

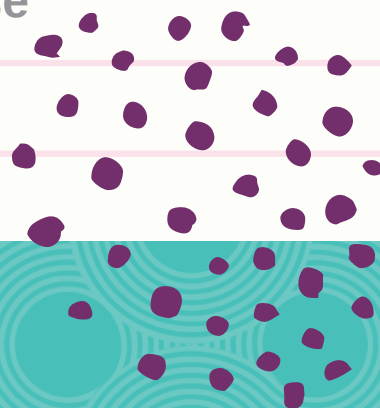


Full Secondary School Project Overview

www.equation.org.uk

equal relationships, free from abuse

Registered Charity No: 1140240



ABOUT EQUATION



‘Our goal is for everyone to have equal, healthy relationships, in a society free from domestic abuse, sexual violence and gender inequality’.

‘Equation is a specialist charity that works with the whole community to reduce the impact of domestic abuse, sexual violence and gender inequality.’



Positivity, Passion, Rigor, Compassion, Collaboration



Equate is a tailor made secondary school provision and is designed to educate young people about domestic abuse, gender equality and the importance of healthy relationships in ensuring mental wellbeing. Designed for secondary school pupils in all year groups, the comprehensive selection of lessons fits well into the existing RSE and PSHE curriculum. Equation delivers to 8,000 pupils in Nottingham City and County each year and we're proud of the relationships we've built with the schools we work with.

- Hundreds of thousands of children and young people in the UK are living with domestic abuse.
- High numbers of teenagers experience domestic abuse in their own intimate relationships.
- Children experiencing domestic abuse in their formative years can negatively affect mental health, emotional resilience and educational attainment.
- Equation delivers a range of award-winning domestic abuse prevention and healthy relationships projects and resources for children and young people in schools, colleges and community settings.

MEASURING IMPACT

Impact measurement is assessed through pupil and teacher evaluation at the end of a session. Individual sessions are evaluated by a sample 2 out of all groups.



YEAR 7

Healthy and Unhealthy Relationships

- Introduces the concept of close and intimate relationships and the diversity of relationships
- Defines domestic abuse in the form of physical, emotional, sexual, and financial abuse
- Encourages students to consider what behaviours in a relationship they would consider to be healthy or unhealthy
- Allows students to explore what attributes they would consider to be important in a relationship

92%

of pupils said the session helped them better understand how important healthy relationships are

of pupils said the session helped them better understand what they'd like from a relationship in the future

83%

78%

are more confident to ask for help and support around relationships

YEAR 7

Gender Equality



- Explores gender equality and inequality
- Explores what that might look like in a historical context with implications for modern day life
- Students will work in groups to discuss how stereotyping and 'putting people into boxes' can create an environment for gender inequality
- Students then come up with ideas on how to work towards everyone enjoying a future free of discrimination



YEAR 8

Respect Not Fear

- Defines domestic abuse in the form of physical, emotional, sexual, and financial abuse
- Explores young people's romantic/intimate relationships, including unhealthy and abusive behaviours
- Students learn that abuse is often gradual and how to spot the signs
- Students are encouraged to discuss the impacts that abuse can have on young people
- Students then explore where to get help and support

82%

of students said they have a better understanding of domestic abuse

of students said they understood better how important healthy relationships are

82%

74%

of students said they are able to better recognise abusive relationship behaviours

YEAR 8

Personal Space

- Defines the different zones of space – intimate, personal, social, and public
- Explores the different people the students feel comfortable allowing into different zones of their space
- Ensures the young people that they can always say no to any physical closeness
- Introduces and explores the meaning of sexual consent through discussions of what the students would consider an invasion of personal and intimate space

91%

of students said they have a better understanding of personal space and consent

of students said they will consider the way they behave with classmates

86%

85%

of pupils said the session made them consider the way they behave with friends

YEAR 9

Toxic Behaviours in Teen Relationships

- Helps students understand the prevalence of domestic abuse and groups of people that are at increased risk
- Explores types of emotional abuse and coercive control in relationships.
- Introduces the 'Draw the Line' platform, which includes real-life teen relationship stories, on which students can decide what unhealthy behaviours would make them 'draw the line'; this is a platform that they can then go on to use outside of the session and also contains signposting to support services
- Discusses impacts of domestic abuse on young people and barriers to getting support

