



Proposal State Schools Sex Ed Matters

Please see below a proposal from [award-winning](#) social enterprise 'Sex Ed Matters' to help strengthen your PSHE provision and help your student engage with challenging and politicised topics, including consent, healthy relationships and periods.

This proposal outlines our expertise at 'Sex Ed Matters', a list of workshops outlining how we could work together, costs and next steps.

Our workshops focus on:

- 1) Consent and healthy relationships
- 2) Sexuality
- 3) Periods and menopause
- 4) Friendships and Bullying

We offer **one-hour** sessions at £150,
half-day sessions at £300
and **full-day** sessions at £550.
All rates include VAT

We would recommend our menstruation, period poverty and menopause workshop as we have particular expertise in this area. Our Co-Director, Laura Coryton, started and led the [petition against tampon tax](#), which ended the "luxury" tax once applied to all period products,. She is also an author and her book '[Speak Up](#)' is a campaign guide for girls.

We use Laura's campaigning expertise to empower students and encourage them to find solutions to the issues we discuss, which may otherwise feel overwhelming. This keeps students engaged in a positive, productive mindset when discussing difficult topics.

Each workshop will be tailored to your students' ages, interests and personal experiences. We would therefore really appreciate as much information about your students' interests as possible and any topics your school has already covered prior to our session.

We ensure that the students we work with are safe during our sessions.

Please find more information about each of our workshops below.



Menstruation, period poverty and menopause

During this workshop we will discuss:

- The politics behind periods, including the ways in which period stigma impacts education, work life, personal life and more. We will encourage all students to speak up about periods and to be confident about the topic
- The facts about periods, including what a menstrual cycle is
- What period poverty is
- How boys can help to end period stigma
- What kind of products can be used (including period pads, tampons, menstrual cups and other environmentally friendly options)
- Being confident on your period
- What to do if your period stops
- Menopause and why menopause education is so important.
- Inspiring successful campaigns on menopause and periods to encourage students to look at the issues discussed during the workshop in a positive and productive way

Activities include: Writing a postcard to a decision maker and making period pledges which demonstrate how each student can tackle period stigma.

Sexuality

During this workshop we will discuss:

- Why it's important to learn about sexuality, as only 3% of kids have discussed sexual orientation at school, leading to a whole heap of misunderstandings
- How the law has improved equal rights for everyone, while debating whether we still have a way to go or not
- The concept and difference between gender and sex
- Explore how the two concepts above intertwine by defining gender and sexuality terms such as gender fluid, cis gender, pansexual, heterosexual etc and why it's important to show respect
- What comprises a healthy relationship
- Why gender/sexist stereotypes can be damaging
- The idea of marriage and analysing myths associated with it (such as, women should get married at x age, etc)
- Inspiring successful campaigns on gender and sexuality to encourage students to look at the issues discussed during the workshop in a positive and productive way

Activities include: Exploring the students' own homophobic biases and creating a gender stereotype venn diagram to explore the harms of stereotypes.

Consent

During this workshop we will discuss:

- The politics behind the consent debate, including why 9% of young people think you can't withdraw consent if you have been bought a drink or dinner
- The law. We will explore what the legal definition of consent is and how the law gives us all power
- What consent actually looks like while exploring concepts such as privacy, respect, assertiveness, assumption and coercion
- Consent related campaigns students can support to feel empowered and make a difference
- Explore the experiences of students and where they feel they need most support/guidance
- The feeling of personal safety, how laws can help to strengthen this and how to ensure you don't make others feel unsafe
- Coercive vs caring relationships and how to recognise the former
- Why consent is important in other settings, such as in public through catcalling and upskirting.

Activities include: What to do in a set of scenarios, how to discuss these issues with boys, friends and family and looking into famous coercive/caring relationships and analysing the way pop culture facilitates the former.

Friendships and Bullying

During this workshop we will discuss:

- Why friendships and bullying matters to your mental and physical wellbeing
- Self-love
- Beauty myths
- What respect mean
- How to choose your friends (including remembering that friendships are optional and that friends shouldn't harm you)
- How the law protects students, by explaining that every school is legally required to provide an anti-bullying policy, that even friends can break the law and how to report harassment
- How to defeat a bully and to question whether they have ever been a bully without realising
- Trolling: why it happens and what to do when it does. The dangers of catfishing.
- Related campaigns students can support to feel empowered and make a difference

Activities include: Discussing how strongly the students agree or disagree on a range of questions including those on competition amongst friends, how to deal with friends that have a different opinion to you, social media and cancel culture.

