Dear Parent or Carer,

As part of our ongoing commitment to the personal development of our pupils, <insert school> has invited Love For Life to deliver <insert programme> to <insert year group> on the <insert date>.

This external input enhances what we already deliver in relation to Personal Development and Mutual Understanding (PDMU).

Love For Life has a long-standing reputation for engaging effectively in the specific area of Personal Development and Mutual Understanding (PDMU). All of Love For Life’s programmes are age-appropriate, offering accurate information in an engaging manner, helping children and young people to learn, reflect and develop in their knowledge, skills and attitudes in this important area.

Outside organisations, like Love For Life, support us in our delivery of Personal Development and Mutual Understanding (PDMU). This external input is welcomed by teachers and pupils - 100% of primary teachers surveyed by Love For Life would recommend the programmes to others and 100% rate the content of their programmes as ‘excellent’ or ‘very good’.

The experienced and professional Love For Life team will create a safe and secure environment in which your young person can have, engaging and respectful conversations about strong healthy relationships. Below is a short description of the programme, <insert programme>:

***What’s Inside?***

*A comprehensive and interactive workshop, preparing 10-11 year olds for both the physical and emotional changes of puberty, exploring the changes associated with the transition to post-primary school, as well as recognising the importance of building healthy relationships.*

***Choices & Changes***

*An introduction for 9-10 year olds to the physical and emotional changes they can expect during puberty, offering support as they explore and develop an understanding about the choices and changes in their lives.*

***iSmart***

*Inspiring 8–10 year olds to use the online world to build and maintain healthy relationships, by celebrating the benefits as well as identifying and managing the risks.*

***Wonder!***

*Inviting 6-8 year olds to Wonder! at how amazing and unique they are, to value and appreciate the people around them, to recognise and manage their feelings and emotions, and to understand the importance of keeping healthy and staying safe.*

I trust that you, as a parent, guardian or carer, will be supportive of the programme and the school as we seek to address this very important aspect of our pupils’ education.

If you have any queries, please do not hesitate to contact me.

Yours sincerely,

<insert name>

<insert role/department>

<insert your contact details>

www.loveforlife.org.uk/our-programmes