

Driven by diversity to inspire
social change





ABOUT INTEGRATE UK

“Made by young people, presented by young people, for everyone.”

Integrate UK was co-founded in 2009 by a group of Bristol girls determined to challenge the taboo around FGM and improve safeguarding for those at risk. After driving policy change, including changes to the Serious Crime Act and the introduction of statutory PSHE in schools, our young people decided Integrate should become a national, youth led organisation addressing wider gender and racial inequalities.

Our young people developed our youth led social action model, our strategy and our theory of change. As well as a very active youth board, we have 11 Junior Trustees who evaluate our service and represent youth voice to the Board of Trustees. Most of the young people we work with are from diverse communities, around 75% are girls and 80% face socio-economic disadvantage.

Our workshops:

Integrate is and always has been meaningfully youth led, with young people shaping all aspects of our work, developing campaigns and initiatives and using their lived experience to facilitate workshops for peers and training for frontline professionals. They develop powerful videos that are viewed millions of times and that are used in workshops, promoting in-depth discussions on the many complex issues faced.

We are based in Bristol and currently engage over 388 young people through our workshops and intensive youth work, however, our training and Peer Education work is national, reaching 5,469 young people in 25 schools and 1,053 professionals over the past financial year.

Our young outreach workers can also train students to lead this work in their own schools so they gain valuable leadership experience while acting as role models to their younger peers.

Our young activists' work is recognised at the highest level; they have provided consultation to Ministers and Prime Ministers, garnered the support of activists including Malala Yousafzai and Emma Watson and have been commissioned by the Swedish government gender equality agency to plan and deliver a 3 day conference on FGM and honour based abuse.

Sessions for up to 30 students can last between 1 and 1.5 hours, our resources are constantly evolving to meet the changing nature of our topics.

Please see our [booking page](#) for further details and prices.



Right Wing Extremism

Right Wing Extremism, Islamophobia, Xenophobia, Hate Crime, Allyship

Vitriol is a story of a young couple from very different backgrounds who have to hide their relationship due to racism and Islamophobia.

The resource explores the struggles and racist abuse a refugee might face and asks students to consider what makes some people susceptible to racist / right wing views and behaviour.

Workshop participants are encouraged to consider the impact of racism and Islamophobia on both the victim and perpetrator, and they learn how to seek help.

Vitriol has a second lesson plan that opens discussion around different people's views on whether or not it is acceptable for people from different religious and cultural backgrounds to be in a relationship, and to consider whether they themselves might have biased views.



Grooming

Grooming & Radicalisation

Twin Track is a powerful short drama that follows the lives of two young girls, Chelsea and Halima, as they are groomed into radicalisation and gang culture. The story explores the vulnerabilities that perpetrators exploit, highlighting how external pressures can isolate young people and make them more susceptible to manipulation.

Students are encouraged to recognise the subtle changes that may occur when someone is being targeted, and to discuss constructive responses and protective actions. By engaging with the narrative, learners are empowered to build resilience and awareness.

The resource is facilitated using adaptable activities that focus on specific aspects of grooming, ensuring the learning experience is both relevant and impactful for students.



Racism in schools

Prejudice & Discrimination, Institutional/Structural Racism, Microaggressions, Victim Blaming, Allyship

Smile More tells the story of Noah, a secondary school student and aspiring boxer, who endures relentless racist bullying. Despite his determination, Noah feels isolated and unsupported by his teachers, his coach and those around him.

This workshop creates space for open and challenging conversations about racism and the micro-aggressions that many students experience in school. Participants are encouraged to reflect on their own behaviour, develop an understanding of key terminology and explore practical ways to become active anti-racist allies.



Xenophobia

Xenophobia, Prejudice, Allyship, Misinformation

Flagged is a short film that explores the aftermath of a xenophobic riot through the experiences of three friends Alina, Yara and Agnieszka as they navigate the chaos and its impact on their families.

This resource provides a powerful way for students to examine how misinformation fuelled by propaganda can shape biases and fuel division. By engaging with the narrative learners are encouraged to reflect on their own ideas of nationality and identity – and to consider how cohesion can be built in the face of prejudice.

It opens up meaningful discussion around xenophobia, belonging and prejudice while empowering young people to develop resilience, awareness and strategies to resist harmful ideologies.



