



South Lanarkshire

# Gender - Based Violence Partnership

domestic abuse • rape and sexual assault • harmful cultural practices •  
sexual harassment and stalking • commercial sexual exploitation •

## Preventing Gender-Based Violence in South Lanarkshire

Resources for  
working with  
children and  
young people

2016

# Resources for working with children and young people 2016

• domestic abuse • rape and sexual assault • harmful cultural practices •  
• sexual harassment and stalking • commercial sexual exploitation •

# Contents

## Introduction

Why take a preventative approach?

## Early Years

Curricular Framework for Nursery Education  
Just Like a Child

## Ages 5 - 11

Curricular Framework for Primary Education  
Healthy Relationship Pack (Doorway)  
Respect Pack

## Ages 12 - 25

Curricular Framework for Secondary Education  
Mentors in Violence Prevention  
Rape Crisis Prevention Programme  
STAMP Project  
Healthy Relationship Pack (Doorway)  
Respect Pack  
Parenthood and Relationships Education Programme  
Sexual Exploitation: Sex, Secrets and Lies  
Female Genital Mutilation Lesson Plan  
Female Genital Mutilation Awareness for Staff

## Training and Staff Development

Gender-Based Violence Partnership Training

# Gender-Based Violence and Prevention

Gender-based violence is an umbrella term that encompasses a spectrum of abuse experienced mostly, but not exclusively, by women and girls.

This spectrum of abuse includes:

- Physical, sexual, emotional and psychological abuse, including domestic abuse and rape
- Sexual harassment and stalking
- Commercial sexual exploitation, including prostitution, pornography and trafficking
- Harmful cultural practices, including 'honour' based violence, forced marriage and female genital mutilation.

## Why take a preventative approach?

Primary prevention is about preventing violence before it occurs. Prevention challenges the notion that violence is inevitable or acceptable. The Scottish Government's Equally Safe Strategy (Scotland's strategy for preventing and eradicating violence against women and girls) states:

'this approach focuses on challenging behaviour, building the knowledge and skills of individuals and ultimately delivering a progressive shift in the structural, cultural and societal contexts in which violence occurs.'



## **What is the purpose of this guide?**

South Lanarkshire benefits from a number of organisations and resources which work with children and young people to tackle gender stereotyping and attitudes that condone violence against women and girls. They address issues such as healthy relationships, bullying, sexting, body image, pornography and the media.

The purpose of this guide is to inform those working with children and young people of some of the resources available to them when working to prevent Gender-Based Violence and promote positive relationships.

## **Who is this guide for?**

Whilst many of these resources have been developed with education settings in mind, please note that the suggested learning activities are suitable for use in a range of formal and informal education, group work and one to one settings.

The resources have been structured within this guidance to reflect age brackets, however this should be used as a guide only.



## Curricular Framework for Nursery Education

NHS Lanarkshire Blood Borne Virus and Sexual Health Team: 01698 377 652

[www.lanarkshiresexualhealth.org](http://www.lanarkshiresexualhealth.org)

This framework has been designed to help meet the requirements of Curriculum for Excellence's (CfE) Relationships, Sexual Health, and Parenthood (RSHP) strand. The resource is intended to be integrated with other Experiences and Outcomes (Es and Os) as contained within, and encouraged by CfE. The framework has created a programme to work with children aged three to five years of age.

It is not a "lift and teach" resource, it isn't done in the style of a floor book, but it is intended that the framework will be a starting point for delivery which ensures flexibility to allow staff to develop the resources in a way which best suits the specific needs of that setting. As staff know their children and community best, they are at liberty to change, alter, add, or remove content as required.

