



Llywodraeth Cymru
Welsh Government

Violence Against Women, Domestic Abuse and Sexual Violence

Information and guidance for Primary Schools delivering educational resources

Mae'r ddogfen yma hefyd ar gael yn Gymraeg.
This document is also available in Welsh.



VIOLENCE AGAINST WOMEN DOMESTIC ABUSE AND SEXUAL VIOLENCE (WALES) ACT 2015 - EDUCATION PROGRAMME

Information for **Primary Schools** delivering educational resources

This information and guidance is provided to accompany the Welsh Women's Aid and AVA review of existing healthy relationships and gender-based violence, domestic abuse and sexual violence related teaching resources, commissioned by Welsh Government.

It should be used in conjunction with the Good Practice Guide - Whole Education Approach to Violence against Women, Domestic Abuse and Sexual Violence in Wales.

Introduction

There are anxieties regarding the concept of teaching young children about sex and relationships. These anxieties can arise from misconceptions about the content and approach taken when tackling these subjects in an educational setting. However, high quality and effective sex and relationships education (SRE) is 'part of the solution' to concerns about sexualisation, and "provides balance to sometimes distorted messages about sex and gender roles in the media, and helps protect children by explaining boundaries and safety, and developing the language and understanding needed to recognise behaviour and seek help. It also helps pupils to develop respectful and consensual attitudes and behaviours" (SRE for the 21st Century, 2014).

The delivery of key messages about violence against women, domestic abuse, sexual violence and healthy relationships taught within primary schools can be included within PSE activities such as:

- **Safer friendship skills** – identifying what makes a healthy friendship: what are your rights and responsibilities to ensure your friendships are healthy?
- **Appropriate touch** – where is ok / not ok for someone to touch you, what are the private / public parts of your body, whose choice is it? Who to tell if something has happened that has made you feel unsafe.
- **Assessing risk and building resilience** – Ok / not ok relationships / friendship behaviour, what to do if it doesn't feel safe, building 'keep safe' strategies.
- **Using technology safely (e-safety)** – chatting online / being sent inappropriate images / being asked for personal information or pictures.
- **Addressing bullying** – sexual bullying, gender.
- **Children's Rights work** – if the school is a 'rights respecting school' then work around violence and abuse fits easily within the United Nations Convention on the Rights of the Child, e.g. [Article 19, Children have protection from all forms of violence](#).
- **Sources of support** – including identifying trusted adults and other sources of support that are appropriate for the child.



Top tips for working in primary schools:

- **Prioritise the safety of the children** that you are working with. Follow the school's child protection policy and procedure. Ensure that you respond, reassure and report any disclosures or incidences or concerns that you have.
- **Start young:** It is never too early to engage in education to stop violence and abuse. Although it may feel like a very adult subject there are ways of talking and learning about violence against women and girls, domestic abuse and sexual violence that are appropriate to such a young age. It is also important to remember that small children can be experiencing child abuse, domestic violence, Female Genital Mutilation (FGM) and sexual bullying.
- **Warning signs:** Children at this age are at risk of child abuse, neglect and other forms of harm including domestic violence and FGM in their own families and from sexual bullying and harassment and sexual violence in their own relationships. Make sure you are familiar with the warning signs for different forms of abuse.
- **Create a safe learning environment** – many primary schools have a 'safe to learn' working agreement, or a 'Behaviours Charter' that the children sign up to. This can be used as a 'safety net' when discussing sensitive issues in primary schools.
- Ensure all work, resources and language is '**age and stage**' appropriate - there are innovative and current resources in this pack which are specifically designed for the different key stages.
- **Focus on friendship:** Children at this age are making friendships and starting to develop their relationship skills. Activities can help children to explore what they want from friendship and how they can be a good friend. This will help to lay the foundations for building respectful relationships in the future.
- **Use outside agencies** to complement the school approach. Working in partnership with other agencies can also broaden a child's knowledge of sources of support available to them in their communities.
- **Use creative active learning methods** – as well as group discussions, films, online resources, enable access to other creative exploratory tools e.g. art, music, poetry, drama etc. Making sessions fun and creative will help to engage children and keep the content accessible. Games can be used to encourage social skills and develop trust and respect. Toys can be used to talk about gender roles, norms and expectations. Art can be a good tool for exploring feelings and learning about their own identity.
- **Offer training for professionals** – this demystifies the issues as well as highlighting support if members of staff have worries, concerns or are experiencing/ have themselves experienced sexual or domestic abuse.



- As in all formal educational settings, the preventative approach can be **cross-curricula** – these issues can be a part Drama, Literacy, History, Music etc. VAWDASV and SRE issues are not ‘just’ for PSE in schools. A cross-curricula approach can enhance the ‘whole school’ element to VAWDASV work.
- **Use technology to your advantage** – there are lots of great online resources, films and websites that can make learning about sensitive issues more engaging.
- **Involve parents and carers** – offering a workshop for parents/carers may reassure those who may have concerns about programme content.
- **Use school policies** (SRE, anti-bullying, safeguarding etc.), Local Authority and multi-agency forums (e.g. Safeguarding Children Boards) and national guidance, reports and research to promote and drive the preventative agenda forward.
- **Work in partnership with your school ‘cluster’ or federation.** Also, working more closely with colleagues in your local secondary school can ensure that this preventative approach is a key part of a child’s learning throughout their school life, and that it remains responsive to their needs.

