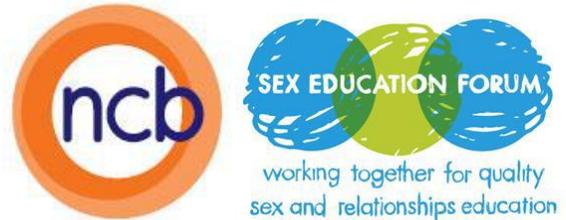


'Outside the box'



Training the trainer course

'Outside the box' is a personal development programme for young people aged 12-14 at higher risk of sexual exploitation, with a focus on sex and relationships. The programme has been developed by the Sex Education Forum and National Children's Bureau through funding from Comic Relief. A group of young educators worked closely with the resource authors to develop an eight-session course based on the principles that:

- Building young people's self-esteem and confidence in their body and opinions is a foundation for them being able to enjoy equal and respectful sex and relationships.
- Messages from the world around us about sex, relationships, attractiveness, and gender often do not reflect reality and can give young people confusing, and sometimes harmful, messages about what is 'normal'.
- Young people need to be equipped with the vocabulary and skills to recognise and negotiate the many pressures they face; and avoid being sexually exploited or exploiting others.

This two-day training the trainer programme is open to professionals with experience of working with young people at higher risk of sexual exploitation. Participants must foresee that they have an opportunity to implement the eight-session course with a small group of young people aged 12-14 between October 2014 and March 2015.

The training will be delivered by Lucy Emmerson, Coordinator of the Sex Education Forum and Sheree Kane, Principal Development Officer for Vulnerable Children at the National Children's Bureau. As a result of the training participants will have:

- Knowledge, confidence and skills to deliver the 'Outside the box' resource including specific learning relating to the sex and relationships content of the sessions in the resource
- Considered practical strategies for delivering the resource including child protection and safeguarding considerations

The training is free of charge, but participants must be able to cover their own transport costs. The course is running in three locations, with a third location to be confirmed depending on demand.

17-18 September 2014 – London

30 September – 1 October 2014 – Birmingham

18-19 November 2014 – venue tbc

To apply for your place please e-mail Lucy Emmerson: lemmerson@ncb.org.uk with the following information:

- Full name
- Email address
- Telephone number
- Postal address
- Name of organization
- Information about when and with which young people you anticipate delivering 'Outside the box' following completion of the course.
- Preferred location for the course