

# White Ribbon Day Schools Pack

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# 20 24



A guide for schools to start the conversation around gender-based violence with activities aligned with the RSE Statutory Guidelines. Developed by the Motherwell Cheshire Inspire Project.



# Who are these activities for?

These topics are aimed at high school aged young people.

The RSE guidelines state that by the end of secondary school, pupils should know:

- how to judge when a family, friend, intimate or other relationship is unsafe (and to recognise this in others' relationships); and, how to seek help or advice, including reporting concerns about others, if needed.
- the characteristics of positive and healthy friendships (in all contexts, including online) including: trust, respect, honesty, kindness, generosity, boundaries, privacy, consent and the management of conflict, reconciliation and ending relationships. This includes different (non-sexual) types of relationship.
- how to recognise the characteristics and positive aspects of healthy one-to-one intimate relationships, which include mutual respect, consent, loyalty, trust, shared interests and outlook, sex and friendship.

The activities in these packs aim to address some of these topics.





# What is White Ribbon Day?

White Ribbon Day is an international day observed on November 25th each year, dedicated to raising awareness about and taking a stand against violence against women and girls. The campaign encourages individuals, communities, and organizations to unite in the effort to eliminate all forms of violence, including physical, emotional, and verbal abuse, that women and girls may experience.

The white ribbon itself symbolizes a commitment to never commit, condone, or remain silent about violence towards women. It serves as a reminder that everyone has a role to play in creating a safe and equal society for all.

This year, White Ribbon Day encourages individuals to make consistent choices and actions to #ChangeTheStory for women and girls, so that they may live their lives free from the fear of violence. Being allies with women every day shouldn't be underestimated, even the smallest actions can affect big change.

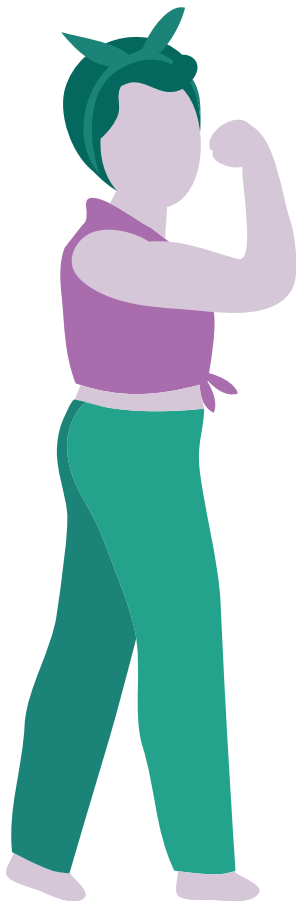
This activity pack is designed to help get the conversation started around gender-based violence. It's important to recognise that this can be a tough topic and may be upsetting for some young people. Prior to undertaking these activities with your group, familiarise yourself with your organisations safeguarding and child protection policies. Additionally, identify what support is available to young people within your setting and consider highlighting these to your group ahead of time.

We have provided a handout for young people on the next page, detailing emotional support organisations.





# SUPPORT ORGANISATIONS



**Shout - Crisis Text Line - 24 hour textline -  
Text 85258**

**<https://www.giveusashout.org/>  
Text if you are feeling unable to cope**

**Childline - 24 hour help - 0800 1111  
Children and Young People struggling with  
anything.**

**<https://www.childline.org.uk/>**

**Bullying Advice and helpline  
0808 800 222**

**<https://www.bullying.co.uk/>**

**Cheshire Without Abuse - 24 hour helpline -  
01270 250390**

**<https://www.cheshirewithoutabuse.org.uk/>  
Advice and Crisis Support/accommodation**

**Papyrus - National Charity Prevention of  
Young Suicide**

**HopeLine 0800 068 4141**

**<https://papyrus-uk.org/>**

**CentrePoint - Homelessness Risk aged 16-25  
Free 0808800 0661 (Mon-Fri 9-5)**

**<https://centrepoin.org.uk/>**

**UK Safer Internet Centre - Internet Safety  
Advice**

**<https://www.saferinternet.org.uk/>**

# Group Agreement

it is important that young people feel supported and safe when discussing sensitive topics. Violence against women and girls is an emotive topic and many young people may have direct, personal experiences.

