

PAVEE POINT
TRAVELLER AND ROMA CENTRE



TÚS LA
An Ghníomhaireacht um
Leanaí agus an Teaghlach
Child and Family Agency

**Consent-Ed (Edition 1)
Train the Trainer
Facilitators Training
Workshop - Day 2.**

This workshop was funded by the European Union's Rights, Equality and Citizenship Programme (REC 2014-2020). The content of this project represents only the views of the Consent Ed Project and lead beneficiary Galway Rape Crisis Centre and is his/her sole responsibility. The European Commission does not accept any responsibility for use that may be made of the information it contains.



Welcome to Facilitator Train the Trainer Workshops of Consent-Ed (Edition 1).

Workshop two provides the opportunity to explore, plan and execute an interactive and experiential praxis of specific activities from both the junior and senior programmes.

Day 2 Workshop 2 - Itinerary.

9.30. Part 1:
reflection circle on individual
workshop.

Welcome; revisit group boundaries,
key learning from day 1

10.15. Part 2:

Facilitation Planning Segment.

- Plan, prepare and practice for delivery of activities from the programme (Junior and Senior).

10.45. Break.

11.15. Part 2: (contd): Facilitation Planning Segment.

11.45. Part 3:
Practical Segment.

Experiential and Interactive

- Participants have the opportunity to experience facilitation and delivery of exercises and activities contained with Consent-Ed (Edn. 1).

1.00. Lunch Break.

2.00 Part 3: (contd): Experiential and Interactive Practical Segment.

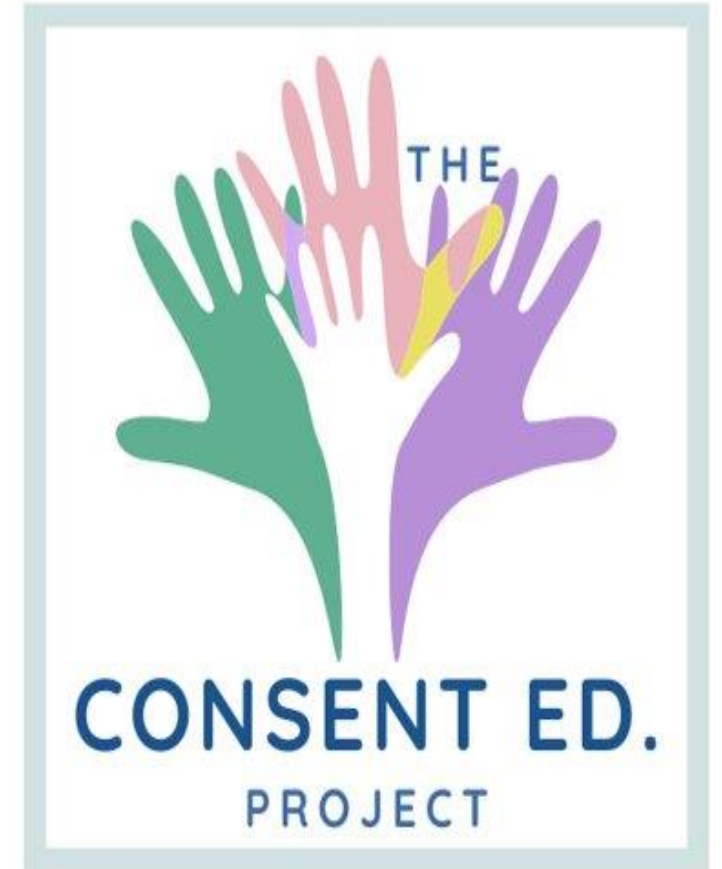
- Participants have the opportunity to experience facilitation and delivery of exercises and activities contained within Consent-Ed (Edn.1).

4.00: Part 4:

Wrap Up, Q&A and Evaluations.

4.30-4.45.

Workshop close.



PART 1.

Welcome, revisit the group boundaries/agreement, reflection circle on individual learning from Workshop 1.



Welcome and Introductions.

- 1. Opening welcome to workshop two for Consent-Ed (Edn. 1).**
- 2. Outline 'Housekeeping' points – relay the location of the bathrooms, fire exits etc.**
- 3. Recap on the agreed group contract/boundaries/agreement, invite the group to add anything additional.**

Reflection Circle on key learning from
Workshop 1.

