

# Tough Cookies Education

## FAQS

What workshops/drop down days for schools do Tough Cookies Education deliver?

We have a number of standard workshops and SRE drop-down days which we deliver, these focus on one area of SRE, for example; Sexual health, Consent or Contraception, Puberty, Periods etc. We are happy to provide a bespoke lesson which is created to respond to a group identified need. This can often be accommodated at no extra cost. \*extra cost will apply if this is a new topic, or materials need to be adapted to become bespoke to the area/locality.

What age groups are Tough Cookies workshops for?

We have a workshop for most SRE topics which is suitable for each age group from 9 – 25 years old. We use the most recent Government guidance to support the planning and learning outcomes, alongside guidance from the PSHE Association and Sex Education Forum. This ensures the content and activities included are age appropriate for each age group. We adapt the delivery activities for formal and informal settings.

How long is each workshop?

Workshops for schools last from 50 – 90 mins. Depending on the school's timetable, for secondary, we deliver 5 workshops across the day. And in primary schools, we deliver 2 x 90-minute sessions. We can adapt and offer bespoke bookings for community groups and organisations.

Class sizes?

For schools, ideally, we like to work with around 30 pupils max, this allows us to facilitate discussions and provides an opportunity for students to get involved. We have worked with smaller class sizes which allows more time for activity and discussion. Or bigger class sizes (max 45) but with bigger class sizes the workshop is adapted. For training and community workshops, group sizes vary dependent upon the booking.

How much do your workshops cost?

We work hard to keep our cost low. We are a social enterprise and often apply for funding which enables us to provide our work for free. To give you an idea of cost, our prices start \*from £140. For schools outside of Greater Manchester, we may add additional cost to cover transport and overnight accommodation. This would be discussed and agreed with you first. For youth work sessions, charity organisations, training and or parent workshops, prices would vary. Please get in touch to discuss your budget and options.

If you would like to find out more about the sex, relationships and health education services we provide, please contact email [bookings@toughcookiesed.co.uk](mailto:bookings@toughcookiesed.co.uk) or call 07824 885 837 to discuss.