



#### Course aims and objectives:

- To provide information and guidance for parents and carers to make informed decisions when talking to their children about sex and relationships.
- To enable parents and carers to expand their own knowledge and explore their attitudes and values regarding sex and relationship conversations and interventions.
- To provide an opportunity for parents and carers to build their own confidence when talking to their children about difficult subjects, including sex and relationships.

#### Appropriate participants:

Parents and carers.

The course is delivered in these formats:

- Partner discussion
- Games and activities
- Larger group feedback
- Active participation

#### Course duration:

2.5 hours per week

#### Course Outline:

- **Week 1:** Welcome and introductions. Aims and structure of the course. Setting our own targets. Ground rules. Emphasise appropriate sharing, potential triggers and confidentiality. Puberty – fact and fiction game.
- **Week 2:** "What they tell me to be" – body image; the impact of media, including social media, on our own perceptions of ourselves.
- **Week 3:** 0-18 "What to say when" card exercise in groups. Consent and the law. The law on confidentiality.
- **Week 4:** Contraception, including emergency contraception and STIs.
- **Week 5:** "When I was your age" exercise – sexual orientation, gender stereotyping and transgender. What is a healthy relationship?
- **Week 6:** Sex and relationships education in schools – what is being taught – and why. Review of school/organization SRE policy. Review of resources for parents and carers.
- **Week 7:** Review of own targets for the course. Evaluation and celebration.

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




# Be Magnificent


Always looking forward


## What to say when

This 7-week course is designed to empower and support parents and carers in providing accurate information regarding sex and relationships to their children. It aims to provide appropriate information, increase knowledge and skills as well as challenging attitudes in a mutually supportive way

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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.