

SAFER LONDON PEER GROUP WORKSHOP PROGRAMMES

Working with young
Londoners to support,
and be supported by,
their peers.

saferlondon



We offer a range of workshops for young Londoners based on Healthy Relationships.

We recognise that when delivering targeted preventative content the needs of each group will differ based on the issues facing these peers at the time they are referred, such as concerns around experiences, behaviours, trends or risks they are being exposed to.

Our workshops are not intended for young Londoners who have already been exposed to or are experiencing significant harm outside of the family.

This may include child sexual abuse and/or different forms of exploitation.

If you believe discussions around consent, exploitation or violence may be triggering or have a negative impact as a result of their own experiences, then please consider a referral to one to one support.

We understand that these experiences may not always be known, and we will work with uncertainty.

These group sessions are intended to offer an opportunity to engage young people in discussions around these issues in a safe space and is not therapeutic in its nature.

Five Week Programme

Our five week programme has three mandatory workshops. These provide a foundation of learning and awareness raising on issues that affect young Londoners.

Mandatory Sessions:

These sessions cover issues that Safer London have identified as essential to young Londoners.

As part of a five week programme the young Londoners will access the following three sessions:

- Sex & Consent
- Friends & Relationships
- Gender & Identity

Additional Sessions:

In order to complete the five week programme, you have the option of choosing a further two workshops that best meet the needs of the group.

These will be agreed with the facilitator who will guide you in this decision and are as follows:

- Groups & Gangs
- Peer Pressure, Power & Control
- Self-Esteem & Coping Mechanisms
- Safe Spaces
- Race & Racism

One-off Sessions

If you would like us to run a one-off awareness raising workshop on a specific topic, you can choose from our menu on the next page.



Gender & Identity

By exploring gender stereotypes, the group will learn how this can impact the way they view themselves and their relationships.

Throughout the session the group will be given a safe space to explore their own identity and the importance of positive self-image and good qualities.

Sex & Consent

In this workshop the group will discuss the different ways and platforms that young people learn about sex. As well as how social media and other influences, such as pornography, can impact their view of sex.

They will learn the meaning of consent and how freedom and capacity has an impact on a person's ability to give consent.

As a group they will also learn about sexual exploitation, how to identify warning signs and who they can speak if they - or someone they know - may be experiencing this.

Groups, Violence & Pressure

Over the course of this workshop the group will learn the definition and differences between what makes a "gang" and a group.

We will discuss the structure and roles of young women and men within groups, as well as the push and pull factors behind why people get - or are forced to be - involved in violence.

The group will also be provided details of support networks that they can speak to about this particular issue.



Friends & Relationships

Throughout this session the group will explore the different characteristics of healthy and unhealthy relationships.

Through group discussion they will look at the ways individuals can be influenced, as well as be an influence.

The young Londoners will also learn about the different support networks available that can provide help around this topic.

Self-Esteem & Coping Mechanisms

As a group we will explore the definitions of self-esteem and self-belief.

We'll look at the factors that impact self-esteem and identify different coping mechanism to increase self-esteem, emotional wellbeing and confidence.



Peer Pressure, Power & Control

In this session the group will learn about the different forms of abuse and how an abusive person in a relationship (be it with friends, family or partner) can use power and control to manipulate a relationship.

By the end of the session they will be equipped with a safety exit plan if they - or a friend - are in an abusive relationship.

Sexism & Patriarchy

The aim of this workshop is to increase the group's awareness of gender inequality, and how sexism and societal systems like patriarchy have contributed to this.

Together we will explore how sexism and patriarchy can influence views on masculinity and femininity, and how this can lead to power imbalances within their relationships.

As a group we will also analyse the role of the media and peer groups in fostering and reinforcing sexism and patriarchy.

Race & Racism

In this session the group will discuss what race means to them, the definitions of racism and discrimination, as well as the different ways racism can present itself.

