

CALLING IT OUT

AWARENESS BOOKLET ON SEXUAL HARASSMENT AND ASSAULT
FOR PARENTS & GUARDIANS



loudmouth
education & training through theatre

This booklet is for parents and guardians of the students who will be having the theatre in education programme, Calling It Out into their school.

Calling It Out is a theatre in education programme aimed at years 9-13 (ages 13 upwards). It is an age appropriate and well researched programme designed to raise awareness around the topics of sexual assault and harassment.

Calling It Out was created and delivered by Loudmouth Education and Training. The company has been delivering Relationships, Sex and Health Education (RSHE) since 1994 and has reached over one million children, young people, professionals and parents across the UK.

The programme, Calling It Out, supports the ongoing work in schools to create a culture where sexual harassment and abuse are not tolerated and links directly to the Government's RSHE statutory curriculum which says that students should know...

- the concepts of, and laws relating to topics including sexual consent, harassment, and rape and how these can affect current and future relationships.
- how people can actively communicate and recognise consent from others.
- how to identify harmful behaviours online (including bullying, abuse or harassment) and how to report, or find support.

The programme uses drama, a character Q&A session and discussion to raise the pupils' awareness of harmful sexual behaviours, where these behaviours are coming from and alternative positive behaviours.

This booklet contains further information about the programme, Calling It Out, and some tips and suggestions on how to use your child's participation in this programme as a way to start discussions at home around the issues it covers and ways to support your child if they are affected by the issues.



In the drama your child will have seen there are two characters, Sam and Wes. They have their friendship tested as they both learn more about the huge impacts everyday incidences of sexual harassment and assault can have on girls and young women including Sam. They begin to learn how we all have a role in safely challenging and reporting these behaviours.

After the drama, the students get the opportunity to ask Sam and Wes questions about the key themes for the drama. The Loudmouth facilitators then run small group discussions encouraging students to look at different scenarios and to discuss whether they are acceptable or unacceptable.

The session ends with information of where the students can go for help if they have experienced harmful sexual behaviours and want further information and/or support including ChildLine, the NSPCC, the school's Designated Safeguarding Lead, and the Loudmouth website (www.loudmouth.co.uk).



The terms sexual harassment and sexual abuse are used in the programme Calling It Out.

You may want to ask your child if they know what these terms mean and if they have seen sexual harassment and/or assault happening or even experienced them themselves.

Sexual harassment is unwanted behaviour of a sexual nature that violates someone's dignity or creates an intimidating, hostile situation.

It can happen in person or in other ways, for example online through things like email, social media or messaging tools.

Sexual harassment can take lots of forms including someone making sexually degrading comments or gestures, someone's body being stared or leered at, physical behaviour including unwelcome sexual advances and touching, telling sexually offensive jokes and someone displaying sexually explicit pictures to the other person.

Sexual assault happens when someone touches another person in a sexual manner without their active consent or when someone makes another person take part in a sexual activity with them without that person's consent.

It could include kissing, touching someone's breasts or genitals including through clothing, touching any other part of the body in a sexual manner for example stroking someone's thigh, touching someone's clothing in a sexual manner for example lifting up someone's skirt, pressing up against another person for sexual pleasure or attempted rape.

It is important your child understands that sexual harassment or assault can happen to anyone of any age. It is non-consensual, which means the person did not agree to it. Consent means saying "yes" to what happened. Being intoxicated, not being asked, saying nothing, or saying yes to something else, is not consent.

Sexual harassment and sexual assault are crimes and should be reported.

Signposting

There are many organisations that can provide help and support around the issues covered in the Calling It Out programme.

Further information and additional signposting for young people can be found on the young people's pages on the Loudmouth website www.loudmouth.co.uk.

In the session we signpost the young people to:

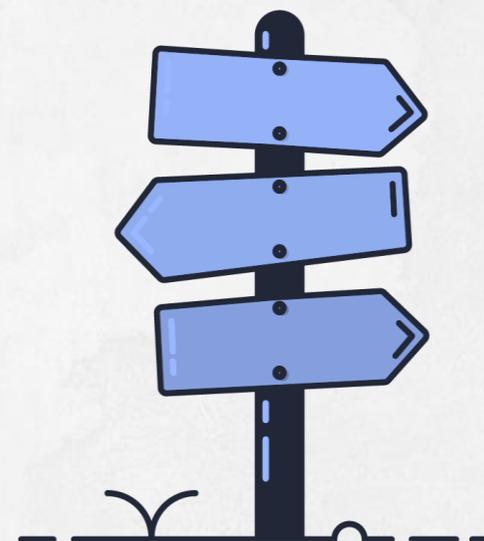
- the teachers in their school that are the designated safeguarding leads (DSLs)
- www.childline.org.uk 0800 1111
- Chat Health <https://www.ghc.nhs.uk/our-teams-and-services/cyp-glos/school-nursing/chathealth/>
- Tic+ <https://www.ticplus.org.uk/>
- On Your Mind <https://www.onyourmindglos.nhs.uk/>,
- Young Minds Matter <https://www.youngmindsmatter.com/>
- NSPCC <https://www.nspcc.org.uk/>

Reporting sexual harassment or assault in school:

Young people and adults can contact the [NSPCC online](#) or ring the NSPCC helpline - Report Abuse in Education on 0800 136 663

Reporting any sexual harassment or assault:

- Police on 101 (non emergency) and 999 (emergency)



Facts about sexual harassment and abuse.

You may want to share these facts with your child and use them to start a discussion about the scale of the issue.

You could ask your child about the characters Wes and Sam, and why their views changed around sexual harassment and assault.

Did you know?

- 92% of girls said sexist name-calling happens a lot or sometimes to them or their peers.
- Over 50,000 anonymous testimonies of sexual harassment and assault have been submitted and shared on the Everyone's Invited website since 8th of March 2021.
- 73% of secondary school teachers witnessed sexual harassment.
- 90% of girls 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.

A young man with short brown hair, wearing a dark grey suit jacket, a light blue shirt, and a blue and white striped tie, is sitting and looking thoughtfully to his left. His hands are clasped in his lap. The background is dark.

“As a result of seeing the programme Calling It Out, I feel confident about being able to call out sexual harassment and stop it in ways that will not escalate the situation, whether I am the victim or a bystander.”

- Pupil

How do you CALL OUT these behaviours?

You could ask your child what the characters did in the drama when they heard or saw someone else being sexually harassed or assaulted.

It is important that this is done in a way that keeps everyone as safe as possible. See the guidelines below.

Assess the situation, don't put yourself in danger.

Be in a group, it is safer to intervene as a group.

Care for the victim, ask if they are ok.

Starting a discussion

Loudmouth uses drama as a safe way to discuss issues. Students can talk about the characters and the situations shown in the drama without feeling pressured to talk about themselves. This can also help to start discussions at home about topics that could be embarrassing or awkward for some people.

On the next page are some ideas for questions that you could use as conversation starters at home with any student who has watched the Calling It Out drama. These can be a safe and easy way to begin this discussion on these issues, especially if they are not topics that you usually talk openly about.

How did Wes and Sam change over the course of the play?

What can someone do if they see someone being sexual harassed in public?

What can Wes do to call out his friends if they make sexist comments?

Where could Sam have got support or help about the assault she experienced?