



Relationships and Sexuality Education FOR SCHOOLS



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STUDENT SEMINARS

Combining the latest research in Relationships and Sexuality Education, with expert knowledge of pedagogy and what actually works in the classroom, these facilitated student seminars are aligned to the Victorian Curriculum and designed to make meaningful change.



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OVERVIEW

STUDENT SEMINARS

Junior Secondary:

- Consent, Congruence and Dating
- Reframe Rejection
- Consent Online
- Let's Talk About Pornography

Senior Secondary:

- Consent and the Law
- Create Space for a 'No'
- Affirmative Consent Skills

STAFF PROFESSIONAL LEARNING

- LGBTIQ+ Inclusion: Safe and Seen at School
- Cultivate Consent Culture
- Tackle Trauma
- Affirmative Consent for Teachers
- Make RSE Inclusive

Student Facing Seminars

Years 7-9

Consent, Congruence and Dating

Early high school comes with a whole range of new types of relationships to navigate. In this session, we provide students with the tools to ask their friends or partner what they would like when it comes to physical touch (like holding hands, kissing and hugging) and even spending time together. Students will also learn how to read body language to determine whether or not they have received an enthusiastic yes, as well as how to communicate clearly and openly to manage expectations and keep everybody feeling safe.

Reframe Rejection

As young people grow up, they often come to view rejection, or being told 'no' as a bad thing, which can have damaging implications for future relationships. In this session, aimed at junior secondary school students, we examine why this view has come about, and then challenge it by examining situations where it's good to be told 'no'. Students will come away with practical strategies they can use to mentally reframe rejection, helping them become more resilient, respectful young people.

Student Facing Seminars

Years 7-9

Consent Online

Tackle non-consensual photo sharing head on, with this seminar. Taking a harm-minimisation approach, we help young people understand the laws around sharing sexually explicit photos (including image-based abuse and child pornography). We also teach the skills to check for consent when sharing any photos, tagging, or talking about someone on social media, because respectful relationships online start with practising consent in day-to-day scenarios.

Let's Talk About Pornography

Whether their parents restrict their devices or not, many young people are turning to pornography as a way of learning about sex. But the reality is that porn models a whole range of unhealthy, unsafe and non-consensual behaviours and also reinforces 'beauty standards' that lead to body image issues. In order to combat this, we will guide your students through frank and honest discussions around the ways in which pornography does not actually reflect sex in the real world.

How do these seminars align with the Victorian Curriculum?

These seminars were designed for junior secondary students (7-10) in accordance with the DET's Consent and Sexuality Education Policy. They address the following content descriptions from the Victorian Curriculum:

Health and Physical Education Level 7-8:

- Evaluate strategies to manage personal, physical and social changes that occur as they grow older (VCHPEP124)
- Investigate and select strategies to promote health, safety and wellbeing (VCHPEP126)
- Investigate the benefits of relationships and examine their impact on their own and others' health and wellbeing (VCHPEP127)
- Analyse factors that influence emotions, and develop strategies to demonstrate empathy and sensitivity (VCHPEP128)
- Develop skills to evaluate health information and express health concerns (VCHPEP129)

Health and Physical Education Level 9-10:

- Plan, rehearse and evaluate options (including CPR and first aid) for managing situations where their own or others' health, safety and wellbeing may be at risk (VCHPEP144)
- Investigate how empathy and ethical decision-making contribute to respectful relationships (VCHPEP146)
- Evaluate situations and propose appropriate emotional responses and then reflect on possible outcomes of different responses to health and wellbeing (VCHPEP147)
- Critique behaviours and contextual factors that influence the health and wellbeing of their communities (VCHPEP151)

Personal and Social Capability Level 7-8:

- Explore their personal values and beliefs and analyse how these values and beliefs might be different or similar to those of others (VCPSCSO038)
- Recognise the impact of personal boundaries, intimacy, distribution of power and social and cultural norms and mores on the ways relationships are expressed (VCPSCSO040)
- Identify ways to be proactive in initiating strategies to prevent and/or accomplish positive resolutions to conflict (VCPSCSO042)
- Discuss the range of strategies that could be used to cope with difficult tasks or changing situations (VCPSCSE036)

