

ME
respect



SCHOOLS PACK

part of **the message** family



“Staff have commented on how excellent the delivery was and how controversial issues were tackled sensitively but also with impact.”

.....
Roxanne Ferguson, Teacher,
Lostock School, Trafford



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part of  family

Respect ME is an international PSHE project offering a unique and complementary approach to relationships and self-esteem education. Our passionate team of tutors are trained to deliver high quality RSE education to pupils in KS3–5.

We believe we are uniquely placed to provide RSE and PSHE education that cares for the whole child, promoting a healthy sense of self, positive mental health and emotional wellbeing.

Underpinned by our Christian values, our mission is to help young people know they are loved, accepted and valued, and that there is hope for their life.



WHY WE DO WHAT WE DO

Respect ME exists to:

- ✓ Bring **hope and self-worth** to young people regardless of background or context.
- ✓ Encourage **positive relationships** that promote **respect** for self and others.
- ✓ Explore **social influences** and their impact on **self-esteem** and lifestyle choices.
- ✓ Promote healthy coping strategies for **abusive behaviour** and help build **resilience**.
- ✓ Equip and empower young people with tools to **represent themselves well online and stay safe**.
- ✓ Provide a **safe and inclusive space** to discuss tough topics, and the opportunity to access **further support**.

RSE is now a compulsory part of secondary education. Respect ME lessons help schools address the key concepts all young people need to learn during this time:



Families



Respectful relationships including friendships



Online and media The opportunities, challenges and risks of life online



Being safe

Key aspects of the law regarding Sex & Relationships Education, personal safety and how to maintain mental health and emotional wellbeing



Intimate and sexual relationships

All our lessons help schools:

- ✓ Comply with DfE guidance on delivery of RSE.
- ✓ Meet the PSHE Association's core themes of Health and Wellbeing, Relationships and Living in the Wider World for KS3-5.
- ✓ Address Ofsted recommendations for delivery of SMSC, RSHE, Personal Development and aspects of Citizenship Education.

Our lessons aim to:

- Facilitate **open discussion** and encourage **self-reflection**.
- Help young people make **well informed, positive choices** for themselves.
- Create a **safe space** to access appropriate support and guidance.
- Help young people **navigate the opportunities and risks** of modern life.
- Give young people **practical tools** they can apply to their life circumstances.

LESSONS

PROJECT 5

Five age-appropriate, interactive and engaging lessons for five different year groups:

Y7 SELF ESTEEM

Y8 BULLYING

Y9 RELATIONSHIPS & SEX

Y10 POSITIVE RELATIONSHIPS & SEXTING

Y11 ABUSIVE BEHAVIOUR

Self Harm (including eating disorders & alcoholism) and abuse in romantic relationships.

PROJECT 6

Y12 LOVE vs LUST - CONSENT

Y13 PORNOGRAPHY

ADDITIONAL LESSONS

KS3 - LIVING ONLINE

BOYS' COURSE

A six week, age-appropriate, interactive, engaging course for 10 students for years 9 and above.

S1 TOXIC MASCULINITY

S2 PORNOGRAPHY

S3 GROOMING / EXPLOITATION

S4 RELATIONSHIPS / CONSENT

S5 MENTAL HEALTH

S6 BEING A GOOD LEADER



GIRLS' COURSE

A six week, age-appropriate, interactive, engaging course for 10 students for years 9 and above.

S1 STANDARDS OF BEAUTY

S2 OBJECTIFICATION AND PORNOGRAPHY

S3 GOSSIP, SOCIAL MEDIA AND TROLLING

S4 SEXUAL HARASSMENT AND CONSENT

S5 GROOMING AND EXPLOITATION

S6 RELATIONSHIPS AND SEX

“The impact of these courses is exceptional. Pupils gain the confidence to explore these matters openly and intelligently... Pupils’ behaviour, attendance and well-being increases and they begin to achieve more in school.”

.....
OFSTED review of our courses

BOOKING



Lesson timings:
60 mins – 2 hours



No. of pupils:
Anywhere from a small class to a whole year group



Lesson requirements:

- ✓ Tutors located in the same space for all lessons where possible
- ✓ Access to audio/visual equipment: projector, screen and speakers (tutors will bring their own MacBook and adaptors)
- ✓ Appropriate staff numbers to student ratio
- ✓ Lunch for each tutor where possible

Two weeks in advance we will require:

- ✓ Schedule for the visit with timings
- ✓ Class profile



Locations:

Respect ME is a touring national and international team. Our teams are based in locations across the UK (North East, North West, East Midlands, Yorkshire & Humberside, Wales) and in Cape Town, South Africa. We also have a schools’ team that can deliver our programme in Scotland too.

COSTS

Prices listed are all inclusive of VAT at the current rate. Travel expenses are additional and will be charged at the current HMRC rate of 45p per mile from your tutor's location. Toll charges may also be added where appropriate.

PROJECT 5: £1,800 + VAT

Project 5 age-appropriate lessons for all pupils in Y7-11 delivered on up to 5 full school days across one academic year as per your school's preference. For example, lessons can be delivered on a 'carousel' system whereby a year group is seen in smaller groups throughout one day. Or the same lesson could be delivered to a whole cohort in a hall for a single lesson of up to 2 hours. The price remains the same whichever delivery you choose.

BOYS AND GIRLS COURSE: £900 + VAT

Each session is a minimum of one hour to a maximum of 90 minutes.

FIXED DAILY RATE: £450 + VAT

Outside of Project 5, if you want to book a team for additional lessons either for the day or just a couple of hours, you will be charged a fixed daily rate.

TASTER SESSION: FREE

All new schools are entitled to one free taster session of their choice, for the cost of expenses only. This includes up to two hours tuition with one class or year group.

MILEAGE

In addition to the lesson and course costs, mileage will be charged for each day that the team are in school.

“The students found these sessions to be extremely engaging and enlightening. Sensitive issues were discussed in a frank yet approachable way.”

.....
Emma Geddis, Senior Head of Year,
Cheadle Hulme High School

“A fantastic platform that both students and teachers enjoyed. Real, honest, hard-hitting.”

.....
Ashleigh Walter, Head of PSE,
The Windsor Boys' School

“Emma made me feel strong enough to say 'no.' She taught us how to have respect for ourselves.”

.....
Y11 student at St Christopher's, Accington

HOW TO BOOK

To book please contact respectme@message.org.uk

CONTACT US

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