Invite the group to form a circle and to share, if they are comfortable to do so, their key reflections from Workshop 1.

Learning outcomes for today's training.

Participants will:

- **Have the opportunity to experience delivering sensitive material in pairs.**
- **Explore facilitation through planning and engaging in a practical experience delivering activities of the programme to their peers.**
- **Help establish a community of practice with each other and be able access support, and join, the external Consent-Ed Community of Practice.**



PART 2.

Facilitation Planning Segment for Consent-Ed (Edition 1).

**Plan, prepare and practice for
delivery of activities from the
programmes (Junior and
Senior).**

SENIOR PROGRAMME.

- **Session 1. Healthy Relationships.**
- **Session 2. Consent.**
- **Session 3. Sexual Violence.**
- **Session 4. Online Sexual Harm.**

JUNIOR PROGRAMME.

- **Session 1: Sexual Harassment.**
- **Session 2: Online Sexual Harm.**
- **Session 3: Sexting and Sexual Image Sharing.**
- **Session 4: Sexual Exploitation, Grooming and Supports.**

Activity Planning Process.

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- In pairs, you will each select an activity from the Junior and/or Senior Programmes. You can decide who you will pair with, or the names can be pulled from a draw.
- Using this planning time, familiarise yourself with its content and plan how you will deliver it in the experiential part of the workshop.
- Use each other to discuss, tease or explore your activity.
- Use the Programme handbooks to ascertain the backdrop to the session from which your activity emanates from giving more context to it.
- As a group decide the order of delivery for the activities.

Remember:



To go back to the key skills, traits and characteristics you identified in Workshop 1 as best suits your facilitation style and personality. These will help guide you in delivery of the activity.



This is a learning environment and is representative of your fellow peers embracing and delivering the Consent-Ed Programme(s) activities. The real-time experience with young people will feel and be a different experience.

As we covered yesterday.....

- **Facilitation is performing.** Being the facilitator means wearing another sort of hat, performing another kind of role.
- **Facilitation is about collaboration.** The facilitator supports the collaboration of a team, a group, a network, a community, an organization.
- **As facilitators we are becoming experts for learning.** The advantage and challenge at the same time is that our expertise is based on our own learning experiences.
- **Facilitators need a solid foundation in process knowledge** of how groups work and learn together.

(Von Holzen,

2019).



Tea and Coffee Break.





PART 2 (contd.) for 30 minutes.

**Facilitation Planning Segment
for Consent-Ed (Edition 1).**

**Plan, prepare and practice for
delivery of activities from the
programmes (Junior and
Senior).**

Continue your facilitation delivery...

Remember to.....

- **Set boundaries.**
- **Remain impartial.**
- **Understand the group dynamic.**
- **Use your personal style.**
- **Intervene when appropriate.**
- **Diffuse any challenging situation.**
- **Foster an open process of new learning.**
- **Most important enjoy it and have fun!**



