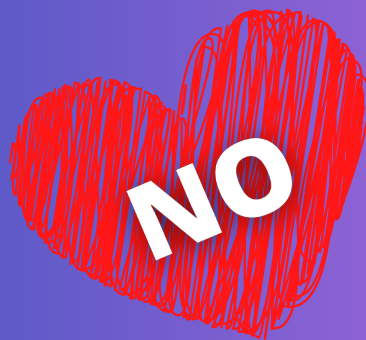


**Is this
ok?**

CONSENT

AND

RELATIONSHIPS



PRODUCTIONS

CONTENT

WHO WE ARE

FOREWORD

WORKSHOP DETAILS

EXAMPLE PLAN

HOW TO BOOK

SHE PRODUCTIONS

She Productions, based in the East Riding, was founded in 2015 by a collective of Hull and East Riding actresses dedicated to creating high-quality, innovative theatre and engagement opportunities for audiences and participants of all ages.

Our diverse portfolio of workshop programmes caters to a wide range of age groups and demographics, with each initiative carefully tailored to meet the specific needs of its participants. From Consent workshops designed to support teenagers and young adults to Man Up, an interactive programme that challenges toxic masculinity among young men, our work is always practical, drama-based, and participatory.

We have been delivering outreach programs for a decade, consistently evolving and enhancing our approach to maximize impact and effectiveness. In recent projects, we have collaborated with East Riding of Yorkshire Council's Adult Learning Teams to deliver Finding Your Voice (in-person and digital formats), worked with Hull-based charity Together Women on Empower, and partnered with N.I.C.E (National Initiative for Creative Education) and VoiCentre on specialised engagement programmes.

Every workshop we deliver is bespoke, using drama-based learning techniques to foster creative expression, build confidence, and empower participants to find and develop their unique voices.

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.

WHY DRAMA WORKSHOPS?

For the past decade, She Productions has been developing and delivering drama and issue-based workshops designed to enhance communication, confidence, and social skills.

Through our work, we have seen first hand the transformative power of drama in:

- Encouraging positive behavioural change.
- Strengthening interpersonal relationships.
- Integrating physical, emotional, and mental well-being.
- Fostering personal growth and self-awareness.
- Cultivating creative thinking and problem-solving skills.

At She Productions, we believe that drama has the power to amplify voices and uncover untold stories. By fostering trust, challenging societal expectations, and celebrating courage, our work empowers individuals to express themselves authentically and with confidence.

WORKSHOP DETAILS

Duration: 60 minutes- 1.5 hours

Theme(s): Consent, respect, Healthy Relationships, Emotional Intelligence and Trust.

Leaders: 2 members of She Productions

No. of students: 15-25

Due to sensitive themes, we suggests a **maximum of 25** 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 for bespoke themes, needs or specific topics.



EXAMPLE PLAN

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

CODE OF CONSENT

Learners should create a list of rules to abide by during the session in order to create a safe space for everyone. Each learner 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.

SAYING 'NO'

Owning our words, voices and saying 'no'

TALK RELATIONSHIPS

Create a mind map of what the words 'Healthy relationships' means.

ANONYMOUS Q&A

Allowing time for Learners to ask potentially difficult questions anonymously.

TALK CONSENT & RESPECT

Create a mind map of what the words 'Consent & Respect' means. How does it compare to 'respect'?

MYTH BUSTING

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

GROUP SCENARIOS

Work in groups to explore scenarios, exploring emotional intelligence and boundaries.

Every workshop finishes with the sharing of resources, places Learners can go to and websites they can visit for more information and guidance.

HOW TO BOOK

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

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

www.sheproductions.co.uk



PRODUCTIONS