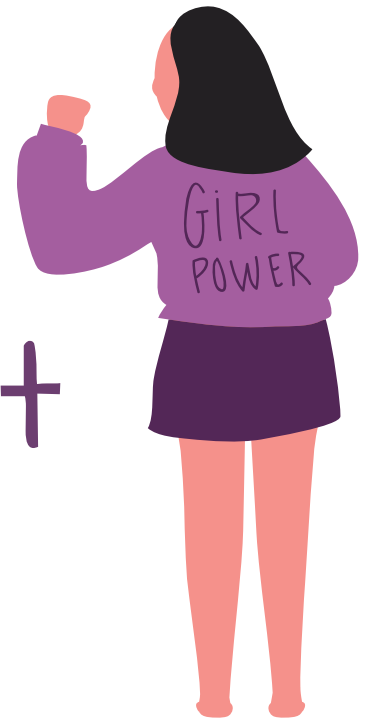
We encourage you to create a group agreement that considers some of the following values and qualities:

- Respect
- Confidentiality (discuss limits)
- Kindness
- Non-discrimination
- Inclusivity
- Support
- Consent & autonomy
- Activism





# Change the Story: Street Harrassment



**What is the impact of online sexual harassment and how can young people be part of the solution?**

**Before we get started:**

**Objective:** To raise awareness about street sexual harassment and promote a discussion on how young people can help change the narrative surrounding it.

**Materials Needed:**

1. Whiteboard or flipchart and markers
2. Handouts with statistics on street harassment (optional)
3. Paper and pens for students

## Instructions

- **Introduction (10 minutes):** Share some statistics or real-life stories to emphasize the prevalence and impact of street harassment on women and girls.
- **Brainstorming (15 minutes):** Ask students to brainstorm and list different forms of street harassment they are aware of. Write these on the whiteboard or flipchart. Encourage an open and respectful discussion about these experiences.





- **Video (15 minutes):** Show the Through Her Eyes campaign video from Southwark Council which tackles street harassment. This may help students better understand the emotional impact sexual harassment can have.
- **Discussion (20 minutes):** Divide the class into small groups or pairs. Provide discussion questions such as:
  - How does street harassment affect individuals and communities?
  - Why is it important to address this issue and challenge street harassment?
  - What can young people do to help change the story and combat street harassment whilst maintaining their own safety?
- **Group Presentations (15 minutes):** Have each group share their thoughts and ideas with the class. Encourage creativity and innovative solutions to address street harassment.
- **Action Plan (10 minutes):** As a class, brainstorm concrete actions that young people can take to help change the story of street harassment. These could include organizing awareness campaigns, creating safe spaces, challenging peers where safe to do so or advocating for policy changes.
- **Reflection (10 minutes):** Ask students to reflect individually on what they have learned and how they can contribute to changing the narrative on street harassment. They can write down their thoughts and commitments.
- **Closing (5 minutes):** Conclude the activity by emphasizing the importance of empathy, respect, and supporting those who experience street harassment. Encourage students to take their insights and ideas forward to promote positive change.

### *Starting the conversation*

**This activity not only educates young people about street harassment but also empowers them to be part of the solution. It promotes empathy and encourages students to take action to create a safer and more respectful community for everyone.**





# Not in our community

## Creating a zero-tolerance school culture towards sexual harassment

### Before we get started

#### Objective:

- Raise awareness about the impact of harassment against women and girls in the community.
- Encourage students to create posters that challenge such behaviour and promote treating others with respect, equality and decency.

#### Materials Needed:

- Poster boards or large sheets of paper
- Art supplies (markers, coloured pencils, crayons, etc.)
- Printouts of local resources (contact information for safe people and organizations)
- Reference materials on violence prevention and support services (optional)

### Class Discussion (15 minutes)

- Share relevant statistics of sexual harassment against women and girls (fact sheet available in this pack).
- Encourage students to consider where sexual harassment might occur. The answer is harassment can occur anywhere, including school, work, the street, with friends, at home, in sports clubs...
- Encourage students to consider whether there are any specific behaviours they recognise as being problematic in their community. You may wish to play the video 'Have a Word' by the Mayor of London to illustrate an example of street harassment.
- Consider the impact of sexual harassment on victims. What emotions might someone experience when being harassed? What impact might it have on them in the future? Why is it important to treat others with respect?