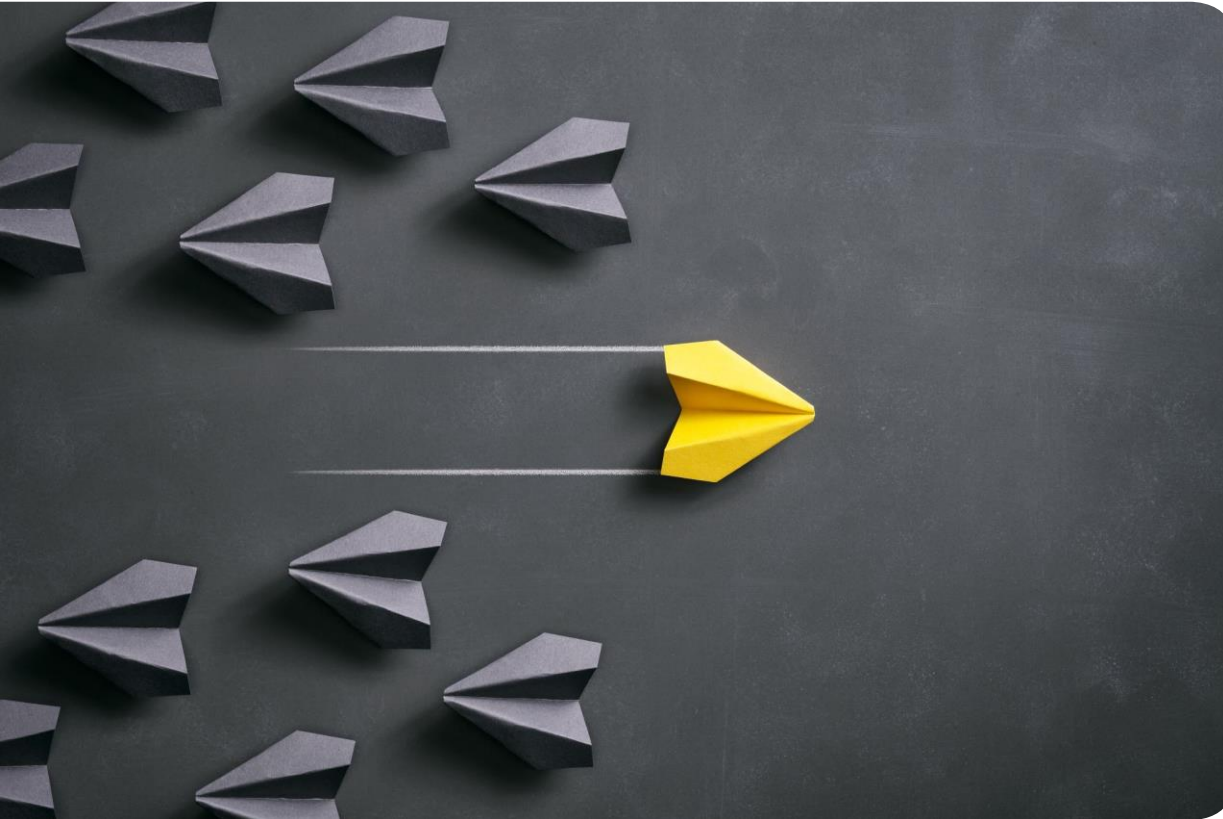
**Any thoughts,
comments or
observations.**

PART 3

Experiential and Interactive Practical Segment.

Delivery of activities from the
programmes (Junior and Senior).



