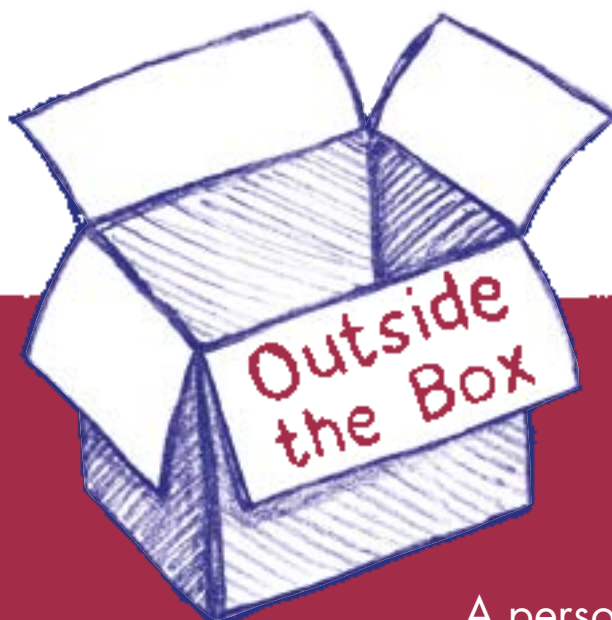


A personal development programme about
sex and relationships for young people



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To support the use of Outside the Box please access separately the Image Gallery and pre and post programme assessment questions.

Introduction: about the programme and how to use it

What is Outside the Box?

Outside the Box is a personal development and sex and relationships education (SRE) programme for young people at higher risk of sexual exploitation. It comprises eight interactive sessions delivered by a specially trained professional, to small groups of young people aged from 11 years old +.

How was Outside the Box developed?

The programme has been developed by the Sex Education Forum and National Children's Bureau through funding from Comic Relief. A group of young educators worked closely with the resource authors to develop the programme based on the principles that:

- Building young people's self-esteem and confidence in their body and opinions is a foundation for them being able to enjoy equal and respectful sex and relationships.
- Messages from the world around us about sex, relationships, attractiveness, and gender often do not reflect reality and can give young people confusing, and sometimes harmful, messages about what is 'normal'.
- Young people need to be equipped with the vocabulary and skills to recognise and negotiate the many pressures they face; and avoid being sexually exploited or exploiting others.

These principles are supported by a robust evidence base on the effectiveness of SRE (see www.sexeducationforum.org.uk/evidence) which has found that when young people receive comprehensive and early SRE they are more likely to have sex for the first time at an older age and to use contraception and condoms. Young people who have received comprehensive SRE are also more likely to say that first sex was wanted.

Outside the Box was fully piloted in eight sites, and an evaluation carried out by an independent evaluator. Revisions to the programme were then made based on feedback from participants and facilitators.

Outside the Box was designed with the aims to:

- Reduce risky behaviour among vulnerable young people
- Equip young people to identify and manage safe boundaries in relationships, by increasing their level of awareness of what constitutes a respectful/abusive relationship and confidence to negotiate safe boundaries within relationships
- Increase understanding among vulnerable young people of their rights within sexual relationships
- Augment young people's awareness and ability to identify individuals and organisations they can approach for help locally

Who is Outside the Box for?

This programme is designed for use with small groups of young people age 11+ (depending on maturity and level of understanding of the individuals). It can be used with single gender or mixed groups.

Facilitators of Outside the Box need to use their professional judgment, together with colleagues, to decide which young people to invite to participate in the programme. Outside the Box is not meant to replace the universal provision of SRE within the school curriculum. It is designed to provide more intensive and personalized SRE for young people identified as having a gap in their SRE or a vulnerability known to be linked to increase likelihood of sexual exploitation.