95%

reported a better understanding of domestic abuse

reported being more able to recognise abusive relationship behaviours

92%

77%

reported being more confident to ask for help and support around domestic abuse

YEAR 9

Consent

- Introduces consent and what it is
- Explores what is freedom, choice and capacity to consent, and what not having the freedom to consent might look like
- Students will work with scenarios to put their learning to use in assessing what is and isn't consensual
- Discusses verbal and non-verbal cues, both positive and negative
- Signposts young people to support and advice online and in their areas



FEEDBACK*

- "That was fantastic! (Teacher) I'm shocked. I thought Domestic Abuse was rare. (Pupil) It was really interesting. I couldn't believe the quiz! (Pupils.)"
- "Just the usual positive comments from staff. We evaluated one of the sessions and student feedback is positive"
- "That was so informative and helpful and the students got a lot out of it."
- ""Teacher said that after the session the students come into her class and talk about what they have been learning."
- "I was able to educate myself on my rights and I'm judged for being a feminist so it was nice to talk about it" Year 9 pupil
- Student said to the facilitator "oh this is amazing, I love this session."
- "These sessions give us the space to talk about things we would not think about. I liked that today we got the chance to think about what being a man is. I have learned how to talk about ideas without upsetting others."
- "You are amazing teachers. You just make it so much fun so it is easier to learn. I wouldn't even have turned up if it wasn't for you two"
- "I really enjoyed the teaching style. I have never had that experience before. I learned a lot. It was interesting and fun at the same time." -"I've learnt a lot about personal space and relationships." -"I really enjoyed the start of the sessions. The warm-up games were fun and helped me relax."
- "I learnt things about myself when it comes to certain behaviour traits that are not healthy.", "I know what now to look for in a relationship."
- "I'm glad to have this session to be shown that certain behaviours, even though you see them often, are not acceptable. It has given me more strength to say no."

TWILIGHTS

- Twilights are a suite of 60-90 minute training sessions for professionals, particularly those in an education setting, or working elsewhere with children and young people.
- The sessions explore key issues surrounding abuse and relationships, enabling professionals to more keenly identify when children and young people they work with might be at risk, equipping them with the insight and knowledge to take preventative measures and aid survivors in gaining the support they require.
- The sessions are designed for groups of 5 plus for convenient and accessible delivery in your own work setting.

Our current offer is:

- Domestic Abuse Awareness
- Domestic Abuse in Teenage Intimate Relationships
- Online Safety
- Sexting
- Sexual Harassment in a School Setting
- Consent
- Female Genital Mutilation (FGM)
- Forced Marriage and Honour Based Abuse
- Child Sexual Exploitation: A Basic Awareness

Click [here](#) to find out more details about each session.



TARGETED WORK

Equation offers 8 week targeted programmes for young people who are identified by the school. They run for 1.5 - 2 hours per week. These workshops concentrate on building self-esteem and confidence. The promotion of healthy relationships is a key part of the sessions, encouraging young people to make informed decisions in their lives. Effective early intervention projects are crucial in preventing negative attitudes hardening into adulthood, and both these targeted initiatives work towards this aim. All the projects have a creative element the young people work towards. The project has been created in collaboration with MonOlisa productions.

Key Themes

- Raise self-esteem, confidence and aspirations
- To understand their selves and their identity
- Promote Choice
- Promote benefit to working with others
- Encourage healthy relationships and access to support
- To understand their right and responsibilities over their own bodies

MEASURING IMPACT

Evaluation of this project is based on questionnaires given to the young people at 2 points: prior to the project starting and at the end. This allows us to generate baseline scores and measure change at the end of the project. Success of the project is also based on pupil and teacher feedback.