Resources for use in primary schools

Name of Resource: Mikey & Jools Keep Safe (film)

Developed by: Scottish Women’s Aid

Link to resource: <http://www.scottishwomensaid.org.uk/node/138>

Aims: Developed for use with children who have experienced and are recovering from domestic abuse. It shows how a brother and sister make a safe decision when they experience ‘shouting and hurting’ in their home. It is aimed at 8-11 year olds and provides an excellent opportunity to consider safety planning and can be a starting point for children to talk about their experiences.

Topics covered: Domestic abuse, safety planning, help-seeking

Length: 5 minute film plus discussion time

Delivery: Delivered by staff in school



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Welsh Government

Name of Resource: School Beat

Developed by: All-Wales School Liaison Core Programme

Link to resource: <https://www.schoolbeat.org>

Aims: To provide information and lessons for teachers, on a range of safety issues, as a follow up to lessons delivered by School Community Police Officers

Topics covered: People who help us, safe and happy homes, safe places, substance use, bullying and cyber-safety

Length: 8 lessons of 1-2 hours each

Delivery: Delivered by school teachers (all resources needed are available on the website)

Name of Resource: Sexpression

Developed by: Sexpression:UK

Link to resource: <http://sexpression.org.uk/>

Aims: To empower children and young people to make decisions about sex and relationships by running informal and comprehensive sex and relationship sessions in the community.

Topics covered: Body changes, relationships, abuse, consent, sex, the media

Length: One off sessions

Delivery: Delivered by trained university students

Name of Resource: Safety Trust and Respect (STAR) Programme

Developed by: Welsh Women's Aid and local domestic abuse services, supported by Welsh Women's Aid Children Matter Project.

Link to resource: <http://www.welshwomensaid.org.uk/>

Aims: To encourage healthy relationships and the development of safety, trust and respect, in a safe and friendly environment.



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The core STAR programme is accompanied by [STAR Group Work 4 to 6 year olds and 7 to 11 year olds \(trauma recovery\)](#). This provides parallel groups for children and their mothers to strengthen their relationship following domestic abuse.

Topics covered: Healthy relationships, gender stereotypes, building resilience and help-seeking. The [STAR Group Work 4 to 6 and 7 to 11 year olds \(trauma recovery\)](#) enables discussion about their experiences, understanding of the impact of domestic abuse on the child and strategies to cope. A parallel programme consists of group work for mothers and group work for children

Length: Varied. The accompanying groupwork consists of 10 x 2 hour sessions

Delivery: STAR is delivered by STAR trained facilitators. One and two day facilitator training is available from Welsh Women's Aid Children Matter project, to deliver education sessions and the groupwork programmes.

Name of Resource: Safety Trust and Respect (STAR) Crucial Crew (multi-agency programme)
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Developed by: Welsh Women's Aid, as part of multi-agency *Crucial Crew* delivery.

Link to resource: <http://www.welshwomensaid.org.uk/>

<http://www.crucial-crew.org/>

Aims: *Crucial Crew* is a multi-agency approach to passing on safety messages aimed at year 6 in primary schools (and year 7 pupils in secondary schools). Delivery involves different agencies including Fire and Rescue Service, Police, British Red Cross, Domestic Abuse Services, Transport Police and Food Standard Agency. The school year are separated into groups and spend up to half an hour learning about a particular safety message. STAR Crucial Crew provides an awareness-raising session about domestic abuse, safety planning and where to access support.

Topics covered: Domestic abuse (amongst other issues from different agencies)

Length: Up to 25 – 30 minutes for the domestic abuse help-seeking session.

Delivery: Delivered by 2 STAR trained facilitators. A 2.5 hour training course is available from Welsh Women's Aid to support delivery of this by expert specialist services, at a local level.



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Welsh Government

Name of Resource: Spectrum

Developed by: Hafan Cymru

Link to resource: <http://spectrumproject.co.uk/>

Aims: To promote the importance of healthy relationships and raise the awareness of children about the issues of violence and abuse in an age appropriate and safe way.

Topics covered: What makes a good friend, bullying and staying safe. Also covers identifying emotions and gender stereotyping.

Length: 5 x one hour lessons.

Delivery: Delivered by Hafan Cymru Spectrum staff who are also all qualified and experienced teachers.

Name of Resource: Pants: The Underwear Rule

Developed by: NSPCC

Link to resource: <http://www.nspcc.org.uk/preventing-abuse/keeping-children-safe/underwear-rule/>

Aims: A simple way that schools and parents can help keep children safe from sexual abuse, without using scary words or even mentioning sex. It teaches children that their body belongs to them, they have a right to say no, and that they should tell an adult if they're upset or worried.

Topics covered: Sexual abuse, consent, talking about upsetting secrets, getting help

Length: 2 side poster for use as a conversation starter

Delivery: The PANTS guide offers a simple way to talk about sensitive issues with young children and could form part of wider lessons on staying safe.



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Welsh Government

The **AVA Prevention Platform** contains a useful database of resources, activities, films and lesson plans which is searchable by age. You can search by topic and by the education category 'further education' and find more resources.

http://www.preventionplatform.co.uk/?page_id=136