**Gender-Based Violence   
and Exploitation Session Plan**

So, the young people have chosen to learn more about Gender based violence as part of their EmpowHER journey. Here is a session plan with discussion points, activities and resources that you can use to deliver this session to the young people. Feel free to adapt the session plan and resources to suit the ages and interests of the young people.

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| Title: | Exploitation of Women | Age: | Tailor to fit your group’s needs |
| Brief description of session or activities: | This session contains a mixture of discussions for the YW&Gs to share their thoughts and group and paired activities. | | |
| Objectives (by the end of the session, participants will): | * Explore various ways women may be exploited. * Identify tips and strategies to help keep women safe from exploitation. * Explore what is currently being done to end the exploitation of women. | | |

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| Method | | |
| Time | Activity, task, description, etc. | Resources |
| 5 - 10  minutes | Introduction  Ground Rules   * Purpose: to create a safe space so young people feel able to ask questions. * Acknowledge differences in knowledge/comfort levels. * Check whether group has a set of ground rules already. * If not, ask group to create a set of ground rules (if quiet, they can talk in pairs for 1 minute before feeding back). * Write on flipchart paper – include: challenge the statement, not the person / one at a time / no mobile phones / no such thing as a silly question. * Ask group to agree to ground rules.   Ice Breakers  Choose an icebreaker activity of your choice | Flipchart paper and  Marker |
| 15- 20  minutes | What is exploitation   * As a whole group, discuss what the young people think exploitation is.   How are women affected by exploitation and violence?  Activity   * In pairs, ask the young people to come up with ways they think women/girls can be exploited. * Ask each group to give 1 / 2 ways. | Flip chart  Pens  Post it notes  Additional Resources below |
| 20 –30  minutes | Where does exploitation and violence against women occur?  .. at work   * Give the young people copies of articles relating to women being exploited at work (see additional resources document). * In small groups, ask them to read the article and write down their thoughts on post-it notes. * Get feedback from each group.   …in relationships   * Introduce the concept of sexting. Ask the young people if they want to share their experiences/ get opinions on sexting from 3 / 4 young people. * You may also want to talk about domestic violence (see the additional resources document for statistics).   …in gangs   * Show the YW&Gs an example of a girl being in a gang. See the ‘Additional Resources’ document for one girl’s story of being in a gang. * Ask 3-4 young people to share their thoughts on this.   What is sex trafficking?   * Give a brief explanation of what sex trafficking is. * Show an article/video that shows the issues faced globally/nationally, and what is being done to end sex trafficking. | Additional Resources below |
| 10 minutes | Time to reflect   * End on a positive by looking at measures that are currently in place to end sexual trafficking. * Ask the group to give you 1-2 things that they learned today and found very useful. |  |
| 5 minutes | Wrap up and final points   * Here is a chance for the young people to give their final opinions, or to ask any unanswered questions. * Reminders for the next session. * Provide the young people with relevant books that they can read (you can utilise the recommended reading list for this). |  |

Please refer to the ‘Topics Discussion Points’ document for guidance on how to tailor the focus of this session for the different journey stages.

**Here are a few Gender based violence resources that can help whilst planning and delivering this topic to the young people.**

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| Type | | Theme | Resources information | | Link / Document location | |
| Additional Resources (video) | | Individual Rights  Resilience | Sex Trafficking: What is it?  “Sextrafficking happens when on person causes another to take part in sexual behaviors to gain something of value. Anyone could be a trafficker, including someone a person knows or trusts. Sex Trafficking is always illegal and never the fault of the victim. Watch the full video to learn more about Sex Trafficking and how you can help someone in need by telling a trusted adult.” | | YouTube – Amaze Org  <https://www.youtube.com/watch?v=STdXo0qpwmo> | |
| Content + Additional Resources (article) | Empowerment  Resilience  Individual Rights | | | Safer London: helping young women escape from criminal gangs  “The Safer London charity is working with councils across the capital to help young women caught up in criminal networks and at risk of sexual exploitation. Advocates working alongside council teams help hundreds of young women every year to escape the abuse. This case study is an example of how councils are tackling youth violence.” | | Local Government Association  <https://www.local.gov.uk/safer-london-helping-young-women-escape-criminal-gangs> |
| Additional Resources (Article) | Resilience individual Rights | | | County lines: How we’re working to tackle the exploitation of children by gangs  An explanation of what county lines are, and how they exploit young people. This article also touches on what has been done to combat the issue. | | The Children’s Society  <https://www.childrenssociety.org.uk/news-and-blogs/our-blog/county-lines-how-were-working-to-tackle-the-exploitation-of-children> |
| Additional Resources (Article) | Empowerment  Resilience  Individual Rights | | | Tackling the sexual exploitation of girls and young women at work in Uganda  “In Uganda, girls and young women – especially those who have grown up in poverty – face a number of challenges, from sexual exploitation in the workplace to economic inequality and exclusion. For many young women, finding work is a struggle. They face an unemployment rate of 27%, compared to 9% for young men, with rates of unemployment higher in urban areas.” | | Plan International Uganda  <https://plan-uk.org/blogs/tackling-the-sexual-exploitation-of-girls-and-young-women-at-work-in-uganda> |
| Additional Resources (Article) | Resilience  Individual Rights | | | Not An Object: On Sexualization and Exploitation of Women and Girls  “Every 10 minutes, somewhere in the world, an adolescent girl dies as a result of violence. Worldwide, approximately 15 million adolescent girls between the ages of 15 and 19 have experienced forced sexual intercourse or sexual acts at some point in their lives. In the United States, 18 percent of girls report that by age 17 they have been victims of a sexual assault or abuse at the hands of another adolescent.” | | Unicef USA  <https://www.unicefusa.org/stories/not-object-sexualization-and-exploitation-women-and-girls/30366> |
| Additional Resources (Article) | Resilience  Individual Rights | | | Ally’s story - Second thoughts on Sexting  “Profiles a high school sophomore who suffers the consequences of sending naked photos, or sexts, to her ex-boyfriend.” | | Common Sense Media  <https://www.commonsense.org/education/videos/allys-story-second-thoughts-on-sexting>  <https://www.commonsense.org/education/videos/allys-story-second-thoughts-on-sexting> |
| Additional Resources (Article) | Resilience  Individual Rights | | | This is how women are exploited in today’s global workforce  “While women workers are a core part of the global economy, their contributions – and the abuses they experience – often remain invisible. This is especially true for workers in female-dominated sectors such as domestic work and the garment industry that are hidden from the public eye and considered  ‘low-skilled’.” | | World Economic Forum  <https://www.weforum.org/agenda/2016/03/this-is-how-women-are-exploited-in-today-s-global-workforce/> |