

MOTHERWELL CHESHIRE

#NOMORE

SEXUAL ASSUALT AWARENESS TOOLKIT



#NOMORE | A MOTHERWELL CHESHIRE CAMPAIGN

Session 1: Sexual Assault 101

Session outcomes: To build an understanding of what is sexual assault.

| | Item | Time Estimated | Worksheets and Downloadable resources |
|---|---|----------------|---|
| 1 | Introduce session | 5 mins | |
| 2 | <p>DISCUSS: What is Sexual Assault? How often it occurs? Likely perpetrators?</p> <p>WATCH: What is sexual assault video.</p> | 10 min | <p>UC Davis Sexual Assault Awareness Month Toolkit</p> <p>What is Sexual Assault: https://www.youtube.com/watch?v=Y_yJZ9G-tt4</p> |
| 3 | <p>TASK: In groups, create a table that outlines what consent looks like and what consent does not look like</p> <p>DISCUSS: Share answers and discuss why they think certain things fall in to each</p> <p>WATCH: Tea and Consent Video</p> | 25 minutes | <p>What consent looks like: https://www.loveisrespect.org/resources/what-consent-does-and-doesnt-look-like/</p> <p>Tea and Consent: https://www.youtube.com/watch?v=pZwvrXVavnQ</p> |
| 4 | Wrap up session and recap what was discussed | 5 mins | |

Session 2: Supporting a survivor of Sexual Assault

Session outcomes: To learn what are the ways in which we can support those who have faced some form of sexual assault and raising awareness.

Session Length:

Curriculum and Key Stage:

| Item | | Time Estimated | Worksheets and Downloadable resources |
|------|--|----------------|---|
| 1 | Introduce session | 5 mins | |
| 2 | <p>Watch: How to help survivors</p> <p>Discuss: Ways in which we can support (mentioned in videos/ other ideas)</p> | 15 min | <p>How to help video: https://www.youtube.com/watch?v=n4zOZ5xSADk</p> |
| 3 | <p>Share: PCAR Guide on helping survivors (Page 1-4)</p> <p>Task: In pairs, create a little script that displays the ways in which we can support survivors.</p> | 25 minutes | <p>PCAR Guide: https://www.pcar.org/sites/default/files/resource-pdfs/friends_and_family_guide_final.pdf</p> |
| 4 | Discuss and Share: Ways in which we can raise awareness | 10 mins | |
| 5 | Wrap up and Recap | 5 mins | |

Session 3: Men can be assaulted too

Session outcomes: _To provide some more awareness for men and the sexual assault they also go through

Session Length:

Curriculum and Key Stage:

| | Item | Time Estimated | Worksheets and Downloadable resources |
|---|---|----------------|--|
| 1 | Introduce session | 5 mins | |
| 2 | <p>Discuss: Who they think can be sexually assaulted? What are the different impacts on women and men?</p> <p>Watch: Sexual abuse can happen to anyone</p> <p>Discuss: What do they think now after the video?</p> | 15 min | <p>Can happen to anyone video: https://www.youtube.com/watch?v=STyNOVjgxcM</p> |
| 3 | Task: Fact or Myth | 25 minutes | <p>Men and Sexual Assault: https://lin6.org/get-information/myths/</p> |
| 4 | Watch: Sanjit's and Norman's story | 10 mins | <p>Sanjit's story: https://www.safeline.org.uk/what-we-do/men/sanjit/ Norman's Story https://www.safeline.org.uk/what-we-do/men/norman/</p> |
| 5 | Wrap up and Recap | 5 mins | |