

School sessions and groups (KS3 +)

Individual sessions (PSHE/RSE 60 minutes – whole classes)

- Consent
- Gender & sexuality
- Sexualisation
- Social media
- What is sexual violence?
- How can we prevent sexual violence?
- Impacts and support
- Inappropriate sexual behaviour

We can also create bespoke sessions if none of these match your current needs. Example sessions include, but are not limited to:

- Consent & social media
- Child sexual exploitation
- Controlling and coercive behaviour/relationships

Being ManKind (approx 60 minutes)

The following series of sessions were developed by Being ManKind (delivered by Savana) and aim to inspire young people to grow up to be kind, empathetic and confident adults through igniting conversations around the meaning of masculinity, humanity and equality.

These sessions are not just for boys and work well in both mixed and single-sex groups.

The following sessions can be ran as a series or as standalone sessions:

- Challenging gender roles and stereotypes
- Body image and self-esteem
- Celebrating & accepting diversity
- Peer pressure & bullying
- Big boys do cry (mental health)
- Realising your dreams and ambitions/using your talents to change the world
- Relationships
- Role Models

When the 8 sessions are ran as a complete series, there is also a finale session which draws on the knowledge gained throughout the series.

There are currently two supplementary or standalone sessions available:

- Gangs & youth violence
- The art of manliness – a single session exploring what it means to be a man

Targeted groups (Maximum 10 students)

We currently offer 2 courses to targeted groups within schools. Each runs for 6 weeks at 1 hour per week.

1. **Stabilise** – A course designed around resiliency. We examine the idea of self-concept and look at behaviours that can help develop resiliency including coping skills, mindfulness, and grounding techniques. These sessions work well with mixed or single-sex groups.
2. **Kickin' it with confidence** – During this course we engage young people in conversations around difficult topics such as Gender, peer pressure, sex, social media and child sexual exploitation. These sessions work with single-sex groups only.

Drop-in sessions

We offer a drop in service for schools, in which we provide an informal space for pupils to come and discuss any issues or concerns they may have.

As Savana is dedicated to preventing sexual violence, we aim these drop-ins at young people with concerns in areas we know can be or may lead to risk factors for sexual violence. These include, but are not limited to: body image; peer pressure; gender and sexuality; social media; drugs and alcohol; and home life.

The aim of the drop-ins are to provide some emotional and practical support to these young people, and to signpost them to appropriate services.

Length, duration and frequency are tailored to the needs of your school.