<http://bit.ly/2gxz2Rb>

In addition to the above there is a curricular framework which concentrates on RSHP and Additional Support Needs (ASN). This framework covers the complete age range of three to eighteen years and has been developed using the same values and principles outlined in the paragraph above. The framework, along with a range of other helpful resources for delivering RSHP in an ASN environment are available to download from this link

<http://bit.ly/2gkiCuG>



## Just Like a Child: Challenging Gender Stereotypes in the Early Years

Zero Tolerance: 0131 556 7365

[www.zerotolerance.org.uk](http://www.zerotolerance.org.uk)

This guide for preventing gender stereotyping in the early years, is aimed at childcare professionals who work directly with very young children, and those who are in contact with their parents and carers. It provides resources to support professionals and parents to raise children who are not limited by outdated or restrictive ideas of what is suitable for boys and for girls.

<http://bit.ly/2efatb1>



## Curricular Framework for Primary Education

NHS Lanarkshire Blood Borne Virus and Sexual Health Team: 01698 377 652

[www.lanarkshiresexualhealth.org](http://www.lanarkshiresexualhealth.org)

This framework has been designed to help meet the requirements of Curriculum for Excellence's (CfE) Relationships, Sexual Health, and Parenthood (RSHP) strand. The resource is intended to be integrated with other Experiences and Outcomes (Es and Os) as contained within, and encouraged by CfE. The framework has created an RSHP programme to work with children within the primary one to primary seven age range. It is not a "lift and teach" resource, it isn't done in the style of a floor book, but it is intended that the framework will be a starting point for delivery which ensures flexibility to allow staff to develop the resources in a way which best suits the specific needs of that setting. As staff know their children and community best, they are at liberty to change, alter, add, or remove content as required.



**Primary Curricular Framework - <http://bit.ly/2gg1Lrc>**

**Primary Resource – Proud to be Me - <http://bit.ly/2fAXzjW>**

In addition to the above there is a curricular framework which concentrates on RSHP and Additional Support Needs (ASN). This framework covers the complete age range of three to eighteen years and has been developed using the same values and principles outlined in the paragraph above. The framework, along with a range of other helpful resources for delivering RSHP in an ASN environment are available to download from this link

<http://bit.ly/2gkiCuG>





**Ages 5 - 11**

## **Healthy Relationship Pack (Doorway)**

South Lanarkshire Gender-Based  
Violence Partnership: 01698 452 863

[www.southlanarkshire.gov.uk](http://www.southlanarkshire.gov.uk) / [www.wasl.org.uk](http://www.wasl.org.uk)

The Healthy Relationship Pack has been devised by the South Lanarkshire Gender-Based



Violence Partnership (previously Doorway) and Women's Aid South Lanarkshire and East Renfrewshire to enable young people (aged 9 – 11) to explore and identify what constitutes a healthy relationship.

It aims to create a shared understanding that abusive relationships are unacceptable and will not be tolerated in today's society. The packs provide activities and lesson plans.

Women's Aid South Lanarkshire and East Renfrewshire will also deliver bespoke workshops to children and young people to empower and enable them to make safer and healthier choices in their own relationships, drawing from resources within the Healthy Relationship Pack.

## **'Respect' Education Pack**

Zero Tolerance: 0131 556 7365

[www.zerotolerance.org.uk](http://www.zerotolerance.org.uk)

The Respect Education Pack was developed to provide teachers and youth workers with a comprehensive resource for exploring and teaching respect in relationships, equality and non-violent ways of dealing with problems.



Consistently popular since their development in 1998 and currently used in 21 local authorities, the packs are now being updated to include issues such as sexual exploitation, and are available in PDF format for teachers and workers to download.

<http://bit.ly/2fYiwWG>

Resources for working with  
children and young people



**Ages 12 - 25**

## **Curricular Framework for Secondary Education**

NHS Lanarkshire Blood Borne Virus  
and Sexual Health Team: 01698 377 652

[www.lanarkshiresexualhealth.org](http://www.lanarkshiresexualhealth.org)

This framework has been designed to help meet the requirements of Curriculum for Excellence's (CfE) Relationships, Sexual Health, and Parenthood (RSHP) strand. The resource is intended to be integrated with other Experiences and Outcomes (Es and Os) as contained within, and encouraged by CfE. The framework has created an RSHP programme to work with children and young people of secondary school age (approx. 11 – 18 years of age). It is not a "lift and teach" resource, it isn't done in the style of a floor book but it is intended that the framework is a starting point for delivery which ensures flexibility to allow staff to develop the resources in a way which best suits the specific needs of that setting. As staff know their children and community best, they are at liberty to change, alter, add, or remove content as required.