Honour culture

Honour-Based Abuse, Toxic Masculinity, Code Switching, Allyship

Blame Her is a resource that explores the hidden dangers of honour culture and its impact on girls. Created as an educational resource, the short film challenges harmful traditions and sheds light on the warning signs of honour-based abuse through Arusa's experiences with her family.

By sparking discussion among students and communities, it empowers young people to question toxic expectations and stand up against honour based abuse.



Colourism

Colourism, Misogynoir, Internalised Misogyny, Toxic Masculinity, Allyship

Shade follows the story of Kiran and Tia, two friends who struggle with growing pressure to conform to Eurocentric beauty standards. They experience colourism not only from wider society, but also from peers, family, and within their own communities.

This resource examines the different ways colourism impacts people, including how gender can shape those experiences. It highlights the harmful consequences of colourism on both individuals and communities, while encouraging participants to discuss where these ideas originate and how they can be challenged.



Toxic Masculinity

Toxic Masculinity, Misogyny, Gender Equality, Patriarchy, Gender Roles & Stereotypes

Big Man is a film that explores toxic masculinity and the belief that being “a man” is defined by dominance, wealth, and control.

The resource follows the story of Joshua, a young boy who demonstrates how easily teenagers can be influenced by external pressures and societal expectations, including social media.

Created by young activists, Big Man challenges these harmful standards around masculinity and seeks to redefine it in ways that embrace vulnerability, emotional intelligence, respect, and authenticity.

What teachers say about our workshops:

“My sincere thanks to the entire team and to leader for delivering such a valuable and engaging set of workshops. All year groups benefited greatly and spoke very highly of the leader, who presented each session in a clear, age-appropriate, and meaningful manner.”

The delivery materials and videos used were excellent and highly engaging, incorporating relevant content and relatable details that really connected with the students. The workshops were incredibly informative, and we truly appreciate the time, effort, and preparation that went into ensuring they were impactful for every group.”





Misogyny & Islamophobia

Misogyny, Sexism, Patriarchy, Sexual Harassment, Islamophobia, Racism

Hijabs and Miniskirts is an animation that was developed with and for young people during the first lockdown.

This resource allows students to think about what motivates people to judge girls on what they choose to wear and the assumptions that are made about people based on their clothing.

While reinforcing everyone's right to be themselves regardless of difference, the workshop encourages young people to stand up to racism, misogyny and division and to respect choice and difference. It also touches on sexual harassment and consent.



Honour-based Abuse

Honour-based Abuse, Misogyny & Internalised Misogyny, Code Switching, Victim Blaming, Patriarchy

Onur is a silent short film about two sisters, Melek and Hanife, exploring how cultural expectations and ideas of honour shape their lives.

The film highlights how honour-related pressures affect both boys and girls, while exposing how patriarchy and misogynistic attitudes place disproportionate burdens on girls.

Onur challenges harmful gender norms, promoting reflection on behaviours and social expectations that reinforce inequality. It also addresses issues such as sexual harassment and consent, encouraging young people to question the social attitudes and traditions that influence their lives and limit them.



Sexual Harassment

Sexual Harassment & Assault, Gender Stereotypes ,Toxic Masculinity, Victim Blaming

Hey Guys, It's Willow is a resource made for younger audiences, focusing on sexual harassment in schools.

The resource highlights different forms of harassment, from inappropriate comments and touching to peer pressure and unwanted advances. By doing so, it helps young people recognise what constitutes sexual harassment, why it is harmful and how it isn't just "banter".

It supports discussions around boundaries, consent, and respect, making it clear that everyone has the right to feel safe.



Sexual Harassment & Assault

Sexual Harassment & Assault, Gender Stereotypes ,Toxic Masculinity, Victim Blaming, Allyship

What Was She Wearing is a short drama created by young women to challenge the daily harassment that girls face in schools. The workshop encourages discussions on how this affects young people and the factors that allow such behaviour.

While recognising the influence of 'lad culture' on boys it also highlights how families, teachers and society can ignore or even enable these behaviours, sometimes placing blame on the victim rather than the perpetrator.

This resource opens up important conversations about gender and accountability, helping students to think critically about the attitudes and structures that sustain harassment.



