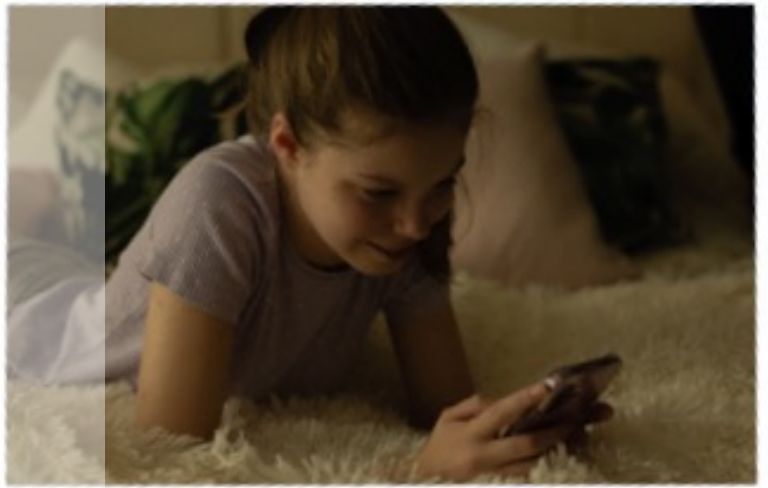


Exploitation Lesson Plan



Lesson Plan 3 of 3



Introduction

This lesson plan is the third of three focused on exploitation. The lesson plan has been produced by the Essex Violence and Vulnerability Unit.

The Essex Violence and Vulnerability Unit (VVU) undertakes interventions, awareness and education programmes to support young people, families and communities to live positive lives free of violent crime and exploitation.

The VVU, is a multi-agency partnership, bringing together Essex Police, the Police Fire and Crime Commissioner, Youth Offending Service, Probation, Councils and Health to share information, tackle crime and safeguard vulnerable victims across Essex.

These lesson plans have been produced to support professionals to have positive and meaningful conversations with young people related to exploitation. The more informed our children are, the more they are likely to make positive decisions, stay safe and avoid risky behaviours.

The lesson plans are intended to be used in conjunction with the 'Exploitation' video available at:

<https://www.essexvvu.co.uk/exploitation/>

As the facilitator of the sessions, you will be asked to show the video, stop it at key points and then complete activities related to the content shown.

The purpose of all of the sessions is to challenge pre-existing knowledge, change attitudes and opinions and help young people make positive choices and decisions.

A resource sheet is provided at the end of each lesson plan; this can be used to signpost young people to support as required.

Lesson Plan 3

Lesson Overview:

This third and final lesson plan looks at seeking support if we are experiencing exploitation.

It reinforces that the only way we can escape relationships like this is to seek help.



Aims and Objectives:

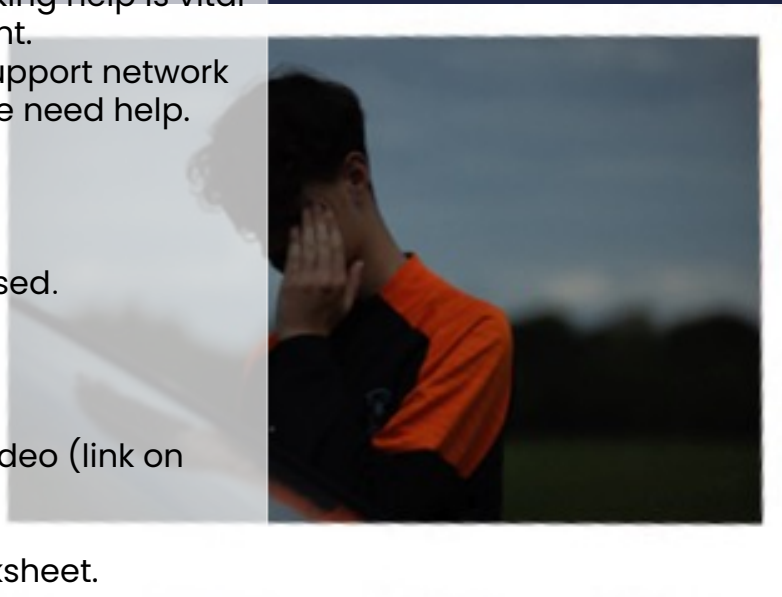
1. To recognise that seeking help is vital if exploitation is present.
2. To develop our own support network which we can use if we need help.

Lesson Type:

Activity and discussion based.

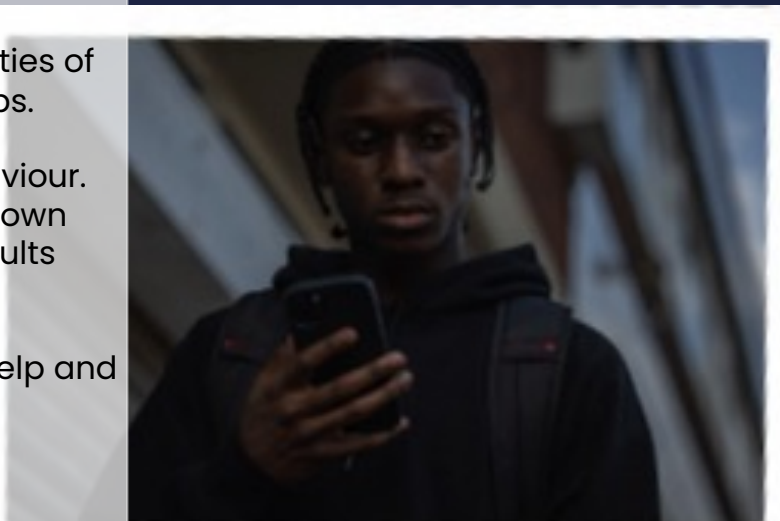
Materials Needed:

- Essex VVU Exploitation video (link on previous page).
- Whiteboard or flip chart.
- Printing of included worksheet.



