

Teaching Plan for People with Learning Disabilities

Our **aim** is to educate people with learning disabilities about sexual exploitation.

After our training people will know:

- What 'Helping Each Other' is about
- What is sexual exploitation?
- Why does it matter?
- How they can be helped and supported.
- How to avoid sexual exploitation.
- What to do if you think it is happening to you or someone you know.

| Time | Who | What | How | Using |
|---------|-----|---|--|---|
| 5 mins | | Introductions | Tell people about ourselves, the project, and what we are going to do today. Round of names | PowerPoint (PP) <i>Slides 1 - 3</i> |
| 5 mins | | Ground Rules Confidentiality Jargon Buster | Tell people what the ground rules are. Tell people what we mean by 'confidentiality'. Tell people what to do if they don't understand any words. | PP <i>Slides 4 – 5</i> <i>Slide 6</i> <i>Slide 7</i> |
| 10 mins | | Ice Breaker | Stickers: "Who has travelled furthest" etc. | PP <i>Slide 8</i> Stickers |
| 10 mins | | Evaluation | Quiz Jot down numbers | PP <i>Slide 9</i> |

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| 30 mins | | What makes a good relationship? | <p>“What is a relationship?”</p> <ul style="list-style-type: none"> - what does it involve? - what different kinds of relationship are there? <p>Record responses on flipchart. Explain that this training is about sexual relationships.</p> <p>Split the group into teams of 3/4. In those groups talk about:</p> <ul style="list-style-type: none"> a) What makes a good relationship? b) What are the things you should NOT do in a relationship? <p>Teams should write or draw their ideas on a sheet of flipchart paper.</p> <p>Feedback.</p> <p>When the ‘Helping Each Other’ team talked about it, this is what we said . . .</p> <p>Explain that it is important to know the difference between a good relationship and a bad one, because sometimes people get confused between the two and let their partner treat them badly.</p> | <p>PP <i>Slide 10</i></p> <p><i>Slide 11</i> Flipchart (FC) paper</p> <p><i>Slide 12</i></p> |
| 15 mins | | BREAK | | <i>Slide 13</i> |
| 30 mins | | What is sexual exploitation? | <p>We are now going to talk about bad relationships.</p> <p>Show two of the DVD plays of your choice.</p> <p>Group discussion: Is this wrong? Why is it wrong? How would you know something was happening? What puts them at risk?</p> <p>Definitions.</p> | <p><i>Slide 14</i></p> <p><i>Slides 14 & 15</i></p> |

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| 10 mins | | Keeping Safe | These are the things that help you be safe | <i>Slides 16 - 22</i> |
| 15 mins | | BREAK | | <i>Slide 23</i> |
| 20 mins | | What do you do if sexual exploitation is happening? | <p>Show the DVD plays again.</p> <p>What can they do? What would you do?</p> <p>Emphasise the importance of reporting abuse and exploitation. Ask: who can you report to?</p> <p>If you have time, role play or discuss reporting:</p> <ul style="list-style-type: none"> - What would you say when you report? - Do you need to know everything? (No!) - Do you need to be positive abuse/exploitation has taken place? (No!) - What do you do if the person you report to does nothing? (Report to as many people as possible) | <i>Slides 24 & 25</i> |
| 15 mins | | | 'Who wants to be a millionaire?' Quiz | <i>Slide 26 Separate PP</i> |
| 15 mins | | | <p>Give phone numbers</p> <p>Go through the workbook and action plan. Talk about where people can get help to complete and monitor their personal action plan.</p> | <i>Slide 27 Handout Slide 28 Workbook</i> |
| 5 mins | | | <p>Quiz</p> <p>Jot down numbers.</p> | <i>Slide 29</i> |
| | | END | | <i>Slide 29</i> |

