**Sexual Harassment Session Plan**

So, the young people have chosen to learn more about Sexual Harassment 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: | Sexual Harassment | Age: | Tailor to fit your group’s needs. |
| Brief description of session or activities: | A variety of discussions relating to what sexual harassment is, and where it may occur. Opportunities for the YW&Gs to share their experiences of being sexually harassed. | | |
| Objectives (by the end of this session, participants will): | * Understand what sexual harassment is. * Discuss scenarios where sexual harassment may occur. * Know what to do and where to go if they believe they’re being sexually harassed. | | |

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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 sexual harassment?   * Ask the young girls to define sexual harassment. * Give the young people a formal definition.   Where can sexual harassment take place?   * Get the young people to list places that it may occur e.g. being heckled on the street or being inappropriately touched on a bus. * Discuss how the young people could get help in each of those situations. | Flip chart  Pens  Post it notes  Additional Resources document |
| 20 minutes | Sexual harassment in the workplace   * Show the young people the BBC Three clip where young people discuss what counts as sexual harassment. * Ask the young people what their thoughts are about the clip. * Give the young people tips on how to deal with sexual harassment in the workplace. | Additional Resources document |
| 20 minutes | Time to reflect  Activity   * Get the young people to write a poem/rap about sexual harassment. It can include how someone may feel if they were being sexually harassed. This can be done in groups or individually. * Review what the young people come up with. How did they find it to talk about sexual harassment in this way? Did they draw upon their own experiences? | A4 Paper  Pens / Pencils |
| 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 Sexual Harassment resources that can help whilst planning and delivering this topic to the young people.**

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| Type | Theme | Resource information | Link / Document location |
| Content + Additional Resources (website) | Individual Rights  Resilience | Sexual Harassment and Sexual Bullying  The following topics are discussed:   * What Are Sexual Bullying and Harassment? * What Behaviors Count? * Flirting or Harassment? * How to Handle Sexual Harassment * If You See Something, Say Something * If You Suspect Something | Kids Health Website  <https://kidshealth.org/en/teens/harassment.html> |
| Additional Resources (website) | Individual Rights  Resilience | What Kids And Teens Can Do About Sexual Harassment  Sections include:   * Sexual harassment and abuse is an abuse of power. * While the sexual harassment and abuse mainly affects girls, it can affect boys as well. * Sexual harassment and abuse go underreported due to * Start The Conversation! Change the Culture for Kids and Teens! * You’re worth it! Stand Up and Speak Up! Report it! * Hashtags: #MeToo #TimesUp #ImWorthIt #ChangeTheCulture #WeHaveYourBack | Stomp Out Bullying webiste  <https://www.stompoutbullying.org/get-help/teens-what-do-about-sexual-harassment> |
| Additional Resources (video) | Individual Rights  Resilience | Is This Sexual Harassment? Men & Women Discuss  “Social experiment hosted by journalist and presenter Ben Zand in which a group of people come together to try to understand what constitutes sexual harassment.” | YouTube – BBC Three  <https://www.youtube.com/watch?v=Ur8G8kOYEfI> |
| Curriculum Content  Additional Resources (article) | Empowerment  Individual Rights  Resilience | #Timesup on sexual harassment at work – ywt joins lobby of parliament  “Young Women’s Trust is lobbying the UK Parliament to end workplace sexual harassment today (Tuesday 5 March), ahead of International Women’s Day, as part of the Centenary Action Group that campaigns for women’s rights.”  This article also contains facts and figures surround young women and sexual harassment. | Young Women’s Trust  <https://www.youngwomenstrust.org/what_we_do/media_centre/press_releases/940_timesup_on_sexual_harassment_at_work_ywt_joins_lobby_of_parliament> |
| Additional Resources (website) | Individual Rights  Resilience | Sexual harassment  Citizens Advice gives a definition of sexual harassment, as well as explaining the effect of this behaviour, where you can find advice if you’re sexually harassed at work, and other useful links to find advice. | Citizens Advice  <https://www.citizensadvice.org.uk/law-and-courts/discrimination/what-are-the-different-types-of-discrimination/sexual-harassment/> |
| Additional Resources (website) | Individual Rights  Resilience | What is sexual harassment?  Acas gives advice on the following areas:   * What is sexual harassment? * How does sexual harassment happen? * Sexual assault and physical threats * Who can it happen to? * Historical allegations * Making a complaint of sexual harassment * Handling a complaint of sexual harassment * Getting support | Acas  <http://www.acas.org.uk/index.aspx?articleid=6078> |