

Buy Our Services

YC Hertfordshire have developed a number of programmes to support your school and students with PSHE provision and help them to fulfil their statutory responsibility to support pupils and prepare them for the opportunities, responsibilities and experiences of life. YC Hertfordshire staff can deliver these programmes to students during school hours, before or after school or during school holidays. To discuss your schools requirements use the phone number or email on this form under team contacts.

If you're a parent or guardian of a young person and they; have previously been 'missing', been involved in risky behaviours including substance use or unsafe sex, have low self-esteem or involvement in inappropriate relationships, please get in touch using the contact details below;

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Healthy Relationships



Helping to raise young people's awareness



#eyesopen



YC Hertfordshire has developed a group work programme that is part of the wider Hertfordshire Child Sexual Exploitation campaign that enables young people to be able to recognise and develop healthy relationships so that they are less vulnerable to exploitation.

Child Sexual Exploitation (CSE) is a growing issue affecting thousands of children and young people under 18 in England every year. CSE has a devastating impact on children, young people and their families and it should be a concern for everyone. It is largely a hidden crime, and raising awareness of this type of abuse is essential to preventing it and stopping it early when it does happen.

THE KEY INDICATORS OF VULNERABILITY TO CSE ARE:

- Young people who have gone 'missing'
- Participation in risky behaviours including substance abuse and unsafe sex
- Low self esteem
- Involvement in inappropriate relationships including with other young people and/or adults.

YC Hertfordshire is in a key position to raise young people's awareness of child exploitation.

PROJECT AIMS

To raise young people's awareness of child exploitation, giving them the support they need to make informed, safe choices and to have appropriate, healthy and safe relationships.

To invest time to build relationships with young people, give support for as long as it's needed and use innovative tools and activities to help young people explore their relationships.

To support young people to engage in a group work programme that enables young people to establish support from peers and access local services.

PROJECT DELIVERY

Delivery of the programme will be through the YC Hertfordshire local teams.

Programmes will run termly in every area.

Sessions will be closed and will run on a weekly basis consecutively for seven weeks.

The programme can be tailored for both male and female groups, and groups can be single sex or mixed gender.

WHAT THE PROGRAMME INCLUDES

1

Staying safe Online and Sharing information

This session provides a great understanding of the dangers of being online, taking into account inappropriate behaviours and ways to keep safe. It also looks at what support is available.

2

Staying safe and your profile

This session explores further online sites that could be used for dating and the risks of using these sites. It also looks at the personal details shared online through profiles and the safety around this.

3

Definitions, posting and selfies

This session examines what is meant by 'sexting', and the consequences of sharing photographs. Participants will have the opportunity to agree approaches to staying safe.

4

Positive Relationships, Sex and Pornography

This session explores how real-life positive relationships differ from those shown in pornography, and the influence that sexualised images can have on body image and confidence. It also looks at the impact porn can have on expectations of sex.

5

Consent and Power

This session looks at consent and what our understanding and expectations of this is for young men and women. It also provides details of the Law around Child Sexual Exploitation.

6

Sexual Violence

This session explores what sexual violence is. It looks at the roles young men and young women take and the associated risks to this.

7

Disclosure and Support

The young people are encouraged to think about disclosure and the meaning and consequences of disclosing to a professional. This session also provides young people with details of how and where to seek support and guidance on issues relating to disclosure and sexual exploitation.