FGM: Male Allyship

FGM, Patriarchy, Misogyny, Allyship, Honour Based Abuse, Harmful Practices

Switched presents a parallel universe where Female Genital Mutilation is imagined as something inflicted on boys instead of girls.

This striking reversal challenges assumptions and helps audiences confront the realities of FGM in a thought-provoking way.

Recognising that prevention is everyone's responsibility, Integrate's young people led the creation of a short drama that challenges assumptions and calls for shared understanding and action.

The resource encourages discussion around the inclusion of men and boys in the fight to #ENDFGM.

Switched not only changed attitudes in classrooms, it influenced how schools and professionals think about safeguarding and how prevention works best when all students are informed, included and empowered.



FGM: Importance of Language

FGM, Patriarchy, Misogyny, Allyship, Honour-based Abuse, Harmful Practices

Hannah is a short drama with accompanying resources that allows young people to explore the emotions and challenges faced by girls who may have been subjected to FGM with empathy and compassion.

The resource encourages discussion around the religious, cultural and health implications of the practice. It helps young people to identify discuss negative and hurtful reactions and to consider what might be a supportive and helpful response. Above all, it ensures that all young people know how they can get help and advice around sensitive issues.

Hannah helps teachers identify some of the warning signs, particularly in girls who have just moved from primary to secondary school.



FGM: The Hidden Abuse

FGM, Gender based violence, Grooming, Honour-based Abuse, Harmful Practice

Everybody's Business is an interactive and creative resource that follows a young woman who walks down a street, oblivious to what is going on around her.

The short film allows young people to place FGM in the wider context of gender based violence. It ensures that everyone feels justified in speaking out against all forms of abuse and consider how we can all play a part in ending FGM and other forms of violence.

The resource also addresses wider forms of gender-based violence, including grooming and forced marriage.

What young people say about our workshops:

"I first thought Integrate was just a chance to miss lessons. But when I learned more about it, I found that it's something that is made for someone like me, it's something that I can relate to and it helps to improve my character and personality. I learn a lot from Integrate."

"Integrate has provided me with an enriching and insightful education into prominent social issues that i wouldn't have been educated on otherwise."

"The film had a huge impact and was very informative, showing real life examples that could be happening around us."

"It was very interactive and felt like a safe space."





Coercive Control

Coercive Control, Manipulation, Love Bombing, Gaslighting, Victim Blaming, Allyship

Love Bomb follows Skye who is excited to begin her new life at university in Brighton. But when Skye meets Jake, what begins as a promising relationship soon reveals troubling signs.

The resource encourages students to explore the realities of toxic relationships and identify the warning signs of coercive control. It helps young people recognise how these behaviours can develop within relationships and understand their damaging impact.

The workshop also empowers students to challenge unhealthy dynamics, consider their own responses, and learn where and how to access support.



Online Harms

Online harms, Sexual Violence, Toxic Masculinity, Internalised Misogyny

Butt Naked was developed by young activists from Integrate UK to highlight the impact of explicit content online on young people and on sexual violence.

This uplifting, quirky music video highlights how online content can affect young people's understanding of healthy, intimate relationships and fuel sexual violence.

Their campaign calls for relevant education based on their current challenges, young people's lived experience and the realities of what they face in digital spaces. Young people deserve support and guidance so they can feel confident and safe in the choices they make.



Our youth Board

Prices and Booking Information

We believe every young person deserves access to our workshops, and we aim to make them as inclusive and flexible as possible.

Workshop Costs

- £150 – 1 hour workshop
- £225 – 1.5 hour workshop

Prices exclude travel and accommodation costs – if required

Accessibility and Flexibility

We understand that not all schools have the funds to cover the full cost of our workshops. That's why we adapt our pricing to ensure no one is excluded:

- Schools in the 10% most deprived wards in the UK
 - Workshops are greatly reduced.
 - We may ask for a contribution towards travel and accommodation if your school is far away.
- Schools in other areas → We are open to negotiating a price.

However, we kindly ask you to consider the knowledge, expertise and time that goes into creating our resources and delivering these sessions.

Booking a Workshop:

To make an enquiry or book a workshop, please complete the [contact form](#) on our website. We'll be in touch to discuss your needs and confirm the details.



Integrate

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Enquiries:

Please email: info@integrateuk.org
Or fill an enquiry form on our website

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