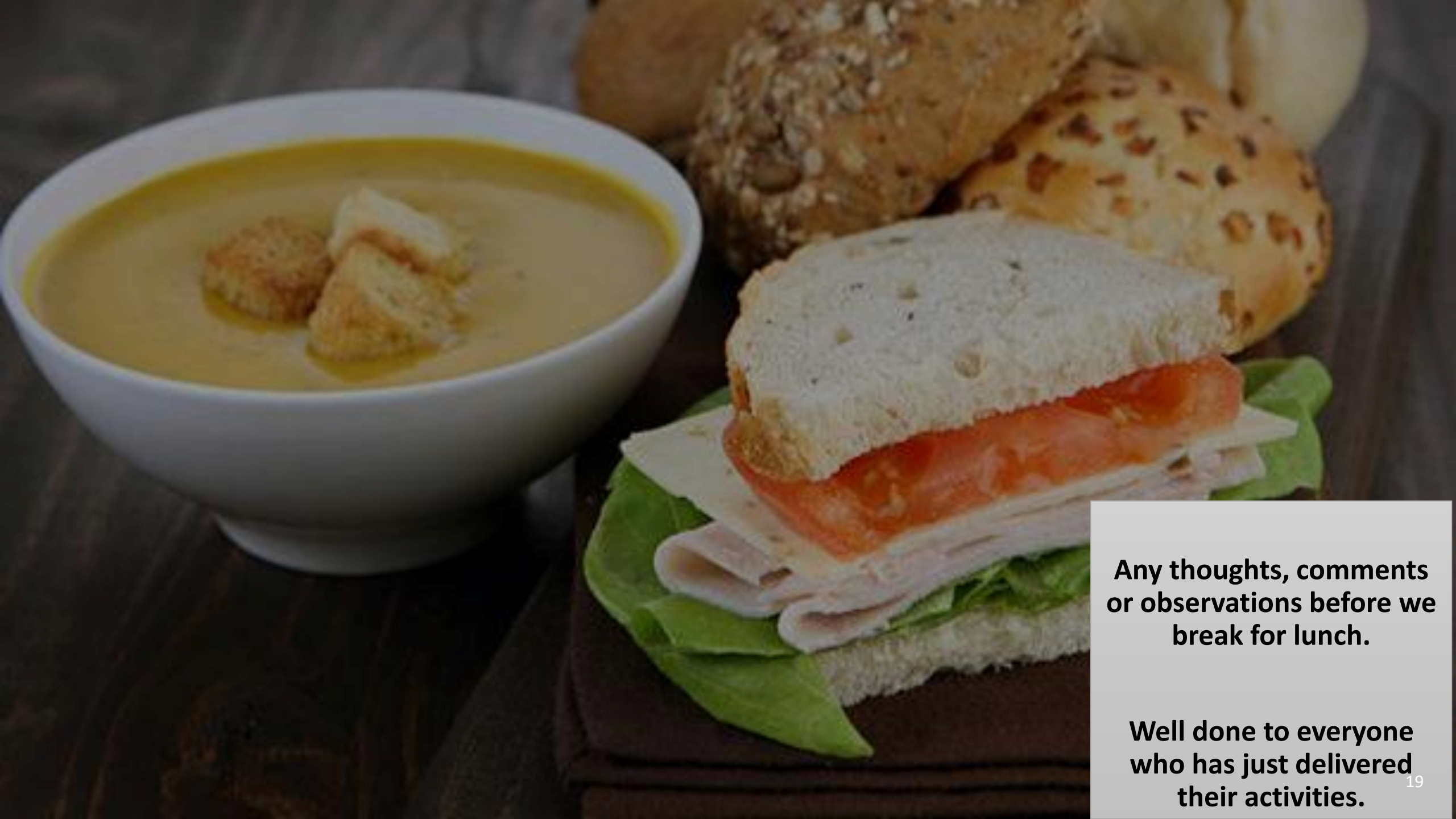


Time to deliver the activities.

POINT TO NOTE:

Timekeeping will be strict to enable everyone to have the opportunity to practice delivering their activity.





**Any thoughts, comments
or observations before we
break for lunch.**

**Well done to everyone
who has just delivered
their activities.**

Welcome back
We will continue
with the
experiential and
interactive
practical segment.



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PART 4

Wrap-Up.
Q&A.
Evaluations.