<http://bit.ly/2fm0WvS>

<http://bit.ly/2f21Q40>

In addition to the above there is a curricular framework which concentrates on RSHP and Additional Support Needs (ASN). This framework covers the complete age range of three to eighteen years and has been developed using the same values and principles outlined in the paragraph above. The framework, along with a range of other helpful resources for delivering RSHP in an ASN environment are available to download from this link

<http://bit.ly/2gkiCuG>



## Mentors in Violence Prevention (MVP)

South Lanarkshire Gender-Based Violence Partnership: 01698 452 863

[www.mvpscotland.org.uk](http://www.mvpscotland.org.uk)

Mentors in Violence Prevention (MVP) is a leadership programme that aims to create long term attitudinal change. At the heart of the MVP model is discussion, using real life scenarios that speak to the experiences of young people. It looks at what young people would do as a bystander if they are witnessing difficult situations or if they see something happening that they don't think is ok. Young people practice ways of challenging that kind of behaviour in a safe way. Senior pupils become mentors who go on and support the learning of younger pupils, with the hope of creating cultural change amongst peers.

## Rape Crisis Prevention Programme

Lanarkshire Rape Crisis Centre:  
01698 527 006

[www.lanrcc.org.uk](http://www.lanrcc.org.uk)

Lanarkshire Rape Crisis Centre offers sexual violence prevention workshops, delivered by their prevention worker to groups of young people aged between 12 and 25 years old. These workshops have been designed in line with Equally Safe strategy and the Curriculum for Excellence and can be delivered as part of a PSE programme in schools or in colleges, universities and youth group settings. The workshops are interactive and cover a range of subjects relating to sexual violence including 'Consent', 'Gender', 'What is Sexual Violence', 'Sexualisation', 'Social Media', 'Help Prevent Sexual Violence' and 'Impacts and Support'. The workshops have been proven to positively change attitudes among young people especially after three or more sessions.



**Ages 12 - 25**

## **STAMP Project, Lanarkshire Rape Crisis Centre**

Lanarkshire Rape Crisis Centre:  
01698 527 006

[www.lrccstamp.co.uk](http://www.lrccstamp.co.uk)

STAMP (Stamp out Media Patriarchy) is a peer led project which aims to raise awareness of sexual violence and gender stereotypes especially in the media through peer mentoring, activism and the positive use of social media, whilst offering young people the opportunity to gain skills for work, college and university, and empower them to challenge sexual violence and harmful gender norms in everyday life. Any young person living in Lanarkshire between the age of 16 and 24 can get involved.



## **Healthy Relationship Pack (Doorway)**

South Lanarkshire Gender-Based Violence Partnership: 01698 452 863

[www.southlanarkshire.gov.uk](http://www.southlanarkshire.gov.uk) / [www.wasl.org.uk](http://www.wasl.org.uk)

The Healthy Relationship Pack has been devised by the South Lanarkshire Gender-Based Violence Partnership (previously



Doorway) and Women's Aid South Lanarkshire and East Renfrewshire to enable young people (S1 – S5) to explore and identify what constitutes a healthy relationship. The packs provide activities and lesson plans and the learning builds upon the previous year's work plan. The pack facilitates the young people's ability to consider the impact of gender stereotyping and how this in turn creates a climate where inequality and abuse can flourish. Women's Aid South Lanarkshire and East Renfrewshire will also deliver bespoke workshops to children and young people to empower and enable them to make safer and healthier choices in their own relationships, drawing from resources within the Healthy Relationship Pack.



