

# DATING & MATING

*Love for Life realises that the needs of individual schools are very specific and are therefore happy to customise our presentations to ensure that the needs and ethos of every partner school are met and promoted.*

## **Topics covered in the presentation:**

- Media and cultural awareness
- The qualities of healthy relationships
- Self-worth and expectations
- Contraception and pregnancy choices
- Teenage parenting
- Sexually Transmitted Infections
- Sex and the law
- The realities of sexting
- The impact of pornography

As the sequel to Icebergs and Babies, this programme engages pupils in a discussion about healthy dating relationships, challenging a casual attitude and encouraging young people to examine their own expectations and worth.

These important issues are addressed with care and with the realisation that young people today face difficult choices in relationships.

Our professional team of programme delivery staff seek at all times to encourage and empower young people to respect themselves and each other.

The presentation further deals with the difficult and often taboo issues of sexting, pornography and Child Sexual Exploitation.

All of the issues are discussed in a mature and sensitive manner during this presentation which informs young people in an honest and professional way about the positive aspects of relationships balanced with the consequences of unhealthy decisions about sex. We seek to assist young people in making informed decisions which are good for them, good for the people around them and good for their futures.



Building once again on prior learning from previous Love for Life programmes, this challenging and engaging presentation encourages pupils to be aware of pressures that they face and to make informed and healthy choices for themselves. Pupils will explore the influence of media, healthy qualities in relationships and issues surrounding sex, pregnancy and sexually transmitted infections.

**Pupils should have opportunities to:****Self-awareness:**

- Explore and express a sense of self, for example, temperament, feelings and emotions, personal responsibility, personal needs and aspirations.
- Investigate the influences on a young person, for example peer pressure, media, social and cultural trends, fears, anxieties and motivations.

**Personal health:**

- Explore the concept of health as the development of a whole person, for example defining what makes up a whole person including physical, mental, social, moral and cognitive development.

**Relationships:**

- Explore the qualities of a loving, respectful relationship and how choices within a relationship affect both physical and emotional development.
- Explore the emotional, social and moral implications of early sexual activity including personal values, attitudes and perceptions, the law, STIs and the impact of underage parenting.

**Statements of Requirement addressed in this presentation:**

Pupils should:

- Be enabled to develop an understanding of how to maximise and sustain their own health and well-being.
- Be enabled to reflect on and respond to their developing concept of self including managing emotions and reactions to on-going life experiences.
- Be enabled to recognise, assess and manage risk in a range of real life contexts.
- Be enabled to develop an understanding of the responsibilities of healthy relationships.
- Be enabled to develop an understanding of the roles and responsibilities of parenting.

**Young people should be able to:**

- Show deeper understanding by thinking critically and flexibly, solving problems and making informed decisions.
- Work effectively with others
- Demonstrate self-management
- Communicate effectively