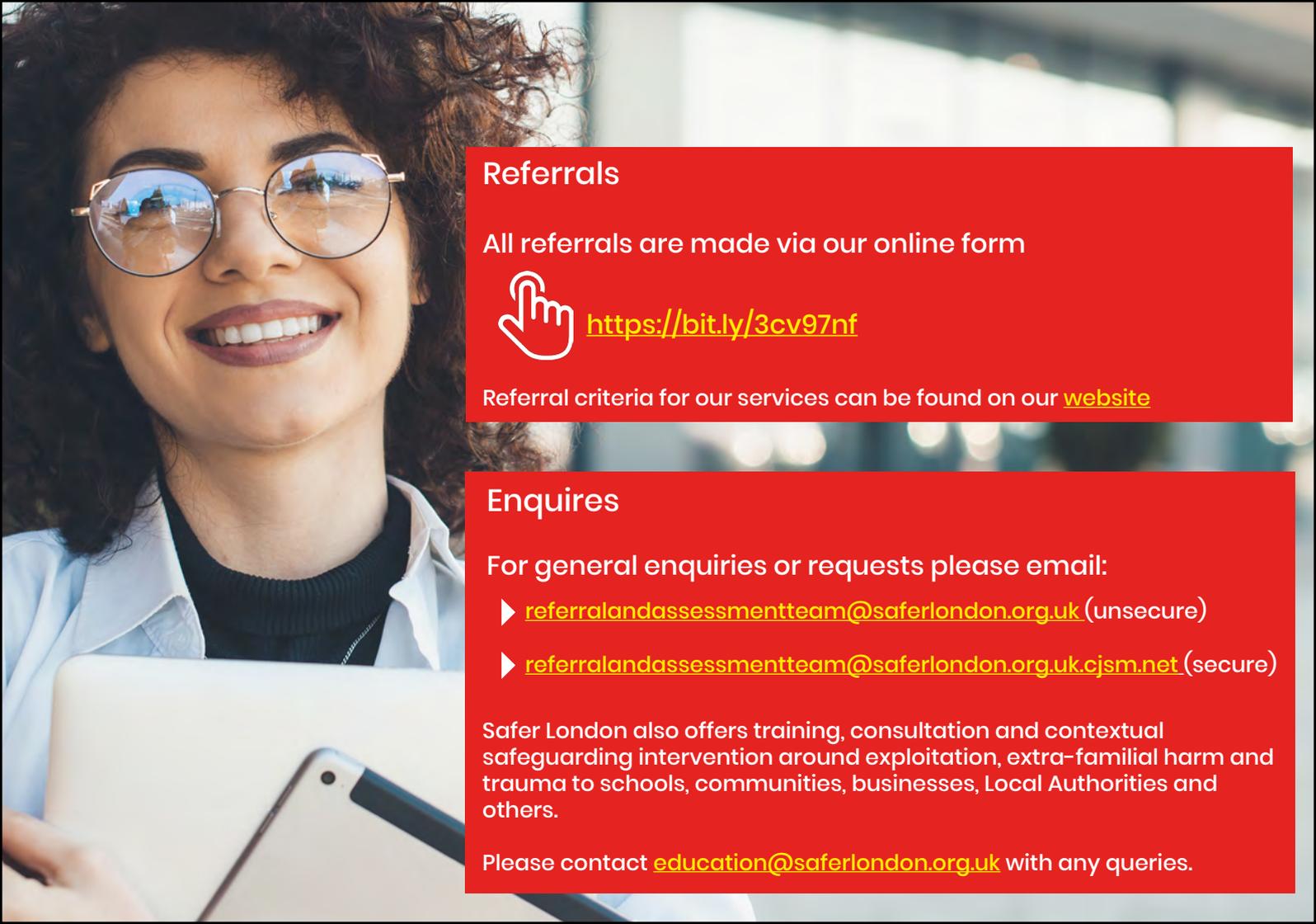
As a group we will explore the impacts of race in their relationships in school, amongst peers and society as a whole.

Through the session they will create a plan of how to safely respond to racism as a victim and as a bystander. Lastly, they will be provided with a list of ways they can safely impact change in relation to race within your community and society.

Safe Spaces

Through discussion the group will identify the different places in their community where they feel most safe and where they feel most unsafe.

By the end the group will be able to risk asses their area and develop a plan to be as safe as possible and get support from others in potentially unsafe spaces.



Referrals

All referrals are made via our online form



<https://bit.ly/3cv97nf>

Referral criteria for our services can be found on our [website](#)

Enquires

For general enquiries or requests please email:

- ▶ referralandassessmentteam@saferlondon.org.uk (unsecure)
- ▶ referralandassessmentteam@saferlondon.org.uk.cjism.net (secure)

Safer London also offers training, consultation and contextual safeguarding intervention around exploitation, extra-familial harm and trauma to schools, communities, businesses, Local Authorities and others.

Please contact education@saferlondon.org.uk with any queries.