns that have continued throughout my adult life. Sharing my story helps to make sense of the pain I went through as well as empowering others to make a difference and understand what is at stake; what is acceptable; and, most importantly, what is not.

Many of us become consumed by pressure and comparison in today's world, and can feel lost and desperate to prove ourselves; this world can often seem highly confusing and complex. As children approach their teenager years, the focus on sex and relationships naturally grows but I have seen a number of young people strive to experience these things well before they are ready. Gaining a healthy understanding of who you are, what you're doing, with who and what you're agreeing to is truly important.

Everyone has a right to protect and care for their own body. We all deserve to have the knowledge around personal, sexual safety and boundaries and to have the courage to change the things we need to change. These are important issues to discuss so that we can not only protect ourselves, but also discover, support, help and listen others who may be going through something similar.

Remember, we need never feel alone in this.

WORKSHOP DETAILS

Duration: 50 minutes- 1.5 hours

Theme(s): Consent, respect, relationship education

Leaders: 2 members of She Productions

No. of students: 15-20

Due to sensitive themes, we suggest a maximum of 20 students per group where possible.

Location: Classroom/studio space with enough room for students to move in.

We ask that we have a **separate 'quiet' space** available to students should they need to step out of the session.

All exercises can be adapted to any government COVID-19 guidelines.



EXAMPLE PLAN

Here are a few of the exercises we use in our workshops:

CODE OF CONSENT

Students should create a list of rules to abide by during the session in order to create a safe space for everyone. Each student should consent to all rules.

TRUST, SHOW RESPECT

Working in pairs, one student will close their eyes and trust their partner to guide them around the room.

TALK RESPECT

Create a mind map of what the word 'respect' means.

TALK CONSENT

Create a mind map of what the word 'consent' means. How does it compare to 'respect'?

SAYING 'NO'

Owning our words, voices and saying 'no'

MYTH BUSTING

Let's bust some common myths about sex and assault.

HOW TO BOOK

As well as one-off workshops, we offer half day or full day packages but we can adapt to fit around school timetabling.

Prices start at £150

**For more information and booking please contact
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www.sheproductions.co.uk