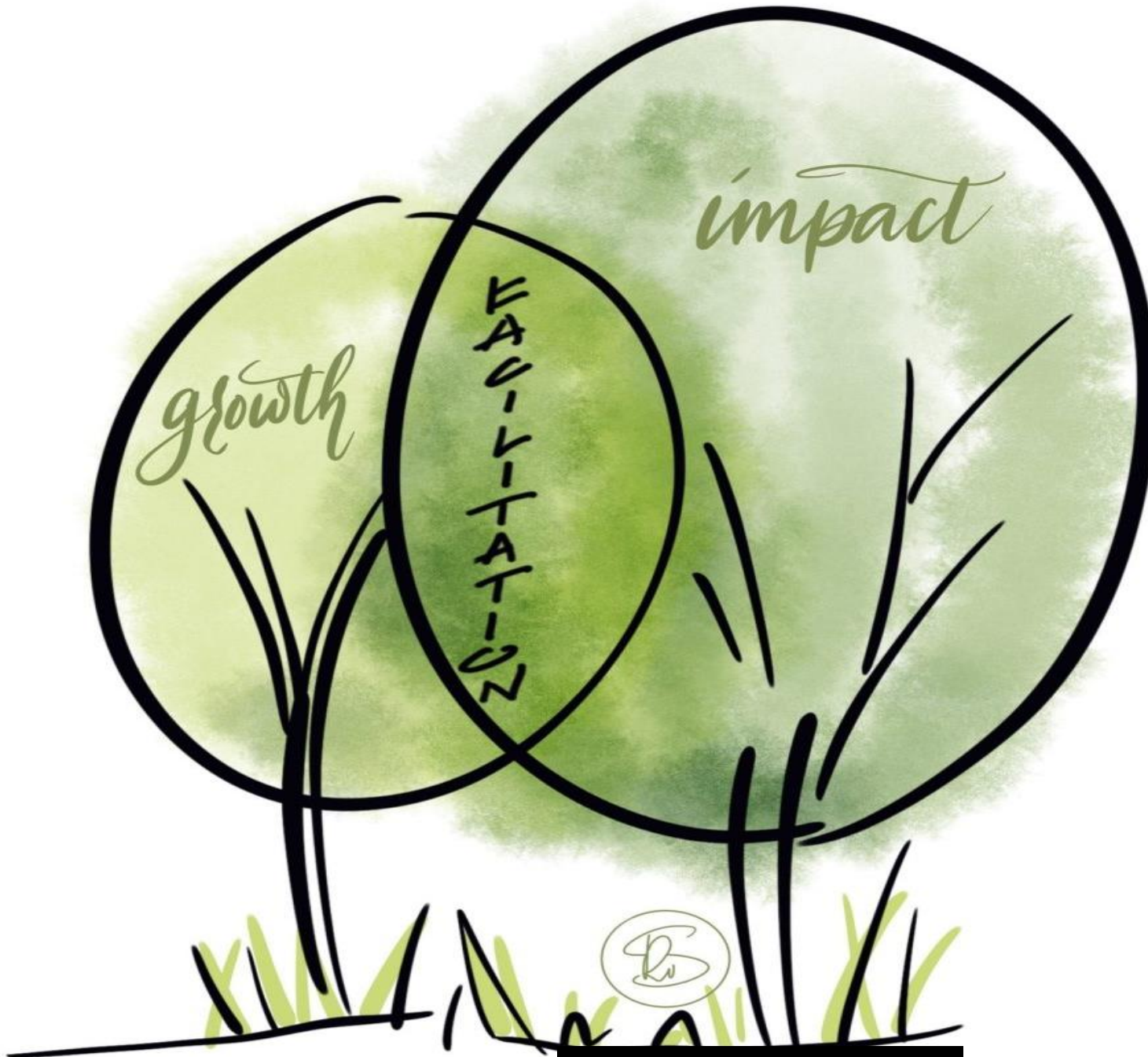


Wrap-Up.



Key moments for reflection.

How did it feel facilitating?



The essence of facilitating Consent-Ed is to support growth of knowledge having an informed impact on the participant.

Care for Facilitators/Educators.

It is important to look after yourself when delivering Consent-Ed. By creating a 'Care Charter' for yourself this will prompt self-care and being kind to yourself. It could include the following:



I will:

*Look after myself in
this work by.....*

*Be careful to/not
to.....*

Be helpful if....

*Feel supported
when.....*

*Access and utilise my
community of
practice within and
outside of my school.*



**Any questions,
thoughts,
comments or
observations.**

**Evaluation
Forms.**

Workshop Close.

- Thank you all for engaging and participating in the Consent-Ed training.
- Together with the resources these two workshops will equip you to be an active and prepared facilitator of the Junior and Senior Programmes.
- The key messages over both workshops are:
 - Facilitating this programme is all about being prepared and familiar with the programme content, its subject matter and activities which may need preparing in advance and practice, practice, practice.
 - Being the 'first point of contact' for a person disclosing may be challenging for you to receive but your response is critical in determining the person disclosing next steps, to either a positive and therapeutic pathway or not. Use 'STRONG' to help you and abide by legislation and CPP protocols and procedures.
 - Self-care is not a luxury but a necessity not only after receiving a disclosure but also when facilitating and delivering Consent-Ed or any other programme. Being kind to yourself is important.
 - There is a list of some support services at the end of the power point slides for information purposes.



Thank you and good luck.....

List of some Support Services.

- Freephone 24-Hour National Helpline at 1800 77 8888.
- FLAC (Free Legal Advice Centres) – www.flac.ie
- Legal Aid Board – www.legalaid.ie/en
- Hotline.ie - Irish national centre combatting illegal content online. Where there is an immediate safety risk or you become aware of one, call 112 or 999. Remember when calling 112 or 999, 'stay calm, stay focused and stay on the line'. [Contact your local Garda station](#) or the free Garda Confidential Line [1800 666 111](tel:1800666111) if your report relates to any of the issues where you suspect a child is a victim of abuse or at risk; images stored on private devices such as mobile phones, tables or computers; content (i.e. images) shared via encrypted private communications such as messaging Apps.
- National 24 hour helpline/Dublin Rape Crisis – 1800 778 888.
- Men's Aid Ireland - National Confidential Helpline – 01 554 3811 Monday- Friday 9am -5pm, Saturday & Sunday 10am -2pm.
- Safe Ireland – www.safeireland.ie
- SATU – Sexual Assault Treatment Units – <http://www2.hse.ie/sexual-assault-treatment-units/>
- Rape Crisis Help – www.rapecrisishelp.ie
- Women's Aid – National Freephone Helpline, 24 hours 7 days per week 1800 341 900.