

Yuno BNSSG Targeted Small Group RSE sessions

Criteria

- Live or be in education in Bristol, North Somerset or South Gloucestershire
- Be 13 – 19 years of age
Or 20 – 24 years of age if they have a learning disability or additional needs that means they are subject to safeguarding procedures
- They are not involved in an active police investigation, either as a victim or perpetrator

- They are at risk of harm or danger related to sex or relationships (whether online or in the community)
Or
- They display an unhealthy attitude towards relationships or sexual health
Or
- Have additional SEND or SEMH needs that they would benefit from additional targeted RSE support

How will it work?

- Up to 10 young people of a similar age, e.g. 13-15, 16-18, 18-24
- All young people must be able to work well together in the group
- 3-5 sessions, 1 per week/fortnight at the same time each week
- Choose the topic/s (see below)
- A room will need to be available for each session, with young people ready to start on time
- A staff member from your location must be present at each session, to deal with any behaviour issues or any safeguarding disclosures that may arise
- We will be following your safeguarding policy
- Missed sessions can only be made up if the Brook specialist has to cancel for any reason. If a young person is absent from school/college, they will miss that session
- For any young people with additional learning needs, we will need to have a conversation in advance about any accommodations that are needed, and/or if this young person needs an additional staff member to support them

How do I book?

- Email yuno@brook.org.uk
- Please note, there is a waiting list for this service

Topics:

- **Healthy relationships** (focussed on romantic/dating/sexual relationships, not friendships or family relationships)
Could include: Different types of relationships
Real life relationships
Online relationships
What I want from a relationship
Types of abuse
Non negotiables/red flags
Consent
Readiness/pressure
- **Consent**
Could include: Every day consent
Sexual consent
Signs of consent
Stories/scenarios
Readiness/pressure
Sending/asking for nudes
- **Life online**
Could include: Digital wellbeing
Digital relationships
Staying safe
Consent
Social media
Manosphere/misogyny online
Grooming online
Pornography
Sending/asking for nudes/YPSI
- **Boundaries and inappropriate behaviour**
Could include: Inappropriate language
Inappropriate touch
Sexual harassment
Misogyny
Consent
Digital boundaries
- **General RSE**
This is for those YP with additional needs and in alternative settings. Not for those in mainstream education or to replace RSE lessons in school/college
You would pick 4-5 of these topics – one for each session
Could include: Contraception & condoms
STIs
Healthy relationships
Puberty/periods
Consent and/or appropriate touch
Readiness for sex
Pleasure
Pornography
Pregnancy choices