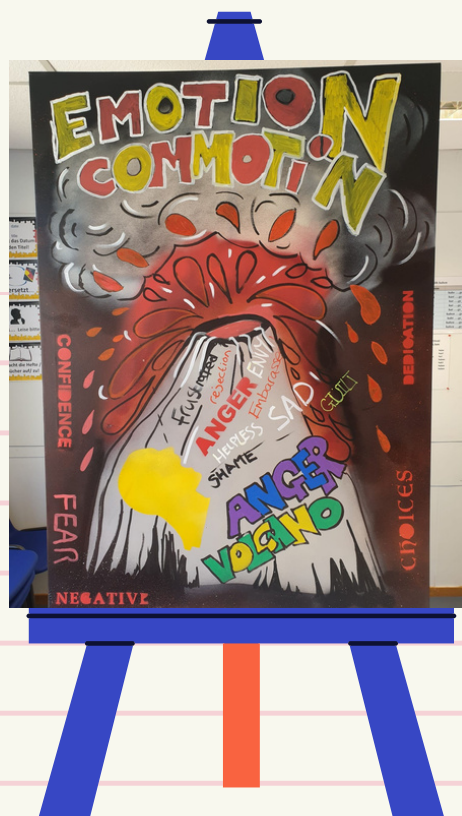
CHOICES

The Choices Project for young men in year 10 focusses upon encouraging them to make positive choices, recognise their own behaviour and how it impacts upon others, manage their own feelings and emotions and aspire to have healthy relationships. Duration of the project is 8 weeks.

Sessions 1-7 each focus on a different topic:

- Perceptions of self and self esteem
- Choices – tools and techniques to consider actions and their consequences
- Dealing with feelings and anger
- Healthy Relationships – what young men and women deserve from a relationship
- The importance of personal space, consent and understanding sexual bullying
- What it is to 'be a man' and expectations of manhood
- Men who have achieved and positive goal setting

Week 8 focuses on developing and presenting a piece of creative work together with a professional artist.



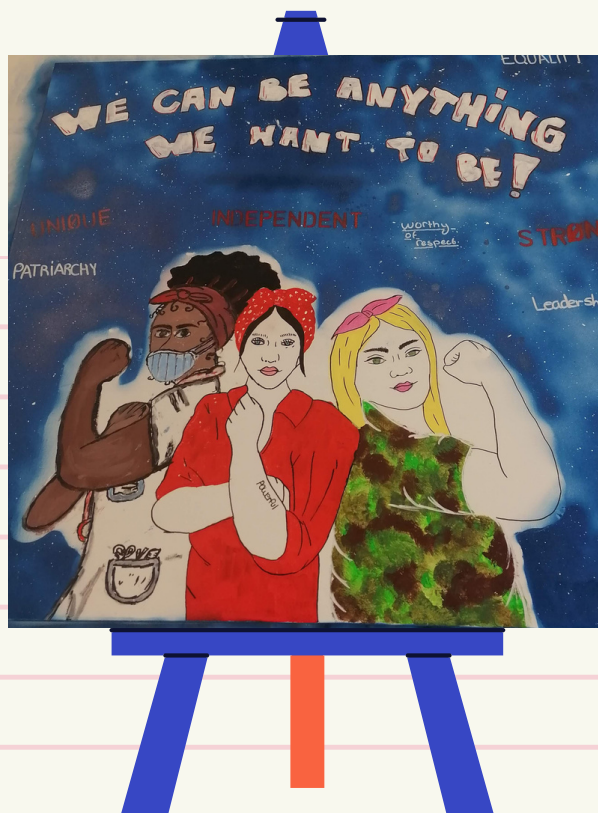
KNOW MORE

Know More Project for Y9 aims to empower girls and young women to change their own lives by helping them: recognise their rights within relationships, build their confidence in being women and make positive relationship choices. Duration of the project is 8 weeks.

The first 7 sessions each focus on a different topic:

- Introduction to the project and boundary setting
- Being a woman and social expectations of womanhood
- Choices – tools and techniques to consider your actions and their consequences
- Dealing with feelings and anger
- Healthy Relationships – what young women deserve from a relationship
- The importance of personal space and raising awareness of sexual bullying
- Women who have achieved and positive goal setting

Week 8 focuses on developing and presenting a piece of creative work together with a professional artist.



