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

Lesson plan

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| **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) | WelcomeIntroductionsHousekeepingAims and objectives | * Presentation
 |  Slides 1-2 |  |
| 00.10(5 minutes) | Group agreementWhy this is essential  | * Presentation
* Model group agreement and examples
 |  Slide 3 |  |
| 00.15(10minutes) | IntroductionIcebreaker | * Presentation
* Group discussion and feedback
 |  Slide 4 **Handout A** |  |
| 00.25(5 minutes) | Key challenges | * Presentation
* Group discussion
 |  Slide 5 |  |
| **Total: 30 minutes** |

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| Module 1 - **Understanding sexuality and relationships** |
| 00.30(10 minutes) | Aims and objectivesWhat 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** |

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| Module 2 - **Roles, regulations and the law**  |
| 01.40(25 minutes) | Aims and objectivesThe 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 lawCQC 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) | LegalSummary of main lawsCapacity 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 objectivesSexual 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** |

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| Module 4 - **Practical approaches to relationships and sexuality support** |
| 06.00(15 minutes) | Aims and objectivesStarting 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** |