

TRUST ME



QUICK
REFERENCE

TRUST ME

SECONDARY,
COLLEGE,
AGES 12 +
KS3, KS4

ISSUES COVERED

SEXUAL HEALTH, CONSENT,
STIS, UNPLANNED
PREGNANCY, DELAY, RISKY
BEHAVIOURS, SUBSTANCE
MISUSE

LEARNING OBJECTIVES FOR TRUST ME

Attitudes and Values

- Young people have an increased awareness of what makes a good and bad relationship.
- Young people have an increased awareness of different gender perspectives on sexual health and relationships.
- Young people have increased awareness of the importance of being ready for a sexual relationship (legal, moral, personal, health etc.).
- Young people have increased empathy and awareness of different views and experiences of sexual health.

Skills

- Young people have an increased ability to identify a range of people or services that can support with sexual health issues.
- Young people have an increased confidence in seeking help on sexual health issues.
- Young people have an increased confidence in negotiating relationships (including contraception).

Knowledge

- Young people have increased knowledge of STIs, contraception and unplanned pregnancy.
- Young people have increased knowledge of relevant and appropriate sexual health and contraception services / STI screening.

KEY FINDINGS FROM EVALUATION

- 97% of learners evaluated said they enjoyed the session. 96.3% rating the session as better or much better than their usual PSHE lessons.
- 95.5% were able to correctly identify that condoms and femidoms were the only types of contraception that protects against both STIs and pregnancy.
- 96.6% agreed with the statement 'You should wait until you are ready before having sex'
- 100% of respondents illustrated that were able to identify by name at least one sexual health service. All of the services that were given had been earlier highlighted in the play and discussions.

"Absolutely fantastic, it was teenage friendly and totally invaluable. I would recommend this workshop / production to every school."

Head of Year 9



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For further information on this programme or any other Loudmouth programmes phone Caroline Bridges on (0121) 446 4880, email info@loudmouth.co.uk or look at our Loudmouth website at www.loudmouth.co.uk