Relationships and sexuality - awareness raising for social care staff training programme

Lesson plan

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Icon  Description automatically generated**  **Time** | **Icon  Description automatically generated**  **Content** | **Icon  Description automatically generated**  **Suggested activity** | **Icon  Description automatically generated**  **Resources** | **Delivered by** |
| Introduction | **Welcome and scene setting** |  |  |  |
| 00.00 (10 minutes) | Welcome  Introductions  Housekeeping  Aims and objectives | * Presentation | Slides 1-2 |  |
| 00.10  (5 minutes) | Group agreement  Why this is essential | * Presentation * Model group agreement and examples | Slide 3 |  |
| 00.15  (10minutes) | Introduction Icebreaker | * Presentation * Group discussion and feedback | Slide 4  **Handout A** |  |
| 00.25 (5 minutes) | Key challenges | * Presentation * Group discussion | Slide 5 |  |
| **Total: 30 minutes** | | | | |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Module 1 - **Understanding sexuality and relationships** | | | | |
| 00.30  (10 minutes) | Aims and objectives What is sexuality | * Activity - how would you define sexuality * Provide WHO definition | Slides 6-8 |  |
| 00.40 (15 minutes) | Gender and sexual identity | * Presentation -research evidence * Activity – what can organisations do to support people in care settings and discussions | Slides 9-11  **Worksheet 1** |  |
| 00.55  (15 minutes) | Barriers and benefits | * Presentation * Activity - watch video and group discussion | Slides 12-13  **Handout B**  **Video clips**  **Worksheet 2** |  |
| 01.10 (15 minutes) | Values | * Presentation - values driving positive sexual expression * Activity - complete values worksheet * Discussion | Slides 14-16  **Worksheet   3a and b** |  |
| **Total: 1 hour 25 minutes** | | | | |
| **Break** | | | | |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Module 2 - **Roles, regulations and the law** | | | | |
| 01.40 (25 minutes) | Aims and objectives The role of a care or support worker | * Presentation * Presentation - role of a care or support worker * Activity - ask people to think about how they support relationships and sexuality, link to the framework | Slides 17-18  **Handout C**  **Worksheet   4a and b** |  |
| 02.05  (20 minutes) | Roles, regulations and the law CQC guidance | * Presentation - regulatory framework * Discussion | Slides 19-21 |  |
| 02.25  (20 minutes) | Rights, including Human Rights | * Activity - ask people to discuss what they think are the main human rights relating to sex and relationships * Discussion * Presentation * Activity - group to watch a video and consider what might have been the solutions to the potential human rights breaches | Slides 22-24  **Flipchart  Video** |  |
| 02.45  (45 minutes) | Legal  Summary of main laws  Capacity and consent | * Activity - law quiz * Presentation - key legislation * Activity - what does capacity to engage in sexual activity mean? * Presentation - details of the criteria | Slides 25-32  **Worksheet 5** |  |
| **Total: 1 hour 50 minutes** | | | | |
| **03.30 (30 minutes) - Lunch** | | | | |
| Module 3 - **Sexual safety, safeguarding and autonomy** | | | | |
| 04.00  (60 minutes) | Aims and objectives Sexual safety | * Presentation - what is meant by sexual safety * Activity - let’s talk about sexual safety, video and discussion * Activity - inappropriate touch case study * Presentation - sexual safety through empowerment * Presentation - promoting sexual safety | Slides 33-37  **Videos**  **Worksheet 6**  **Worksheet 7** **Handout D** |  |
| 05.00  (45 minutes) | Responding to sexualised behaviour | * Presentation - understanding sexualised behaviours * Presentation - sexualised behaviour framework * Activity - identifying the cause, case studies * Presentation - risk and response * Activity - risk and action. Case study and planned responses | Slides 38-42  **Handout E**  **Worksheet 8**  **Handout F** |  |
| **Total: 1 hour 45 minutes** | | | | |
| **05.45 (15 minutes) - Break** | | | | |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Module 4 - **Practical approaches to relationships and sexuality support** | | | | |
| 06.00  (15 minutes) | Aims and objectives  Starting the conversation | * Presentation * Presentation - tips to support conversations * Presentation - the BETTER model * Activity - having the conversation | Slides 43-46  **Handout G**  **Handout H**  **Worksheet 9** |  |
| 06.15  (20 minutes) | Assessing needs | * Activity - Understanding my needs, case studies * Group discussion | Slide 47  **Handout I**  **Handout J** |  |
| 06.35  (30 minutes) | Working with families and loved ones | * Presentation – working in partnership * Activity - challenges faced by families * Presentation - responding to family’s questions/concerns * Activity - case studies * Activity - videos * Group discussion | Slides 48-53  **Handout K**  **Worksheet 10**  **Handout L**  **Worksheet 11**  **Videos** |  |
| 07.05  (25 minutes) | Assessment and evaluation | * Presentation - any questions * Quiz * Presentation - resources * Activity – complete evaluation form | Slides 54-55  **Facilitators   guide** |  |
| **Total: 1 hour 50 minutes** | | | | |
| **07.30 Finish** | | | | |