

# Workshop Offer:

Nu Know

Working Together to Improve Adolescence

## Addressing Gender Based Violence

Select one or multiple workshops from our addressing gender based violence topics listed:

### FAQ:

Prices cover groups of up to 35 for 1 hour sessions (adjustable to your usual lesson durations)

We also deliver assemblies from £200.

Sessions are interactive and engaging!

Access to a projector is required.

Happy for our materials to be previewed in advance.

Differentiated, age appropriate content.

We provide follow up info and support for parents and carers.

DBS checked.

### Workshops:

**Understanding Misogyny:** What It Is and How to Challenge It

**Healthy vs. Unhealthy Relationships:** Recognising the Signs

**Staying Safe Online:** Tackling Digital Harassment and Misogyny

**Incel Culture:** Myths, Dangers, and Solutions

**Consent and Boundaries:** Empowering Respectful Interactions

**Everyday Sexism:** Identifying and Confronting Harmful Attitudes

Our workshops on **addressing gender based violence** are led by **Dr Natalie A. Russell**, a specialist in adolescent intimate partner violence and violence against women and girls, and a former secondary school teacher.

**£80 per workshop\***

\*Travel costs may also be added for booking outside the M25  
£80 price applies to workshops from the addressing gender based violence programme only  
Price valid for bookings made before 30/06/2025

# Our Team Also Delivers Sessions On:



## Family

Childhood trauma and loss  
Attachment  
Adoption and Fostering  
Divorce  
Therapeutic Based Parenting  
Importance of Play  
Parentification  
Communication Styles  
Abuse and Domestic Violence  
Family Dynamics  
Behaviour management  
Supporting Siblings  
Neurodivergent Parenting  
Child Bullying Parents  
Post-separation Abuse  
Looked-After Children  
Social Work

## Services and Research

How to Access Services  
Service Design  
Service Evaluation  
Best Practice for Working with Teens  
Youth Participatory Research

## Mental & Physical Health

General Well-being  
PTSD, Depression, Anxiety  
Mental Health Awareness  
Child-Centred Therapy  
Low Mood  
Low Self-Esteem  
Stress & Stress management  
OCD  
Panic Attacks  
Managing Distress  
Self-Harm  
Suicidal Ideation  
Sexual Health  
Paediatric and Genetic Conditions  
Pubertal Development  
Exercise and Nutrition  
Eating Disorders  
Linking Physical and Mental Health  
Embodiment  
Holistic Health  
Psychosis  
Bipolar  
Trauma Responses  
EUPD  
Mania

## Education & Learning

Primary, Secondary And Post-16 Education  
Schools Transitions  
Exam Worry/Stress  
Looked-After Children's Education  
University And Transitioning To Higher Education  
Student Finance and Financial Literacy  
Learning Styles  
KS2-5 Curriculum  
Learning Needs  
Staff-Student Relationships  
Student-Student Relationships  
Staff-Parent Relationships  
Attendance  
School Refusal and School Engagement  
Emotional Based School Avoidance  
Well-being In School  
Study Skills  
Pastoral Issues  
Behaviour Management  
Literacy  
Writing Clubs  
Writing For Mental Health  
PRUs  
Transformative And Critical Pedagogies

## Careers

Preparing for the World of Work  
Careers Guidance  
Selecting Subjects  
Career Exploration  
Education Applications  
CVs and Work Applications  
Apprenticeships  
Entering Higher Education

## Relationships:

Relationships and Sex Education  
Friendships  
Bullying  
Intimate Relationships  
Intimate Partner Violence  
Communication Styles  
LGBTQ+  
Risk-Taking  
Drug and Alcohol Use

## Self Development and Independence

Personal Leadership  
Money management and budgeting  
Spiritual Health  
Youth Mentoring  
Time Management  
Resilience Training  
Procrastination  
Effective Communication  
Problem Solving  
Decision making  
Building Confidence & Trust  
Self Care & Self Love  
Goal Setting  
Independent Living Skills  
Youth Social Action and Volunteering  
Youth Sport and Music Interventions

## Societal issues & crime

Climate Grief  
Social Media  
Online Safety  
Gangs  
Child Criminal Exploitation  
Sexual Violence  
Gender Based Violence

## Diversity & Inclusion

Race and Race Equality  
Intersectionality  
Representation  
Cultural Identity  
Creating Safe Spaces  
Advocacy & Allyship  
Addressing Bias  
Adultification  
Disability and Neurodiversity  
Cross Cultural Communication  
Educational Equity  
Class and Poverty

## Developmental psychology

Adverse Childhood Experiences  
Emotional Regulation  
Emotional Intelligence  
Neurodiversity  
Autism  
ADHD  
Self-Esteem & Body Image  
Communication Difficulties





Get in touch today!

[www.nuknow.co.uk/workshops](http://www.nuknow.co.uk/workshops)

hello@nuknow.co.uk  
www.nuknow.co.uk

