

# Sexual Development/ Sexual Harm in Education Settings Training by Better Futures

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We have worked closely with education providers to put together a selection of training events that can be delivered to staff teams, within and across a range of education settings. These have been informed by current policy and practice in relation to safeguarding and sexual abuse/behaviour. They reflect contemporary themes relating to children and young people at primary, secondary and further education levels, both on and offline. The areas covered include healthy sexual development, sexual harassment, harmful sexual behaviour, online sexual harm, trauma-informed education and more.

We have listed a selection of training events that we have prepared previously, in response to specific requests. Some of these are to accompany lesson plans that we have created to support children and young people in different areas relating to the RSE curriculum and following Welsh Government reports relating to sexual harassment. We also offer bespoke training, which can be designed to meet your specific needs.

**The learning can be delivered both online (for shorter events) and in person (for longer training sessions).**

## Name of Course: **Train the Trainer Session: 'I Am Me'**

**Summary:** The 'I Am Me' Train the Trainer sessions will help staff to consider the sexual development for primary age children, to learn about healthy/unhealthy sexual behaviours, and to support staff to consider proportionate responses to sexual behaviours. It will also allow staff to consider how they would use the lesson plans in practice.

The session will refer to the 'I Am Me' Lesson Plan and Booklet. This lesson plan and accompanying booklet aims to help primary aged children (in years 4 – 6) learn about their bodies, development and relationships. The plans are designed to take the children on a journey, to learn about themselves, physically and emotionally, and to help them to understand how they interact with others and their worlds.

**Length of Course:** Half a day (typically 3.5 hours)

**Suitable for:** Primary School Teaching and Support Staff (N.B. this is a train-the-trainer session)

**Cost:**

## Name of Course: **Train the Trainer Session: Sexual Bullying and Harassment**

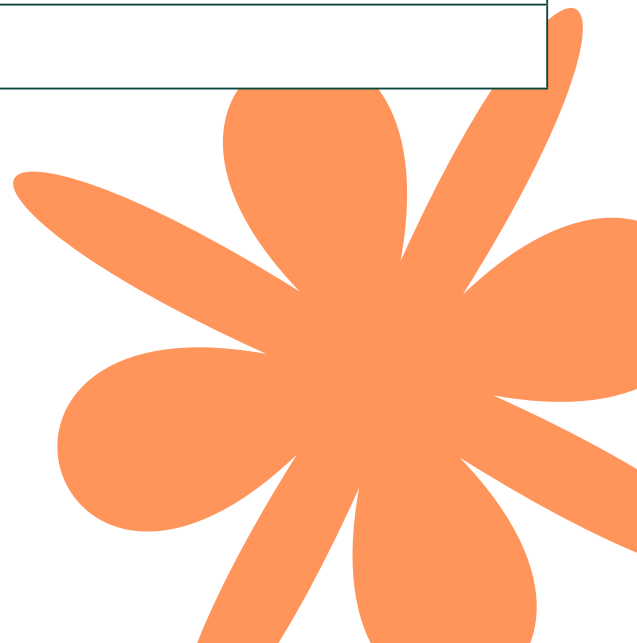
**Summary:** The Train the Trainer sessions will help staff to consider sexual development for young people, to learn about healthy/unhealthy sexual behaviours, and to support staff to consider proportionate responses to sexual behaviours and harm.

The session will refer to the 'Sexual Bullying and Harassment' Lesson Plan. This lesson plan aims to help secondary aged children (in years 9 onwards) explore issues around sexual bullying and harassment. The plans are designed to help the young people to explore their understanding of and attitudes towards sexual bullying. It is quite a complex area and should be thought provoking.

**Length of Course:** Half a day (typically 3.5 hours)

**Suitable for:** Secondary School/Further Education Teaching and Support Staff (N.B. this is a train-the-trainer session)

**Cost:**



## Name of Course: **Train the Trainer Session: 'My Amazing Body'**

**Summary:** This session is designed to help those who work with children and young people who are pre-pubescent and pubescent, who have a physical and/or learning disability, to think about issues relating to their bodies, privacy, consent and harm.

The session will refer to the 'My Amazing Body' Lesson Plan, designed for children with physical care needs. This lesson plan gives ideas and a way to structure bespoke support to individual children and young people, who may require 1:1 support with their learning around bodies and changes that take place during puberty.

**Length of Course:** Half a day (typically 3.5 hours)

**Suitable for:** Primary and Secondary School Staff who work with Children (N.B. this is a train-the-trainer session)

**Cost:**

## Name of Course: **Engaging and Supporting Traumatized Children in Sex Education**

**Summary:** This course is designed to help those who work with children and young people who may be impacted by trauma. Although there will be a focus on relationship and sexuality classes, the training will provide learning that will be applicable across all areas of education for children and young people impacted by trauma.