**Ages 12 - 25**

## **'Respect' Education Pack**

Zero Tolerance: 0131 556 7365

[www.zerotolerance.org.uk](http://www.zerotolerance.org.uk)

The Respect Education Pack was developed to provide teachers and youth workers with a comprehensive resource for exploring and teaching respect in relationships, equality and non-violent ways of dealing with problems.

Consistently popular since their development in 1998 and currently used in 21 local authorities, the packs are now being updated to include issues such as sexual exploitation, and are available in PDF format for teachers and workers to download.

<http://bit.ly/2fYiwWG>



## **Parenthood and Relationships Education Programme (PREP)**

Wave Trust: [office@wavetrust.org](mailto:office@wavetrust.org)

[www.wavetrust.org](http://www.wavetrust.org)

This toolkit has been designed to provide resources for practitioners (including teachers, youth workers and other practitioners working with young people) which are flexible, accessible and adaptable.

It is intended to offer good quality, relevant materials and information that directly and indirectly address the skills and knowledge young people require to be better prepared for possible future parenthood, and to make decisions about whether and when to become a parent. The toolkit should be used and read in conjunction with the evidence review.

<http://bit.ly/2f23gv2>

Resources for working with  
children and young people



**Ages 12 - 25**

## **Sexual Exploitation: Sex, Secrets and Lies**

Barnardo's: 0208 550 8822

[www.barnardos.org.uk](http://www.barnardos.org.uk)

This guide examines the risks young people face in relation to sexual exploitation and explores ways of keeping safe. The colourful, easy to read booklet is illustrated and has been designed to be used by young people as well as family members and carers who are concerned about the safety of young people.

<http://bit.ly/2gg2zfF>



## **Female Genital Mutilation Lesson Plan**

SRE Covered: 020 7527 5591

[www.womenssupportproject.co.uk](http://www.womenssupportproject.co.uk)

This lesson has been written to raise awareness of the practice of Female Genital Mutilation (FGM) and to inform young people of the facts and issues, and how and where to get help if they need to. In order to inform and facilitate the exploration of attitudes around FGM, it is important for young men as well as young women to take part in these lessons. The lesson is taken from SRE Covered: all you need to teach about sex and relationships in secondary schools.

<http://bit.ly/2elz1Yr>



**Ages 12 - 25**

## **Female Genital Mutilation Awareness for Staff**

Education Scotland: 0131 244 4330

[www.educationscotland.gov.uk](http://www.educationscotland.gov.uk)

Education Scotland, working with partners and Education Authority staff have produced a short supported PowerPoint presentation, which staff can use to raise awareness of Female Genital Mutilation (FGM) in schools and early years settings. The resource has been developed to increase the knowledge and understanding of staff to enable them to better safeguard children from the abuses associated with FGM.

[www.educationscotland.gov.uk/resources/f/fgm.asp](http://www.educationscotland.gov.uk/resources/f/fgm.asp)

## **Training and Staff Development**

### **Multi Agency and Single Agency Training**

Gender-Based Violence Partnership:  
01698 452 863

[www.southlanarkshire.gov.uk](http://www.southlanarkshire.gov.uk)

The South Lanarkshire Gender-Based Violence Partnership offers a wide range of training opportunities relating to Gender-Based Violence.



These training opportunities are available to a wide range of services, who work with those affected both directly and indirectly by gender-based violence. Topics covered can include 'Domestic Abuse and the Impact on Children and Young People', 'Sexual Violence and the Law', 'Working with Trauma' and 'Childhood Sexual Abuse and Supporting Non-Abusive Parents.' Bespoke gender-based violence training can also be delivered to staff within your own organisation.

Resources for working with  
children and young people



• domestic abuse •

• rape and sexual assault •

• sexual harassment and stalking •

• commercial sexual exploitation •

• harmful cultural practices •

If you need this information in another language or format, please contact us to discuss how we can best meet your needs.

Phone: 0303 123 1015

Email: [equalities@southlanarkshire.gov.uk](mailto:equalities@southlanarkshire.gov.uk)

[www.southlanarkshire.gov.uk](http://www.southlanarkshire.gov.uk)