



This course has been written in line with the Ofsted response to the “Everyone’s Invited” campaign. The course comprises 7 weekly 2.5 hour sessions. Alongside this course, consultancy and advice is on offer to the organisation hosting or buying into the programme to ensure their policy on sexual harassment challenge, reporting and response is clear and well communicated to all staff and volunteers.

#### Course aims and objectives:

- Offer participants a safe space for discussion and examination of issues facing women right now (ie – feeling safe, feeling heard, feeling empowered).
- Promote improved self esteem and confidence through a range of activities.
- Provide accurate unbiased information and resources.
- Enable participants to make positive choices about their own lives.

#### Appropriate participants:

Girls and young women participating in girls’ groups, youth settings, school based projects.

#### Course Outline:

- Week 1: Welcome and introductions, explanation of course and ground rules. “Something I” sheet and feedback of same.
- Week 2: Agree/Disagree game – “Women Should...”. Start scrapbooks.
- Week 3: Women in the media – collage and discussion, and presentation.
- Week 4: “Whose Body” presentation and discussion. The Everyday Sexism Project, Me Too and Everyone’s Invited. Johari’s Window – our style.
- Week 5: Multimedia – who says what and why – online attack and defence. The rise of the Incel. Myth and Reality game. Jam jars painting.
- Week 6: Managing Risk presentation. High risk/low risk/no risk game – discussion and feedback.
- Week 7: Review of “Something I” sheets. Review of our Window. Filling the jam jars – evaluation and celebration.

#### Course duration:

2.5 hours

#### Price:

£1,000 per 7-week course (14 participants).



# Be Magnificent

Always looking forward

## Sorry Not Sorry

This 7-week course is aimed at girls and young women over the age of 12. The most likely delivery point for this course would be in secondary schools, but also in youth groups, girls’ groups and in female sporting activities. The course is self-esteem and activity-based with an opportunity to challenge stereotypes, societal views of women, safety and risk as well as being able to challenge and call out sexual harassment when experienced by self or others.

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## ABOUT US

Be Magnificent was set up to enable and empower women, children and young people. We are passionate about promoting change, challenging “the way it is”. We are determined to ensure that opportunities are open to all and not “under glass” for so many.

Our mission is to help all women, children and young people to recognise their full potential and power and be magnificent in whatever direction they choose to go.

At a time where misogyny is rife, where women face attack simply for walking home, and are abused online for speaking out or simply being female, we are determined to offer opportunities to gain skills and confidence for them to make their own choices and make their own way.

We are excited about working with partners in our communities to provide these programmes. We recognise that funding for community services is limited which is why we aim to work with our partners to identify and secure funds to provide these services to whoever wants to attend.

We live in challenging times. We understand that to be able to access education, activities and opportunities we must build enough self-confidence and self-belief to take the first step. We believe in women, children and young people. We believe in our communities. We look forward.



## COURSES

Our courses can be commissioned by one organisation for a number of staff, but we believe in the high value of multi-agency working. For this reason we will provide a calendar of training opportunities whereby organisations of any size can book one or more of their team members on to the courses to train alongside other professionals and volunteers in their geographical location.

Our courses for professionals and volunteers concentrate on the appropriate knowledge, skills and attitudes to deliver exceptional work in demanding times.

Our service user programmes are designed to support women, girls and young people to see what they already are and what they already have, and be curious and ambitious about what is ahead.

## MISSION

Be Magnificent is a not-for-profit company delivering training courses to benefit the community. Specifically our activities will provide benefit to women, children and young people, along with the organisations who work with them. We provide training courses for those working with women experiencing social exclusion or at risk of experiencing social exclusion.

We provide training programmes for professionals and volunteers alongside direct delivery courses for women and young people. As we grow, we intend to recruit women with lived experience, offering volunteering and supportive employment opportunities to survivors.