

Module 1: Developing the knowledge, attitudes and skills that young people need to effectively ask for help.

Lesson Plan 4	Research external organisations that might provide help to people in controlling or abusive relationships.
Resources	'Face Up' CD-ROM, smartboard and projector. Internet access (preferably IT suite) and PowerPoint. Handout 4.1
Aims	To "... prepare young people for adult life by helping them to develop knowledge of how to access further advice and support". This is a requirement identified by OFSTED in their 2013 report.
Objectives	Identify people and resources that might help pupils to respond to controlling behaviour. Use the internet to research organisations that might provide help and support. Share the information that pupils discover through their research by means of short presentations.
Starter 10 mins	Ask pupils to discuss who might help if they found themselves in an abusive or controlling relationship including; teachers, youth workers, family members and friends.
Introduction 15 mins	Show the third film 'Its OK sis' and talk about who David might ask for help.
Development 15 – 20 mins	Research organisations that provide specialist help to people whose lives are effected by controlling or abusive behaviour. The CD ROM contains links to a number of useful national organisations, as well as a set of questions for pupils to answer concerning the services offered by those organisations. Ideally, this activity would be completed in an IT suite with pupils researching answers individually or in pairs. If this isn't possible, it could also be completed as homework.
Plenary 20 mins	Ask pupils to share their answers to the questions provided on the CD ROM and in Handout 4.1.

Assessment	Completed pupil copies of Handout 4.1 can be assessed in order to measure if pupils are now more knowledgeable about people and organisations that might provide advice and support.
Additional activities	This activity can be extended by inviting in speakers from local agencies who might provide help and support.

Module 1: Developing the interpersonal and communication skills that young people need to effectively ask for help.

Teachers notes 4

Starter (10 mins)

Here are some question to help facilitate this discussion:

- Are there staff in school who would help if you were affected by controlling or abusive behaviour?
- Are there other pupils in school who might be helpful? (For example peer mentors, buddies or peer mediators.)
- Do you have friends who might help?
- Are there family members who you could go to for help?
- Are there organisations in the community who would help?

Introduction (15 mins)

In the film 'It's OK sis' David's mum and dad are in an abusive relationship and it is important that pupils realise that there are external organisations that he can turn to for help. Here are some questions to help facilitate a discussion:

- Do you think David should call ChildLine?
- What might he say to ChildLine?
- Are there other organisations that provide support to young people? (The next exercise involves researching these.)
- Are there other people who could help David?
- Who might *you* talk to if *you* were in David's position?

Development (15 – 20 mins)

The CD ROM provides a list of questions to answer. Pupils will have to visit the websites of organisations providing support.

Plenary (20 mins)

Ask pupils to feedback the answers that they found on the web sites of supporting organisations. It is helpful if you use the CD ROM to access these web sites during the discussion.