

## Examples Workshops

### How quickly pictures posted on the internet can spread Workshop

The young person participating in the workshop looks at how one picture sent can be forwarded onto anyone. What can happen if personal details are given out?

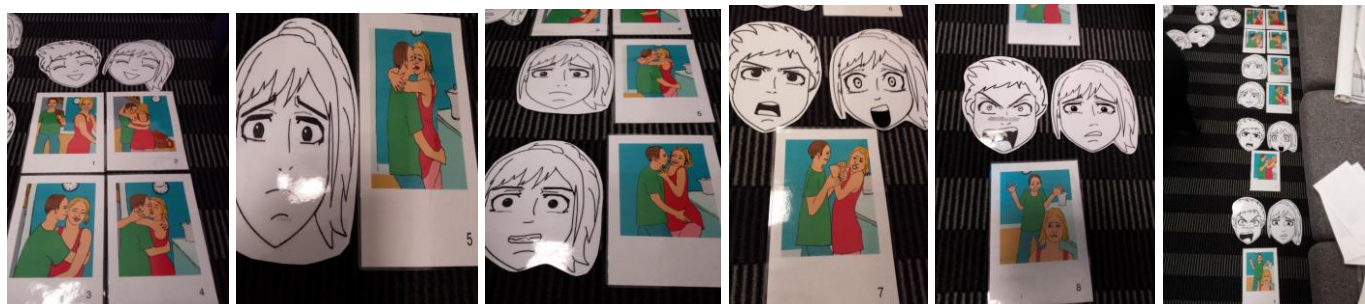
Following on from this, age appropriate CEOP (Child Exploitation Online Protection) films and workbooks are used to look at safe cyber communication and how to report or ask for help if they are being forced or tricked into taking inappropriate pictures/films



### Positive Relationships Workshop

We use 8 pictures to tell a story of a couple. Each picture is looked at individually and the emotions and feelings of the people in the picture are discussed. Using facial emotion masks the young people choose the mask that they think each person in the picture may be feeling.

We find out what the young person thinks is happening in the story and how they think they might react or deal with the situation, the couple in the pictures are experiencing. We also explore with the young person if they think the behaviour from the couple is right or wrong, is this relationship healthy and how they could ask for help in a difficult situations. With the discussions around this, young people can begin to recognise what is an appropriate safe and healthy relationship should be and if not how to remove yourself as quickly and safely as possible.



## Unsafe Touch Areas on our Body Workshop

The aim of this workshop is to find out if the young person understands which parts of their body are private and which no one else should touch. We use a wooden doll, modelling clay and stickers and this gives the session an element of fun and reduces any stress and embarrassment.

Having tactile materials to use also creates a distraction; the focus is transferred to the wooden doll and not directly at the young person. Additionally playing with the clay relaxes young people and it is easier to ask the questions they find uncomfortable.

