**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 agreed  Our rules  **Confidentiality** | Slides 103 - 104  Slide 105  Slides 106  Slide 107  Slide 108  Slide 109- 111  Slide 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 Plans  Say 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 114  Will & Rose at the pub film clip.  Slide 115  Slide 116  Easier read Escape Plan handouts.  Slides 117 - 118 |
| 20 mins. | Summary & Reinforcement | ‘Who wants to be a millionaire?’ quiz  Split 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 In  Support | Check that everyone is doing OK  It is OK to call [emergency and support line numbers] | Slide 120  Slide 121 |
| 5 mins. | Evaluation | Read the questions, note the answers. | Evaluation quiz handouts.  Slides 122 - 127 |
| 5 mins. | Close  Our support  Thanks for coming | Check that everyone has support later  We say . . . [our statements]  Thank the group and say goodbye. | Slide 128  Slide 129 |