MY CONNECTIONS

My Connections is a toolkit for professionals working with young people using harmful behaviours in their intimate relationships. Prior to the development of My Connections, few resources were available to support the young people, or help them develop the tools needed to stop or prevent their use of abuse. The toolkit has been built in a structured manner to effectively meet the needs of the young people and the professionals who support them



The toolkit package includes training in the following courses:

- Understanding and Responding to Domestic Abuse
- Challenging Domestic Abuse (Working with Perpetrators)
- Working with Children and Young People Impacted by Domestic Abuse
- Understanding the Dynamic of Domestic Abuse within Teenage Intimate Relationships

Toolkit contents:

- Session plans on the following themes; healthy relationships, unhealthy relationships, abusive behaviours, managing feelings and emotions, consent, gender equality, aspirations, responsibilities
- Interactive video's
- Printable and interactive worksheets
- Discussion based activities
- Individual activities



RESOURCES

Support resources are available to be ordered on equation.org.uk website or by contacting us through email provided on the back of the brochure.



MY BOOK is a booklet designed to help and support children aged 11 upwards who have experienced domestic abuse. It takes the person on a journey through positive memories and understanding what has happened to them. My book is a personal resource for the child to work through and document emotions, feelings and changes in their lives all while building resilience and growing healthy coping mechanisms

MOVING FORWARD is designed to help young women 13+ explore their experience of abuse. The booklet takes them through understanding abuse in all its complex forms, recognizing what is happening to them and what to do. Moving Forward book helps them to look at the future by recognizing their rights, building resilience, celebrating friendships and reflecting on how far they have come.



SELF ESTEEM is a positive and inspiring activity booklet for young women that helps them build resilience, recognise their strengths and feel empowered to pursue a positive future.

CHOOSE YOUR LIFE is a guide for young men to better understand who they are and who they could be. This high-quality and creative activity booklet for young men helps them identify the choices they have, including in relationships, and helps empower them to make positive choices.

SEX, CONSENT AND CONSEQUENCES. This is an information booklet tailored for young people that delivers the facts about sex when it comes to individual rights and responsibilities, and the emotional and legal necessity of consent for sexual intimacy. It empowers young people to make informed, safe and positive choices through delivering clear, non-judgemental sex and relationships information. Suitable as a standalone guide for all young people of secondary school age (11+).



DELIVERY

Standard full Equate package:

Y7: Healthy Relationships; Gender Equality

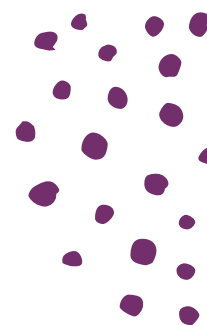
Y8: Respect Not Fear; Personal Space

Y9: Consent; Toxic Behaviours

2 Teacher Twilight Training Sessions

Resource box

However, the package is fully customizable to suit your schools needs.



PRICING

Please contact us for prices, as funding and discounts are available for certain areas of Nottingham and Nottinghamshire.

2022 - 2023 IN NUMBERS

3930 primary school children received the GREAT project

In total 131 GREAT projects have been delivered over City and County



8100

secondary school pupils reached

Equate secondary school project was delivered in 16 schools

665+ school staff trained



15,000+ support resources distributed

6 My Connections toolkits distributed to professionals across the city and county



19 targeted intervention sessions delivered to a total of 152 students



Key Developments:

- Increased resource distribution
- Sustained delivery in schools despite the aftermath of the pandemic
- Long-term funding secured from Police and Crime Commission to expand delivery of CYP services over the next 3 years
- Expansion of the CYP team to meet the needs of the funding

