

## Positive Boundaries

Positive Boundaries (previously called TeenBoundaries) is a unique programme through Bullying UK and is designed to tackle sexual bullying and peer-on-peer sexual exploitation. This is through promoting positive gender relationships and by challenging attitudes and promoting tolerance, understanding and cohesion between young people.



**“Being bullied made me want to change myself to fit in and be invisible, it didn’t make any difference to the bullying”**

**Bullying UK survey 2016**

Young people tell us that there is not enough attention on giving them the skills they need to manage relationships, clarify attitudes and values and maintain boundaries. Our research also tells us that sex and relationship education is often too focused on providing factual information on contraception and sexually transmitted infections.

**“They sarcastically called me a sexy bitch and then touched my bum, looked up my skirt to the point I felt really uncomfortable walking in front of them or near those boys.”** Bullying UK survey 2016

Positive Boundaries builds knowledge and resilience in young people through recognising and understanding the nature of sexual bullying, different forms of sexism and the damage they cause. This is achieved through developing confident attitudes towards acceptance, consent and obtaining help.

Positive Boundaries is adaptable to the needs of different groups of young people.

Our facilitators provide sessions that raise awareness and help change attitudes. They can also be called into schools in response to specific challenges students have faced. We know from our annual Bullying UK survey that sexual bullying is an increasingly serious issue that needs to be tackled. It happens inside and outside school, in social groups and online. It is as serious as any form of hate crime and should be treated as such by parents, teachers and society.

# Positive Boundaries Programme

Our programme for secondary schools is delivered across five hour-long well balanced workshops. We build a strong rapport with students so that as the material becomes more sensitive, they can feel more open to interact, explore and discuss the issues in more detail.

## Workshop summary

- 1. Sexual bullying:** Gaining an understanding of what sexual bullying is and understanding the impact of sexual bullying language and name-calling.
- 2. The media:** Exploring how the media represent men and women and understanding its effect and how it can influence gender behaviour.
- 3. Consent:** Defining what sexual consent is, understanding how to stay safe and the ingredients of a healthy relationship.
- 4. Sexual violence:** Understanding what sexual abuse is, exposing the myths surrounding sexual abuse and rape, and knowing where to get help and support.
- 5. The cyber world:** Understanding what cyber bullying is and how to stay safe online, understanding what sexting is and the possible consequences and understanding the effects of watching pornography.

We also deliver **Positive Boundaries workshops for primary schools** to help better prepare young people for safe and healthy relationships:

## Workshop summary

- 1.** Exploring issues of gender, different body shapes and sizes, self-perception, self-esteem and peer pressure.
- 2.** Exploring boundaries around physical contact, looks at appropriate and inappropriate relationships and the impact of sexual bullying.

## Supporting workshops and courses

Bullying UK recognises that good quality, supportive education is a partnership between home and school. With this in mind we have developed further workshops and courses specifically for parents and carers on the following topics:

- Preparing for & coping with teenage issues
- Time to talk about sex & sexuality
- Risky behaviour
- Talking about drugs, alcohol & smoking
- Self-harming
- Tackling bullying (including cyber bullying & internet safety)

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