**Us Too project** 

**Online Peer Workshop**

**Teaching Plan: Week 5 (1hour 15mins)**

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

* Reminded ourselves about the last session
* Talked about how to escape a violent relationship
* Reminded ourselves about the whole workshop
* Checked to see what we have learned

**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**Group rules**: here are the rules you agreedOur rules**Confidentiality** | Slides 103 - 104Slide 105Slides 106Slide 107Slide 108Slide 109- 111Slide 112 |
| 10 mins. | Ice breaker | Go around the group. Ask each person to say if they did their homework?What did people say about them?What did people like about them and say they were good at?  | Slide 113 |
| 10 mins. | Escaping a violent relationship | Will & Rose at the pub***Trigger Warning:*** Warn the group that, in the video, Will hits Rose.Show the video.Ask the questions on the slide.Escape PlansSay that it is hard to leave a violent relationship.If the person abusing you knows you are leaving it can be very dangerous. They might try to stop you or hurt you.You will probably need help.It is a good idea to make an escape plan.Have a look at the handout. See if you can answer the questions.Read the slides. | Slide 114Will & Rose at the pub film clip.Slide 115Slide 116Easier read Escape Plan handouts.Slides 117 - 118 |
| 20 mins. | Summary & Reinforcement | ‘Who wants to be a millionaire?’ quizSplit the group into two teams to do the quiz.Read the questions, show and discuss the answers. | ***‘Millionaire’ PowerPoint******Slides 1 - 51*** |
| 5 mins. | Checking InSupport | Check that everyone is doing OKIt is OK to call [emergency and support line numbers] | Slide 120Slide 121 |
| 5 mins.  | Evaluation | Read the questions, note the answers. | Evaluation quiz handouts.Slides 122 - 127 |
| 5 mins. | CloseOur supportThanks for coming | Check that everyone has support laterWe say . . . [our statements]Thank the group and say goodbye. | Slide 128Slide 129 |