Personal and Social Capability Level 9-10:

- Evaluate behaviours and protective factors that contribute to the development of confidence, adaptability and self-reflection (VCPSCSE046)
- Acknowledge the importance of empathy and the acceptance of diversity for a cohesive community and reflect on the effectiveness of strategies for being respectful of diversity and human rights (VCPSCSO048)
- Investigate personal, social and cultural factors that influence the ability to experience positive and respectful relationships and explore the rights and responsibilities of individuals in relationships (VCPSCSO049)
- Develop specific skills and a variety of strategies to prevent or resolve conflict, and explore the nature of conflict resolution in a range of contexts (VCPSCSO051)

Student Facing Seminars

Years 10-12

Consent and the Law

Students will learn about the new affirmative consent laws, and what they look like in practice. We go beyond simply outlining the laws, ensuring students know how to apply their understanding of affirmative consent to the real world. Using everyday non-sexual scenarios, students will learn to differentiate between verbal and non-verbal consent, and identify non-consent.

Create Space for a 'No'

We're all aware that 'they didn't say no' isn't a valid defence when it comes to sexual harm. Coercion, or the freeze/fawn response can make it hard to say no. But do young people actually know what a 'no' looks like? Can they recognise when a verbal 'yes' is actually a 'no'? This session will help students understand the value of being told 'no', and teach them to recognise a no in those 'gray areas'. They will also learn strategies to make those around them feel comfortable telling them 'no'.

Affirmative Consent Skills

In this session, we use everyday, non-sexual scenarios to teach the communication skills vital for affirmative consent. Students will learn to check-in, as well as seek and give direction and feedback. There's also a focus on practising ways to speak up if something doesn't feel quite right for them.

Student Facing Seminars

Years 10-12

How do these seminars align with the Victorian Curriculum?

These seminars were designed for senior secondary students (10-12) in accordance with the DET's Consent and Sexuality Education Policy. They address the following content descriptions from the Victorian Curriculum:

Health and Physical Education Level 9-10:

- Plan, rehearse and evaluate options (including CPR and first aid) for managing situations where their own or others' health, safety and wellbeing may be at risk (VCHPEP144)
- Investigate how empathy and ethical decision-making contribute to respectful relationships (VCHPEP146)
- Evaluate situations and propose appropriate emotional responses and then reflect on possible outcomes of different responses to health and wellbeing (VCHPEP147)
- Critique behaviours and contextual factors that influence the health and wellbeing of their communities (VCHPEP151)

Personal and Social Capability Level 9-10:

- Evaluate behaviours and protective factors that contribute to the development of confidence, adaptability and self-reflection (VCPSCSE046)
- Acknowledge the importance of empathy and the acceptance of diversity for a cohesive community and reflect on the effectiveness of strategies for being respectful of diversity and human rights (VCPSCSO048)
- Investigate personal, social and cultural factors that influence the ability to experience positive and respectful relationships and explore the rights and responsibilities of individuals in relationships (VCPSCSO049)
- Develop specific skills and a variety of strategies to prevent or resolve conflict, and explore the nature of conflict resolution in a range of contexts (VCPSCSO051)

Pricing

For a cohort: A 60 minute (or single period) seminar for a year level starts at \$780 for up to 150 students. For larger cohorts, contact us for a quote.

For a class: We can also run smaller, more hands-on sessions. These start at \$315 for a 90 minute (or double period) workshop for up to 35 students.

Surcharges apply for schools outside of metropolitan Melbourne.

Want to know more?

To find out more about us, our experience, and what drove us to start Let's Talk About X, head to our website, talkaboutx.org

While you're there, be sure to check out our range of videos and free downloadable resources.

We're also happy to answer any questions you may have, just give us a call or [email us](mailto:info@talkaboutx.org).



PROFESSIONAL LEARNING for Teachers and ES Staff

As teachers ourselves, we know that the biggest impact can be made by those in the classroom with their students every day.