## Not in our Community - Activity 2



### Poster creation (45 minutes)

- Following class discussion, ask students to create a poster challenging sexual harassment in their local community.
- Students may wish to focus on one specific environment (e.g. a sports club) and one specific form of harassment (e.g. 'cat calling') or they may wish to have a broader campaign. Encourage students to use their persuasive writing skills alongside their creativity to create a punchy, effective campaign.
- You may wish to provide examples of existing campaigns.

### Follow up

- We want to see your posters! Motherwell Cheshire CIO would love to see your students' posters and share them across our social media and physically display them at Motherwell HQ. Contact [carys.jones@motherwellcheshirecio.com](mailto:carys.jones@motherwellcheshirecio.com).
- How else can your students' good work be shared beyond the classroom? Consider sharing their posters in public areas around the school, including corridors, classrooms and bathrooms. Can their campaigns be included in student intranet areas? How can you extend their potential impact to create a whole-school awareness of sexual harassment?





# Community art project

Motherwell Cheshire CIO would like to invite members from across the community, inclusive of different ages, genders, races, sexualities and cultures to take part in our collaborative community art project.

We plan to create a paper chain of hundreds of paper 'links', where each link contains a positive message or an action item to combat violence against women. Community members can write messages on the strip template in this pack to create a piece of artwork to join our community collaboration.

Be creative! This is your chance to share the messages you think are important about gender-based violence through images or words. When you've finished your link, you can post it or drop it off at Motherwell HQ or post to;

Community Art Project  
Motherwell HQ  
64 Beech Drive  
Wistaston  
CW2 8RG







# Sexual Harassment Factsheet

The Equality Act 2010 says someone sexually harasses another person if they:

- Engage in unwanted conduct of a sexual nature and
- The conduct has the purpose or effect of either violating the other person's dignity or creating an intimidating, hostile, degrading, humiliating or offensive environment for them.

This unwanted sexual conduct can happen in person, on the phone, by text or email, or online. Both the harasser and the victim or survivor can be of any gender.

Sexual harassment includes a really wide range of behaviours, such as:

- Sexual comments or noises – for example, catcalling or wolf-whistling.
- Sexual gestures.
- Leering, staring or suggestive looks. This can include looking someone up and down.
- Sexual 'jokes'.
- Sexual innuendos or suggestive comments.
- Unwanted sexual advances or flirting.
- Sexual requests or asking for sexual favours.
- Sending emails or texts with sexual content – for example, unwanted 'sexts' or 'dick pics'.
- Sexual posts or contact on social media.
- Intrusive questions about a person's private or sex life.
- Someone discussing their own sex life.
- Commenting on someone's body, appearance or what they're wearing.
- Spreading sexual rumours.
- Standing close to someone.
- Displaying images of a sexual nature.
- Unwanted physical contact of a sexual nature – for example, brushing up against someone or hugging, kissing or massaging them.
- Stalking.
- Indecent exposure.
- Taking a photo or video under another person's clothing – what is known as 'upskirting'.

(Rape Crisis, 2023)



# Sexual Harassment Statistics

- 72% of the UK population experienced sexual harassment in their lifetime.
- 43% of the UK population experienced sexual harassment in the last 12 months.
- The three most commonly experienced sexual harassment behaviours are:
  - unwelcome sexual jokes
  - staring or looks
  - sexual comments
- Certain demographic groups are significantly more likely to have experienced at least one form of sexual harassment in the last 12 months, these include: women, young people (ages 15-24 and 25 to 34), ethnic minorities, LGB individuals, and those with disabilities.
- Sexual harassment was reported to happen most frequently;
  - on the street or walking around (42%)
  - in a club, pub or bar (31%)
  - on public transportation (28%)
- 33% of those who experienced sexual harassment in the last 12 months had formally reported it.
- 90% of girls, and nearly 50% of boys, said being sent explicit pictures or videos of things they did not want to see happens a lot or sometimes to them or their peers.
- 92% of girls, and 74% of boys, said sexist name-calling happens a lot or sometimes to them or their peers.
- 80% of school-aged girls and 50% of school-aged boys have experienced rumours about their sexual activity or unwanted or inappropriate comments of a sexual nature.
- 88% of school-aged girls and 40% of school-aged boys have sent sexual pictures or videos they did not want to see



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