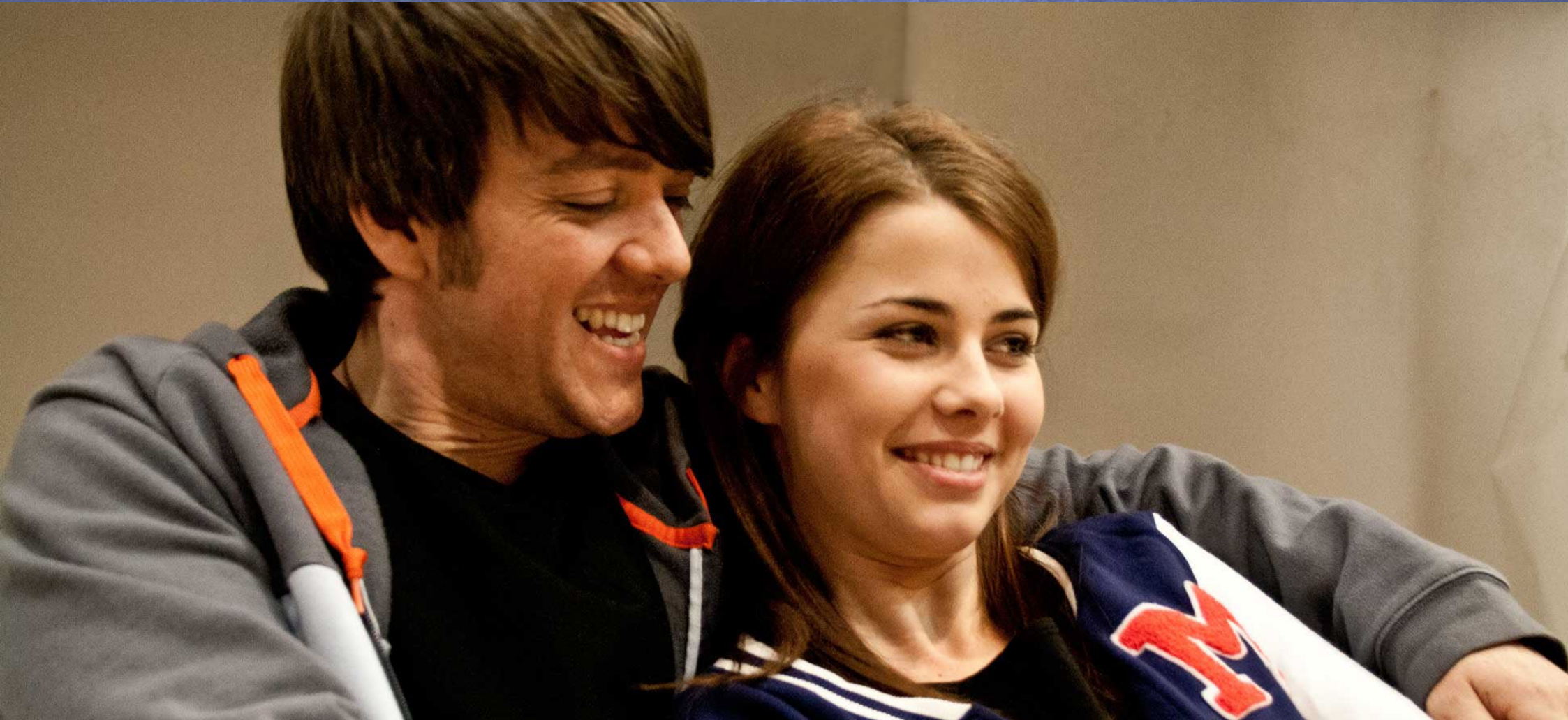


TRUST ME

AWARENESS BOOKLET ON SEXUAL HEALTH, CONSENT, CONTRACEPTION,
STIS AND UNPLANNED PREGNANCY FOR PARENTS & GUARDIAN



loudmouth
education & training through theatre

This booklet is for parents and guardians of the students who will be having the theatre in education programme, Trust Me into their school.

Trust Me is a theatre in education programme aimed at years 8-13 (ages 12 upwards). It is an age appropriate and well researched programme designed to raise awareness around the topics of sexual health and consent.

Trust Me was created and delivered by Loudmouth Education and Training. The company has been delivering Relationships, Sex and Health Education (RSHE) since 1994 and has reached over one million children, young people, professionals and parents across the UK.

The programme, Trust Me, supports the ongoing work in schools on healthy relationships, sex and contraception and links directly to the Government's RSHE statutory curriculum which says that students should know...

- that safer sex and sexual health helps ensure that young people are equipped to make safe, informed and healthy choices as they progress through adult life.
- the facts about the full range of contraceptive choices and options available.
- how the different sexually transmitted infections (STIs) are transmitted, how risk can be reduced through safer sex (including through condom use), the importance of testing and key facts about treatment.
- how to get further advice, including how and where to access confidential sexual and reproductive health advice and treatment.
- how people can actively communicate and recognise sexual consent from others, and how and when consent can be withdrawn.