That's why we offer a range of Professional Learning seminars to help those working in schools create a safer, more consensual, more inclusive environment.

All our staff training is available both in person and online.



LGBTIQA+ Inclusion: Safe and Seen at School

Overwhelmed by all the identities and their ever changing definitions? Struggling to understand what it all means in relation to your students and how to support them? Have students in your class affirming their gender and worried you're going to put your foot in it?

In our signature LGBTIQA+ inclusion seminar for teachers, we focus on what you actually need to know when it comes to working with young people. Develop an understanding of the challenges faced by LGBTIQA+ students, and learn practical strategies you can adopt to make them feel safe, seen and supported in your classroom.

Cultivate Consent Culture

Schools need to go beyond Respectful Relationships Education (RSE) lessons and ensure all staff are equipped to recognise and address everyday attitudes, values and behaviors that contribute to a lack of respect for consent. This seminar will equip you with the steps you can take to begin building a consent culture in every classroom, every day. Because for Respectful Relationships Education to be effective, a whole-school approach needs to be taken.

Tackle Trauma

The introduction of better consent education and discussions around consent will naturally lead to more young people realising they've had experiences of non-consensual sex. This seminar will give teachers the confidence to navigate disclosures of sexual harm and instances where students may become triggered in a trauma-informed manner, helping you better support your students and make them feel safe.

Affirmative Consent for Teachers

Expectations, laws and policies around consent have been rapidly changing, and schools play a vital role in ensuring young people are equipped with the skills and knowledge they need to form healthy, respectful relationships. Whether through formal Relationships and Sexuality Education lessons, wellbeing programs, everyday classroom interactions, or discussion of texts or historical events in English and humanities classes, teachers have so many opportunities to promote best practice when it comes to affirmative consent.

That's why we've created this seminar to ensure all teachers - not just those who teach Relationships and Sexuality Education - are up to date with the changes regarding consent and how this applies to secondary school settings. This training will give you the tools to help your students grow into more respectful, consensual young people.

Make RSE Inclusive

Not sure how to talk about different genders or sexualities? Wondering if it's okay to separate students into 'boys' and 'girls' for certain activities? Have a few slides recognising LGBTIQ+ identities but not confident in delivering them, or unsure what else you can be doing? Having consulted extensively with recent high school graduates, we've found that too often LGBTIQ+ students are being left out, and the results can be devastating.

Comprehensive, inclusive Relationships and Sexuality Education (RSE) can help to prevent sexual harm, and in this workshop we'll examine some common practices in sexuality education and assess their inclusiveness, helping you better tailor your programs to cater to all students in the room. Learn the skills and language you need to ensure your Relationships and Sexuality Education programs are inclusive and impactful from start to finish.

Pricing

The cost of staff training depends on number of participants and length of the session. We tailor all of our staff seminars and workshops to suit the particular needs of each school.

You can choose between in-person and online delivery for each of our staff PL sessions.

If you'd like a quote, just [get in touch](#).

Want to know more?

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While you're there, be sure to check out our range of videos and free downloadable resources.

We're also happy to answer any questions you may have, just give us a call or [email us](#).



Staff Professional Learning: Self-Paced Online Courses

As teachers ourselves, we understand how pushed for time schools are when it comes to Professional Learning. We also know that breaking up content into easily digestible chunks, and being able to go back over lessons makes for more effective learning.

That's why we also offer the following self-paced, online courses:

Undertand Affirmative Consent

Learn what affirmative consent laws mean for Victoria and how we can ensure they are followed in this short online course.

FREE

Beyond a Binary Classroom

In under 20 minutes, we'll teach you 5 actionable strategies you can use to make gender diverse students feel safer, more welcome and more included.

\$32.95

Consent Crash Course for Teachers

Update your understanding of consent and how it applies to secondary classrooms. Across 10 bite-sized modules, you'll develop a comprehensive understanding of consent, learn to identify and challenge common misconceptions amongst students, and learn a range of strategies that can be used to model consent in the classroom.

\$189

Need multiple licenses? [Get in touch](#) for group pricing.