**Us Too project** 

**Online Peer Workshop**

**Teaching Plan: Week One (1 hour)**

***By the end of today we will have:***

* Found out a bit about each other.
* Talked about our rules and how we will work together.
* Found out what people know about domestic abuse.
* Talked about how we like to learn.
* Talked about our support and what we need to do if we get upset.

**Programme**

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| **Timing/**  **Trainer** | **Topic** | **Activity** | **Resources** |
| 5 mins. | **Introductions** | ***Input***  Who we are.  Each team member will introduce themselves.  Check that learners:   * Can see and hear us * That we can see and hear them * Got their handouts * Have got red and green cards * Have got pens   Tell learners about the project.  Tell learners what we are going to do. | Slide 1  Slide 2  Slide 3  Slide 4 |
| 5 mins. | **Ice breaker** | Ask each learner to tell us what they like to be called, and something interesting about their name. This could be:   * What does it mean? * How did they get their name? * Do they like it? * Is it short for something? | Slide 5 |
| 10 mins. | **Group Rules** | Ask people to tell us their rules.  Tell them what we are going to be talking about can be very upsetting. Ask what we all need to do so that everyone is happy to join in.  Write what people say onto the PowerPoint.  Tell people about our rules.  Tell people about confidentiality. | Slide 6  Slide 7  Slides 8 – 10  Slide 11 |
| 10 mins. | **Getting to know you 1** | Ask people, in turn, to tell us what makes them happy. | Slide 12 |
| 5 mins. | **Evaluation quiz** | Ask people to answer the questions on the handout. | Slides 13 – 18  Handout 1a  Pens. |
| 10 mins. | **How do we learn best?** | Get people to discuss what makes it easier for them to learn. Do they like to:   * Talk about things? * Hear stories? * Do quizzes? * Watch videos? * Draw things? | Slide 19 |
| 5 mins. | **Checking in: getting support** | Ask each person who they can talk to if they get upset after the classes?  Each person needs to name 2 people who they can talk to at any time.  Tell people about the helpline numbers and check again that they have their handout. | Slide 20  Slide 21 |
| 10 mins. | **Getting to know you 2**  **& goodbyes** | Ask each person, in turn, to tell us what makes them proud about themselves?  Ask each person, in turn, what they will remember about this session?  Thank everyone for joining in, and tell them we will see them again next week. | Slide 22  Slide 23 |