The programme uses drama, a character Q&A session and discussion to raise the pupils' awareness of harmful sexual behaviours, where these behaviours are coming from and alternative positive behaviours.

This booklet contains further information about the programme, Trust Me, and some tips and suggestions on how to use your child's participation in this programme as a way to start discussions at home around the issues it covers and ways to support your child if they are affected by the issues.



In the drama your child will have seen there are two characters, April and Dave. They start a relationship which develops into a sexual relationship. They are faced with different challenges around whether they are ready for a sexual relationship, how to discuss consent and contraception and maintain a healthy relationship.

After the drama, the students get the opportunity to ask April and Dave questions about the key themes for the drama. The Loudmouth facilitators then run small group discussions that recap on key facts around S.T.I.s and contraception and look at a series of scenarios that help develop the group's understanding of consent.

The session ends with information of where the students can go for help if around sexual health and want further information and/or support including ChildLine, the school's Designated Safeguarding Lead, and the Loudmouth website (www.loudmouth.co.uk).



CONSENT

There can be some confusion around the law and consent. The information below may help in any discussions with your child around what they saw in the Trust Me programme.

The age of consent in the UK is 16. This means that it's against the law for someone to have sex with someone under the age of 16.

The law gives extra protection to all under-18-year-olds, regardless of whether or not they are over the age of consent. It is illegal:

- to take, show or distribute indecent photographs of a child under the age of 18 (this includes images shared through sexting or sharing nudes).
- to sexually exploit a child under the age of 18.
- for a person in a position of trust (for example teachers or care workers) to engage in sexual activity with anyone under the age of 18 who is in the care of their organisation.

CONSENT (CONTINUED)

Guidance across the UK makes it clear that sexual activity, between children who are close in age and understanding, should not automatically result in prosecution. Instead, a range of factors should be considered.

These include:

- whether the sexual activity was entered into willingly
- any power imbalance, coercion or exploitation
- the children's relative age, maturity and level of development.

Consent is more than someone not saying 'no'. By law, someone cannot give consent if they are feeling pressured or coerced or if they are not sober enough to make this decision. Kissing, flirting, or taking off clothes are not clear consent.



"I have seen a number of approaches for sex education, but this is truly the most memorable.

It reached out to the students in an environment that was made open, comfortable and engaging with students learning without even realising it!"

- Deputy Head

Where to go for help and support

There are many organisations that can provide help and support around the issues covered in the Trust Me programme.

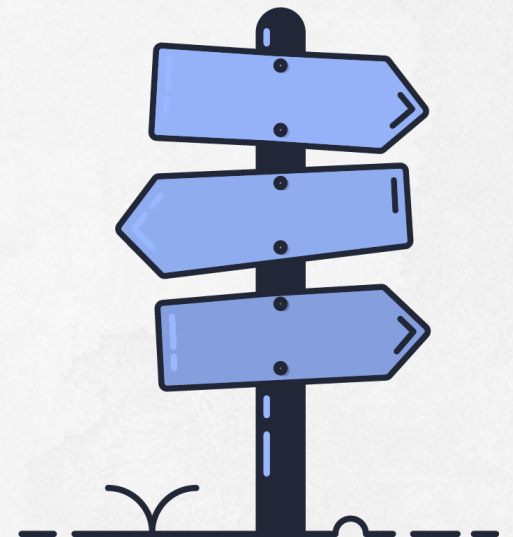
Further information and additional signposting for young people can be found on the young people's pages on the Loudmouth website www.loudmouth.co.uk.

- www.childline.org.uk 0800 1111

There are many sexual health services around the country that can help with treatment around STIs and contraception advice.

These can be found on the nhs.uk website

- [Find a sexual health clinic - NHS \(www.nhs.uk\)](http://www.nhs.uk)



The Trust Me programme aims to help young people to make safe and healthy decisions about relationships. Below are a few statistics from the evaluation of the programme.

- 95% of student felt, after taking part in the Trust Me programme, that it is important to wait until you are ready for a sexual relationship.
- 97% could identify that condoms/femidoms protect against pregnancy and STIs.
- 83% could identify key facts about chlamydia.
- 94% of staff said that the programme had increased their confidence in teaching about the issues.

Starting a discussion

Loudmouth uses drama as a safe way to discuss issues. Students can talk about the characters and the situations shown in the drama without feeling pressured to talk about themselves. This can also help to start discussions at home about topics that could be embarrassing or awkward for some people.

IDEA

On the next page are some ideas for questions that you could use as conversation starters at home with any student who has watched the Trust Me drama. These can be a safe and easy way to begin these discussions on these issues, especially if they are not topics that normally come up in conversation.

Were April and Dave ready for a sexual relationship?

What could April or Dave have talked to if they needed support around relationships?

How healthy was April and Dave's relationship? How could it have been improved?

Where could April and Dave have gone to get advice and support around sexual health?