

Inside Out

Sexual Health & Relationships

Ages 13-16 (School Years 9-11)

Key Stages 3 & 4



A hilariously entertaining show that turns the issues around sexual health 'inside out', delivering facts and guidance without embarrassment whilst promoting the personal confidence to make informed choices.

"I had to write to express how much we enjoyed the show *Inside Out*. I have never seen the whole of year 9 so quiet and attentive before! It is well written and superbly presented. I look forward to booking again."

Mrs Melville, Head of PSHEE, Eastbrook School, London Borough of Barking & Dagenham

THE PROJECT

Inside Out is one-hour of hilarious theatre packed with comedic characters. It delivers accurate knowledge to young people about sexual health and relationships, whilst encouraging them to have the self-confidence to make informed decisions on this important topic. The performance educates young people about this crucial issue in an upbeat way that avoids embarrassment and engages them fully.

Inside Out provides clarity around a subject that is often complicated through misinformation, myth and embarrassment. It helps young people understand the reasons for delaying sexual activity until they are genuinely ready and also makes clear the life-changing responsibilities of parenthood.

When asked about their experiences of sex education, young people often state that the dominant focus is on the physical aspects of reproduction with little meaningful discussion about feelings, relationships or values. *Inside Out* explores all areas of sexual health including the emotional aspect of sex education and the importance of respectful relationships and provides a compelling platform for further discussion.

Inside Out does not encourage early sexual experimentation. Instead, it enables young people to have a more mature understanding of human sexuality and to respect themselves and others with regard to their sexual choices. Education and awareness are vital in enabling young people to protect themselves and deal with the many pressures they may face. This is an issue where knowledge truly is power.

"The girls were engrossed by the dramatic and fast paced drama and your presentation firmly reinforced the knowledge of sexual health and personal responsibility which we try to instil during our PSHE lessons.

I was really pleased to see your focus was on individual choice and the need to make up your mind in relation to sex issues. The message was loud and clear."

Mrs Gina Harvey, Chelmsford County High School for Girls, Chelmsford, Essex

THE SHOW

We join Alice and her friends from Wonderland FM - DJ Ches, the nation's favourite DJ, and funky songstresses 'The Carollettes' – who broadcast a popular radio show for young people full of fantastic facts and interesting info about sexual health. But the prudish Mrs Heart demands a stop to 'all that filth' and tries to ban the show because she believes talking about sex and relationships shouldn't be allowed. Will the valiant Alice and her musical mates ever get the show back on the air?

As the Wonderland crew journey through adolescence and come face to face with their feelings, they are educated about sexual health in relation to their attitudes, relationships, sexuality, puberty, self-awareness, contraception and sexually transmitted infections.

Inspired by the ever-popular *Alice in Wonderland*, *Inside Out* provides a balanced, informative and unashamed view of the ins and outs of teenage sexual relationships.

"I liked that it was down to earth and told you everything you need to know."
Pupil, London Borough of Barking and Dagenham

INSIDE OUT TEACHES YOUNG PEOPLE...

- About the different forms of contraception and where you can go to get them
- About sexually transmitted diseases and their symptoms including the facts about HIV and AIDS
- To build positive, strong, respectful relationships
- The changes that take place during puberty
- To look at their own attitudes towards contraception, pregnancy, STIs, relationships and sexuality
- The importance of an accurate knowledge of sexual health
- To have the self-confidence necessary to make informed decisions
- To take responsibility for their sexual health throughout this important transitory period of their lives

"Many thanks for your input into Year 9 'Health Day' with *Inside Out*. The students really enjoyed it and responded very well to all the information given. As always you stimulated a lot of discussion."
Mrs Wilson, Head of PSHEE, St Martin's School, Brentwood

A FEW FAQS...!

How long is the show? 1 hour

Who's it for? Ages 13 to 16/ Years 9 to 11/ Key stages 3 and 4

What school work does it link to?

- PSHE (Personal, Social & Health Education)
- Relationship and Sex Education (RSE)
- SMSC (Spiritual, Moral, Social, Cultural)
- National Curriculum For Sciences & Citizenship

Are there any accompanying resources?

Yes – you'll get a free hard and digital copy of the *Inside Out* Teachers' Resource Pack including further information, lesson plans and more.

You can book an optional one-hour interactive drama workshop for up to 60 pupils. Just get in touch for costs and to find out more!

"The pupils thoroughly enjoyed the lively and contemporary performance. The piece was informative and captured the interest of the pupils by relating to teenage problems, questions and pressures.
The whole experience was worthwhile and educationally sound."
Mrs G. Davis, Head of Year 9, Moreton Community School, Wolverhampton

For more information on this show or any of our other work, please feel free to get in touch and we'll be happy to help!

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We look forward to hearing from you!