**Us Too project** 

**Online Peer Workshop**

**Teaching Plan: Week 4 (1hour 15min)**

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

* Reminded ourselves about the last session
* Found out about what to do if domestic abuse is happening to you
* Talked about how to help someone else
* Talked about how to make yourself heard

**Programme**

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| **Timing** | **Topic** | **Activity** | **Resources** |
| 20 mins. | Introductions | ***Input***Remind people of our **names**. Ask the group their names. **What we did last week**.* Ask people what they can remember.
* Read the slide.

**Checking In*** Ask people if they were OK after last week.
* Do they want to ask or say anything?

Today we are going to talk about. Read the slide**Stress that the group rules are really important this week as we are talking about what to do about abuse.****Group rules**: here are the rules you agreedOur rules**Confidentiality** | Slides 73 - 74Slide 75Slides 76Slide 77Slide 78Slide 79 - 81Slide 82 |
| 10 mins. | Ice breaker | Go around the group. Ask each person to say **one good thing** that happened to them in the last week.  | Slide 83 |
| 10 mins. | Domestic Abuse | Michelle & BillyAsk the group if they can remember what happened in the video?Ask them what they would do if they were Billy?Would it be easy to leave that relationship?What help would you need?Will & RoseAsk the group if they can remember what happened in the video?Ask how they could help Rose if they were her friend?What would you do if Rose didn’t listen to you?**Definition**Remind the group what domestic abuse is. | Slide 84Slide 85Slide 86 - 87 |
| 20 mins. | Taking Action: Misha’s Story | 1) Tell the group about Misha’s Story.Misha is not a real person, but everything that she says has happened to members of our team.2) Read each slide. At the end of each slide ask the group if what is happening is **OK** (Green Card) or **not OK** (Red Card).Get them to say why it is OK or not OK?What are the warning signs?3) At the end, break them into 2 groups and ask them to work on the questions on the slide. | Slides 88 – 93Slide 94 |
| 10 mins. | Telling people | Tell the group they are going to hear about the Us Too team’s experiences.In the sound clips an actor is reading our words.Say that it is not easy to tell someone but it is important to the abuse stops.Say that sometimes when you tell someone that person might not do anything to help.Ask: “What can you do then?”IF TIME: you can split them into two groups to talk about this.If there isn’t enough time ask them for their ideas as a whole group.Read the slide: these are our ideas about how you can make yourself heard. | Slide 95Slide 96Slide 97 |
| 5 mins. | Checking InOur supportSupportClosing roundThanks for coming | Check that everyone is doing OKCheck that everyone has support laterIt is OK to call [emergency and support line numbers]Ask each person what makes them feel good about themselves.Thank the group and say you will see them again next week. | Slide 98Slide 99Slide 100Slide 101Slide 102 |