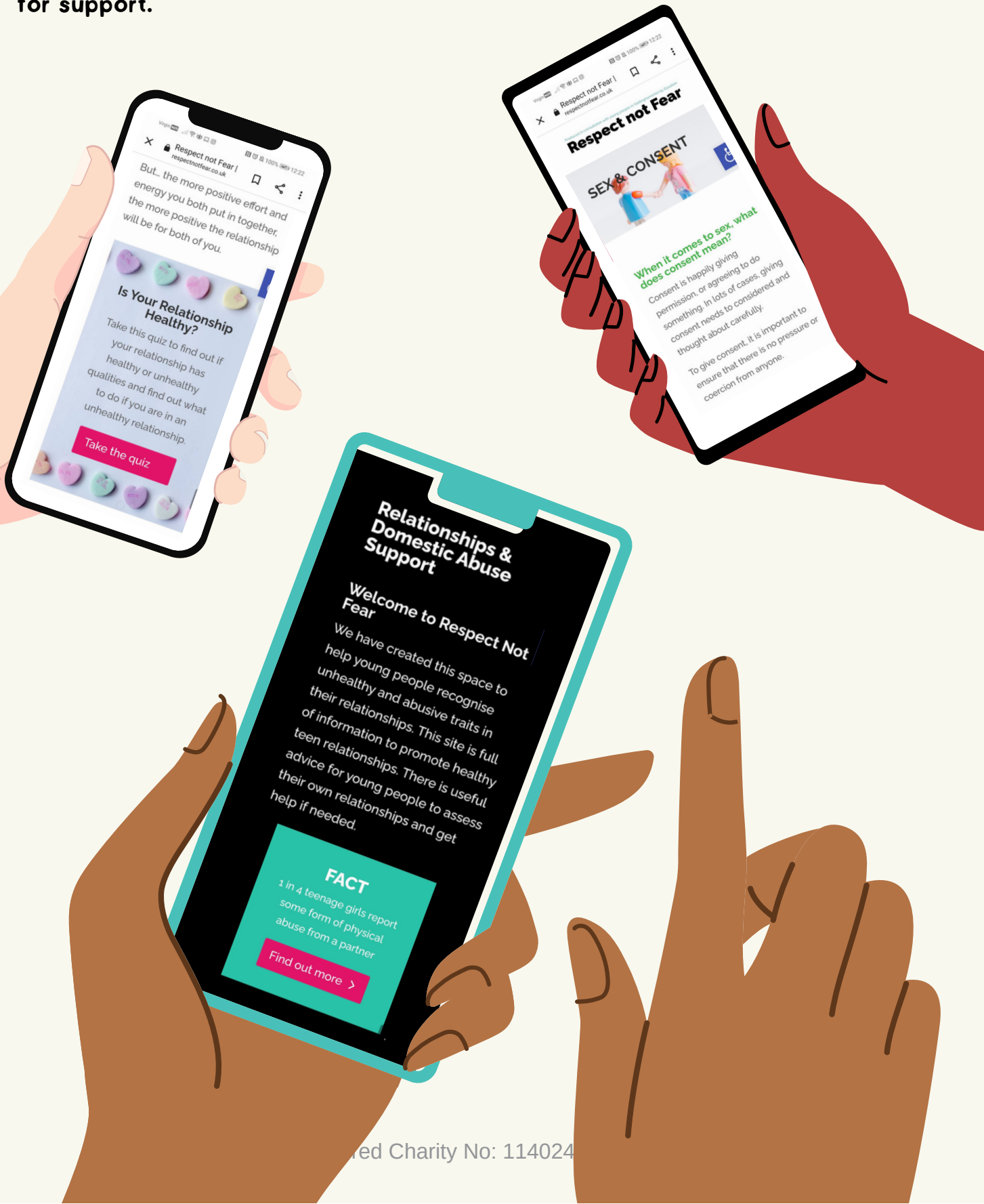
Thank you for your ongoing support and trust in our expertise. We are looking forward to working with you to make sure everyone can build:

EQUAL RELATIONSHIPS FREE FROM ABUSE!

Produced in consultation with young people in Nottinghamshire by Equation

Respect not Fear

Equation's website for young people, where they can find information on various topics, such as healthy relationships, consent, abuse and where to go for support.





WHERE TO FIND MORE INFORMATION



www.equation.org.uk



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[@equationorg](https://www.instagram.com/equationorg)