The course will give an overview of the impact of trauma on development and will consider the consequences of this on sexual development and knowledge. The attendees will be supported to develop therapeutic skills for working with traumatized children, particularly around the area of sexual education and response. The course will also introduce resources that may be helpful when teaching this group of children.

**Length of Course:** Full day (typically 9am to 3pm)

**Suitable for:** School Teaching and Support Staff

**Cost:**



## Name of Course: **Learning Disabilities and Preparing for Puberty (Part 1)**

**Summary: This course is set across 3 sessions.** This first, one day session, is designed to provide a general overview of some of the main issues affecting children and young people, with learning disabilities, who are going through puberty.

The course is designed to increase understanding of child sexual development, to increase confidence in preparing children (and their parents/caregivers) for the changes associated with puberty. It is designed to enable learners to feel more comfortable with discussing puberty and sexual development, including sexual health. The course will also provide tools and activities to support appropriate communication with children in this area.

**Length of Course:** Full day (typically 9am to 3pm)

**Suitable for:** School Teaching and Support Staff

**Cost:**

## Name of Course: **Learning Disabilities and Preparing for Puberty (Part 2)**

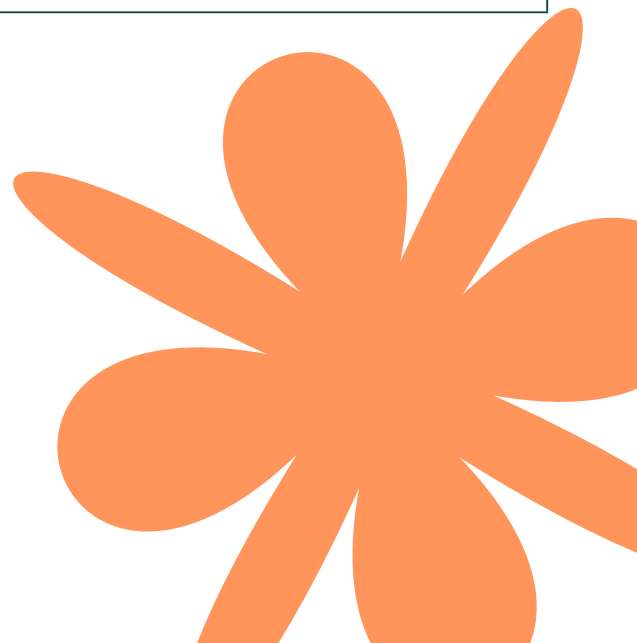
**Summary: This course is set across 3 sessions.** This second, one day session, is designed to have a focus on male puberty and how to support learning and development to young males, with learning disabilities, who are going through puberty.

The course is designed to increase understanding of child sexual development, to increase confidence in preparing children (and their parents/caregivers) for the changes associated with puberty. It is designed to enable learners to feel more comfortable with discussing puberty and sexual development, including sexual health. The course will also provide tools and activities to support appropriate communication with children in this area.

**Length of Course:** Full day (typically 9am to 3pm)

**Suitable for:** School Teaching and Support Staff

**Cost:**



## Name of Course: **Learning Disabilities and Preparing for Puberty (Part 3)**

**Summary: This course is set across 3 sessions.** This third, one day session, is designed to have a focus on female puberty and how to support learning and development to young females, with learning disabilities, who are going through puberty.

The course is designed to increase understanding of child sexual development, to increase confidence in preparing children (and their parents/caregivers) for the changes associated with puberty. It is designed to enable learners to feel more comfortable with discussing puberty and sexual development, including sexual health. The course will also provide tools and activities to support appropriate communication with children in this area.

**Length of Course:** Full day (typically 9am to 3pm)

**Suitable for:** School Teaching and Support Staff

**Cost:**

### Feedback from our previous attendees:

“ Participants found the training to be helpful, having gained ‘lots of practical ideas and advice on how to tackle a very emotional and complex subject’. The participants also reflected an increase in knowledge and confidence ‘I feel very confident in how to develop this once back at school’. One participant noted the ‘importance of schools being able to confidently and effectively address inappropriate and problematic behaviours to prevent escalation’. Another found ‘talking through varying scenarios really useful’.

“ In relation to the resources participants found these to be ‘good quality resources to use’, ‘a great resource that allows schools to consider how to best use what’s been produced’, the primary school ‘booklet (is) useful and I can see it being used by our upper KS2’, ‘lesson plans are very helpful and teacher friendly’, the ‘workbook is excellent’.

“ Considering the issues, participants noted that they felt better equipped to deal with the issues in school and have learned ‘what to do, how to help young people who are being sexually exploited’. Another stated they enjoyed the course and it helped them to ‘identify and tackle sexual bullying’. Another stated that it gave them ‘greater clarity with peer abuse’.

For further information about these courses, please contact  
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