Learning Outcomes:

- Young people recognise the realities of escaping exploitative relationships.
- Young people understand the importance of help seeking behaviour.
- Young people can describe their own support networks and identify adults who can offer help.
- Young people can describe organisations who can provide help and advice.



Step 1 - Intro and Activity

Firstly use the introductory statement below to introduce this session and the subsequent sessions to the group.

“Today we are going to complete the final session focused on the realities of exploitation.

In the last session we talked about how positive and negative relationships can look the same at the start, we also started to think about how spotting the signs can be difficult when we are in these relationships and how our feelings and emotions can be helpful to us.

Today we are going to think about how we can get support if we need it and how we can support others if we have concerns that they may be experiencing exploitation.

Ok, lets begin”

Our first activity in this session is the final segment of the video.

Step 2 - Intro to Video

Firstly use the introductory statement below to introduce this session and the subsequent sessions to young people.

“We are going to watch the final segment from the video that we have been using in the previous sessions.

We are going to watch the video to the end in this activity.

We will then discuss what we have just watched.

Ok, lets get started.”

Now play the video. You should start the video at:

2:20

Video- 2:20 - END

Now the video has ended we are going to discuss the content with our young people based on the segment of the video they have just watched.

We are going to work through them in order, the key considerations and discussion points for this segment are provided below:

Discussion

After watching the video segment facilitate a discussion using the key points below, you should work through these in order.

1. All of the young people in the video received support from adults, these were parents/carers or professionals. Do you think the young people would have been worried about telling someone? Why?
2. If the young person was worried and didn't talk about the problem would it have gone away? Would it get even worse?
3. Do you think the adults in the film would have been worried about the young person and want to help them?
4. All the adults noticed that the young people were experiencing difficulties. Do you think that we might spot the signs for other people? Do you think you would know if one of your friends had a problem like this?

You should also encourage young people to discuss any other issues they identified in the video and share their observations.

The closing statement for this activity is provided on the next page.

Video- 2:20 - END

Closing Statement

At the end of the discussion read the following statement to the group:

“So the video showed us that support can be available if we experience exploitation but it can be hard to ask for help if we need it as people can be worried about the consequences.

That’s understandable but remember if we are thinking we need help then we do, the issue isn’t going to go away or get better without it.

In the last session we talked about how spotting the signs when we are in these relationships can be difficult and that’s true.

But it’s also true that we may see the signs in other people before they even recognise them themselves.

We all need to look out for each other and if we have concerns that someone we know, like a friend or relative, is in a negative relationship we need to act.

The situation is not going to get better or go away.

Let’s now think about who we could talk to in these situations.’

Step 3 - Support network

Now we are going to complete a support network activity to help young people think about who might be able to provide support if they know or think someone is involved in a exploitative relationship.

It is important to encourage help seeking behaviours. Young people should seek the support of professionals if they have concerns about exploitation, whether this concerns a friend or peer or themselves.

My Support Network

Young people should complete the worksheet on the next page focused on the development of a support network.

The aim is to identify professionals and trusted adults who can provide support.

This activity should be completed individually by young people but you can encourage debate and discussion after everyone has completed their own network of support.

My Support Network

If I'm concerned about exploitation who can I talk to?	How can they help me?
E.G – member of staff in school/college etc	They will know about other services who can provide support / provide reassurance to me

Session Close

We are now going to bring the session to a close. Use the following statement to summarise the learning from the session:

“That brings these sessions to a close. We have covered a lot of information in these sessions and started to look deeper at what exploitation really means.

Exploitation is hard to escape and hard to see when we are in it.

Focusing on our feelings can help and we should be alert to the signs in other people, often we may see these before they do.

Remember, there is always support if you are worried about exploitation, for you, and your friends.

I will provide you with some further details on where you can find support after we finish this session. (please see provided handout on the next page)

Thanks for all your hard work today, if anyone has any final comments or questions please share them.’

OPTIONAL – You may wish to show the entire video again to bring the session to a close.

External Links: Below are some links and resources that you might find helpful

Essex Violence and Vulnerability Unit works in partnership across Essex to support children, young people and communities to live lives free of knife crime, violence and exploitation – www.essexvvu.co.uk

Fearless is a site where you can access information about crime and criminality. You can also safely and anonymously report crime – www.fearless.org

Young Minds helps young people with their mental health, including coping strategies and support – www.youngminds.org.uk

ChildLine provides free, confidential online and phone support to young people. Their online site also has lots of useful information – www.childline.org.uk

Essex Youth Service provides information on what there is locally for young people to get involved in – from youth groups to politics, Duke Of Edinburgh to volunteering, work experience to training opportunities – www.youth.essex.gov.uk

Essex Council of Voluntary Youth Services can help if you would like to know what youth groups are in your area, and see a map of locations – www.ecvys.org.uk/youth-groups/

Exploitation

