



**family  
lives**

**TeenBoundaries** – preventing sexual bullying, peer on peer sexual exploitation and promoting positive gender relationships

*Through life's ups  
and downs, we're  
**with you, all the way***

45% of **teenage girls** have had their bottom or breasts groped against their will

38% of young people have received unwanted **sexual images**

65% of gay or bisexual young people experience **homophobic bullying** at school

*Family Lives, **with you all the way***



## TeenBoundaries

TeenBoundaries, part of Family Lives, aims to prevent sexual bullying, peer on peer sexual exploitation and promotes positive gender relationships by challenging attitudes and promoting tolerance, understanding and cohesion between young people.

Our research with young people tells us that SRE (Sex and Relationship Education) is too focused on providing factual information on contraception and STIs (sexually transmitted infections). There is not enough attention on giving young people the skills they need to manage relationships, clarify attitudes and values and maintain boundaries.

Sexual bullying is any behaviour which degrades someone, singles someone out by the use of sexual language, gestures or violence, and victimising someone for their appearance or sexuality. This ranges from groping, name-calling, sexual assaults, and comments on female breast/male genital size. Sexual bullying is also pressure to act promiscuously and to act in a way that makes others uncomfortable. These behaviours happen inside and outside school, in social groups and via the internet or mobile phones.

## TeenBoundaries Workshops

Our programme is delivered to single sex and mixed groups of 11 to 18 year olds and consists of the following lessons:

**Lesson 1** Sexual bullying and the causes and effects of early sexualisation: media influences, popularity mechanisms, language and insults, and how these affect behaviour within peer groups.

**Lesson 2** How the media can influence gender behaviour: promoting self-esteem and how to support others.

**Lesson 3** Consent: understanding what makes a positive, healthy relationship (including domestic violence and abuse in relationships) and staying safe.

**Lesson 4** The effect of the cyber world; sexting/internet/pornography (fantasy versus reality – at the school’s discretion) and how it adds to the issues of sexual bullying; use of social media (Facebook, BBM etc) and where to get help.

**Lesson 5** Sexual violence; myths and facts, safety and awareness, reporting incidents and getting further help. Individual and societal responsibility in stopping sexual violence.

**Lesson 6** Sexual Identity and homophobia: definitions of sexuality, stereotypes and prejudices, case studies, the law, advice and support.

### Learning outcomes

- understand how and why sexual bullying and peer-on-peer sexual exploitation happens and how we can prevent it
- unpick messages from the media regarding gender and sexuality, and understand how this can affect self-esteem and self-image
- understand what consent means, how to stay safe, and what a positive relationship looks like
- raise awareness of sexual violence and exploitation, and feel empowered to report it
- understand how to stay safe in cyber space



*65% of gay or bisexual young people experience homophobic bullying in school*

The workshop can be delivered in carousel days: inset, off timetable days, enrichment days and healthy school days, PSHCE/CITIZENSHIPS lessons.

The lessons can be delivered in a number of different ways:

- a single lesson of your choice
- all five lessons
- a carousel day, where we supply 5 practitioners to each deliver the 5 lessons, back to back, giving you a total of 25 sessions all on one day.



## TeenBoundaries Case Study

I am the Deputy Head of a Secondary School in London. We have had to deal with a number of shocking incidents concerning sexting and sexual bullying/inappropriate behaviour amongst our pupils. These are hugely traumatic experiences for young people, and often difficult for both parents and teachers to address.

One girl was so affected by an incident that she ended up having to move schools. She took an explicit picture of her private parts and texted it to a boy she fancied. The picture was then texted on to many of the boys in her year group, which led her to being badly bullied by her friends – she threatened to throw herself out of the school building after confronting them.

These sorts of incidents don't just happen in the older years. Another girl who was only year 7 had her phone confiscated, and it was discovered a boy in the older years had been targeting her and texting inappropriate sexual comments during lessons. He had arranged to meet her in the toilets at school to carry out sexual acts. Unfortunately, this sort of coercive behavior is not a one-off – I have dealt with instances where girls have been forced into sexual acts by groups of boys after being threatened. These things are

happening across all sorts of schools, it is something we need to face up to. Family Lives' TeenBoundaries programme gave us the expert help we needed to equip our students with the knowledge and confidence to deal with pressures they are confronted with. The topics that the workshops covered addressed issues that I felt were extremely important, and were not covered in normal lessons at our school. In particular, the dangers of pornography, sexualisation in the media and dangers of sexting, concerns that continue to grow.

For many of our pupils, the TeenBoundaries work was a revelation. For the first time, they had a productive space to talk about topics that were previously untouched upon at school and home. Students felt it was really helpful to discuss these issues openly, and the role playing helped them to practice how they would react when being put in difficult situations. One student said "They helped to make us more aware so that we wouldn't be pressured into doing things that could put us at risk".

The work of Family Lives has impacted upon the whole school. I have shared resources regarding sexting with the Senior Leadership Team. It raised the awareness of this amongst them and it is something now being addressed in PSHCEE lessons with younger students in the school. The Deputy Head in charge of Child Protection spoke about pornography and sexting awareness at a whole staff meeting on the first day of term.



## What teachers say about TeenBoundaries workshops

“The workshop on Friday was fantastic, the form thoroughly enjoyed it and were very engaged. It’s an interactive session which triggered lots of discussion. I was unsure as to how seriously they’d take it, but it went down very well.”

Ms Friar - Year 9 Teacher, Francis Combe School

“I was very impressed with the workshops, the students engaged and I have had many ask me when the next lesson is. We would like future workshops on a yearly basis for our Year 9’s.”

Ms Biggs - Head of Year 9, Mount Grace school

“Thanks a lot for coming in – from what I saw, the kids were really engaged and certainly took a lot away from it.”

Mr Thomson - Head of PHSE, Rickmansworth school

“Thanks so much for today, the kids loved it, I was walking around at break time asking them about it and they all said they found it really interesting.”

Mr Kemp - PHSE Co-ordinator, Sandringham School

“Many thanks for your workshops today. The girls really enjoyed it and got a lot out of it. The balance of activities was just right.”

Mrs Shrimpton, Watford Girls School

### Further information

- You can decide which lessons to have delivered from the menu.
- Maximum group size is 30.
- All practitioners have enhanced CRB’s / DBS’s
- Lessons are age appropriate and designed from Year 7 to Year 12.

Each lesson is 1 hour long, costing £174 although we can adapt to suit timetabling requirements. We do find that the most effective delivery models is via our ‘carousel days’ where 5 workshops can be delivered back to back, by 5 practitioners – giving a total delivery of 25 lessons in one day. The cost of a carousel day is £2,000.

Practitioner travel is charged in addition to the fees quoted. Please note that all fees are subject to VAT at the prevailing rate.





## Workshops for primary schools

We also run workshops for primary schools to help better prepare children for safe and healthy relationships. We have two lessons available.

The workshops look at to what extent their aspirations might be influenced by gender, explain what gender is and that gender should not impact on life goals and future aspirations career options. Workshops also look at different body shapes and sizes, self-perception and self-esteem.

***For more information about  
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