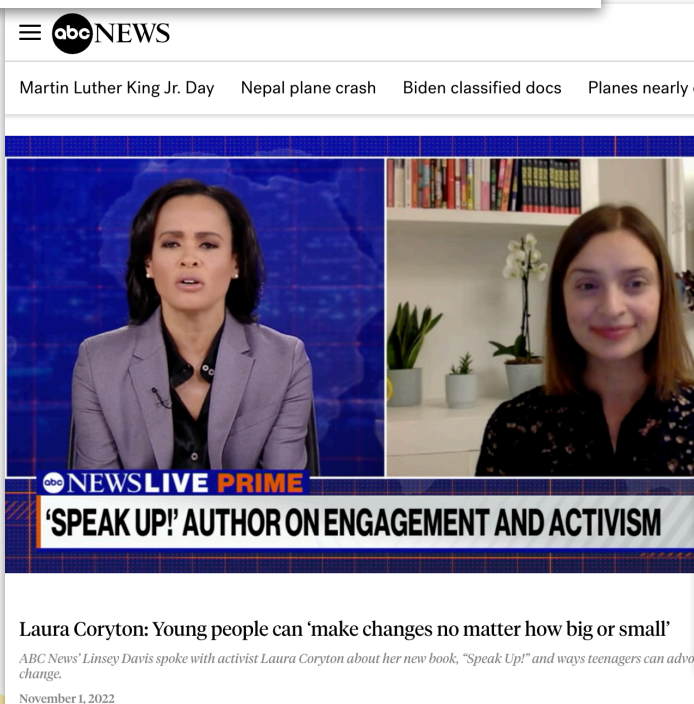
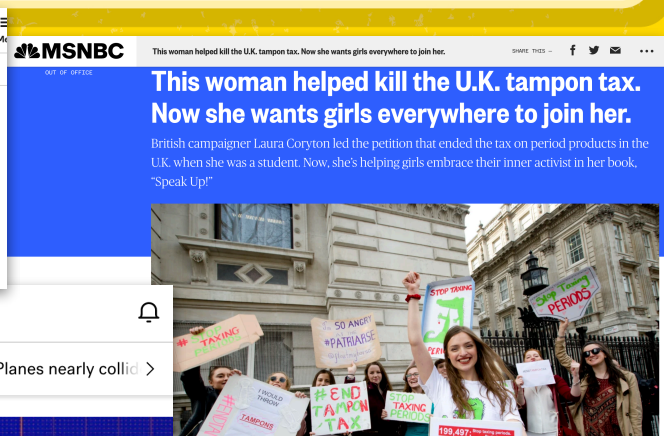
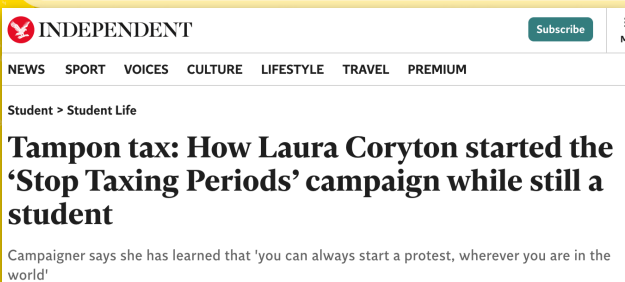
Experience

'Sex Ed Matters' was founded in 2019 to tackle the normalisation of sexual harassment, as documented by [Everyone's Invited](#) and [Ofsted](#), and to strengthen the new Relationships and Sex Education (RSE) curriculum, which includes mandatory consent and healthy relationships lessons for the first time in UK history.

We have since provided consent and healthy relationships workshops in many schools across the country. This includes Chiswick School, Hertswood Academy, University College School, St Paul's Girls' School, St Andrew's Pangbourne and Haberdashers Boys' and Girls' schools.

Our Managing Director and Co-Founder Laura Coryton started and led the [petition against tampon tax](#), which ended the "luxury" tax once applied to all period products in January 2021. Her petition also successfully lobbied the Government into donating nearly £100m to female-focused charities via the Tampon Tax Fund and has sparked sister petitions across the world. Laura also became an [Obama Foundation European Leader](#) in 2022, for which she met President Obama and discussed sexism and campaigning with him, and has worked with [Harper Collins](#), [which published her first book](#) in 2019, a campaign guide for rebel girls.

Laura has also spoken about campaigning and periods on many platforms, including on BBC's [Woman's Hour](#), BBC's [University Challenge](#) Christmas Celebrity Special, BBC Breakfast, [BBC News](#), ITV News, The [LSE TedX](#) conference and [Hay Festival](#).



Next steps:

Feel free to share any queries you may have about our workshops or any special requirements we may need to be made aware of.

If you would like to book an empowering RSE workshop with us, please do email us on info@sexedmatters.co.uk with your chosen topic(s), the dates that suit you and when you might be available for a consultation call, so we can make sure our workshops are as tailored to your students' needs as possible.

We very much look forward to hearing from you and to hopefully be working with you and your students soon.

Very best wishes,

Laura and Julia Coryton

Co-Founder and Managing Directors
Sex Ed Matters



