



HOUSEMATES

Housemates is a three-part programme for young people aged 11 exploring the essentials of healthy relationships. The programme will help young people to improve their knowledge, awareness and skills as they prepare for navigating many different aspects of growing up.

Housemates is an exciting programme that will help young people as they think about various issues including friendship, personal values and uniqueness, puberty and the development of the body. Peer pressure, resilience and assertive behaviour will be focus points of the sessions which aim to help young people cope with change and develop a self-respect and mutual understanding.

Housemates is delivered in 3 parts, each lasting approximately two hours. All sessions are media rich, interactive and engaging.

Session One: Foundations

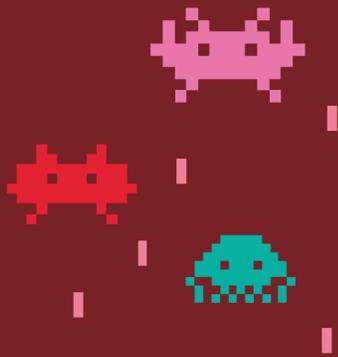
This session introduces the key themes for the whole programme. The young people will consider the foundations of healthy relationships. We'll unpack the idea of value and values and how these impact our respect for ourselves and others. We'll think about key components of friendship, uniqueness, managing conflict or difference and avoiding potentially harmful situations, both online and offline.

Session Two: Under Construction

In this session we'll develop ideas about uniqueness and self-worth through the lens of considering the human body. We'll inform and educate the young people about conception, pregnancy and puberty and seek to encourage an appropriate level of terminology and respect.

Session Three: The Neighbourhood

The final session seeks to consolidate everything we've covered while focussing on our understanding and attitude towards others. We're looking to promote mutual tolerance and respect. The session explores the impact and reality of peer pressure while introducing strategies for developing strong and independent thinking, reflection and decision-making.



GAME ON

Game On is a three-part programme for young people aged 12 to 14. The Game On programme is designed to guide young people as they build healthy relationships for themselves at different levels. They are encouraged to play the leading role in respecting themselves and others in all their relationships.

Game On is delivered in 3 sessions each lasting 2 hours. Each session is designed around a different gaming theme that young people can relate to including mobile phone apps, fun sports events, and different types of quiz. Each session progressively leads young people on a journey from self-exploration, through to relationship skills, concluding with issues around the sexual side of some relationships.

Session One: App Night

This session will enable young people to find out more about themselves and their relationship expectations. This will lay a good foundation for building good, healthy relationships with others. They will learn what a healthy relationship looks like and how to develop the confidence to deal with relational problems. Three well-known Apps will illustrate different points about good communication and negotiation skills within relationships.

Session Two: Sports Night

Boundaries are vital for appreciating healthy relationships. This session will explore some of these boundaries and deal specifically with the challenges of puberty. Young people will be encouraged to develop their understanding of boundaries in relationships and know how to put them in place for their own situations. Finally, the boundaries between what is legal and illegal, appropriate and inappropriate, respectful and damaging will be discussed.

Session Three: Quiz Night

Misinformation and ignorance are problems when it comes to the physical aspect of relationships. Session Three will test and inform young people about their knowledge of the biological, medical and emotional consequences of sexual relationships. After the session, young people will possess accurate information on STIs, pregnancy, and contraception. Special attention will be given to the emotional consequences of physical relationships, both negative and positive.



PICTURE THIS

Picture this is a programme of three separate sessions specifically for young people aged 15 and 16. This programme is aimed at improving the knowledge and awareness of issues involving identity, relationships and sexual health. The programme will also help to increase their confidence when making decisions and choices surrounding relationships and all the issues involved.

Picture This is delivered in three separate sessions, each lasting 2 hours. The sessions are designed to be interactive including discussion, activities and games which will encourage the young people to think critically about the choices they make surrounding relationships and sex. The sessions are themed around different types of pictures that the young people might take: a selfie, group shot and a panorama. The themes help the young people to relate to the topics discussed and to develop the awareness and skills they need to make informed decisions.

Session One: Let Me Take A Selfie!

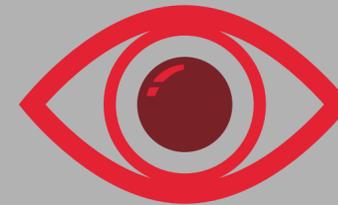
The first session is themed around the culture of taking selfies, encouraging young people to consider their identity, what makes them who they are and increase their confidence to make positive choices. The first session will introduce the main theme and topics which will be covered in the rest of the programme.

Session Two: Group Shot!

The second session is themed on who would appear in a group shot of the relationships surrounding a young person. In this session we will encourage the young people to think about how we build healthy relationships and the boundaries surrounding these relationships. We will also explore the role of family life including parenting and pregnancy.

Session Three: Panoramic!

In the third and final session the aim is to encourage the young people to think about what the bigger picture for them would look like, essentially imagining their own panorama. This will include thinking about their future, making choices they will be proud of and informing them of potential consequences from decisions they could make around sexual and emotional health.



PRIVATE EYES

Private Eyes is a programme designed specifically for young people aged 16+ and consists of three sessions which each last approximately 2 hours. The programme aims to explore personal identity and values and explore how these can impact on choices around relationships and sexual health.

The programme is age-appropriate and therefore not only provides information but gives young people opportunities to share their opinions through discussion, group work and debate. This encourages individuals to reflect on their own values and beliefs as they make decisions in regards to their relationships.

Session One: Mugshot

The first session will focus on identity and self-esteem in order to build confidence in each individual. Young people will be encouraged to think about who they are and explore influences that affect their decision-making while celebrating difference amongst individuals. We will explore wider relationships, dating relationships and strategies to manage them well.

Session Two: Line Up

In the second session we will build upon the material of our first session and explore in greater depth the aspects that are important in healthy relationships. We will also aim to build resilience and explore coping strategies with regard to difficulties and conflict in dating relationships. We will also encourage young people to think about realistic expectations. Time will be spent unpacking what the law says about how we relate to each other, including healthy boundaries, what consent is and how it is given. We also consider important biological consequences of sexual activity including parenting and STIs.

Session Three: Final Verdict

In our final session, we will spend some time examining the biological, medical and emotional consequences of relationships and sexual activity. This will include thinking about pregnancy and contraceptive methods while considering the beliefs and values of each young person. This session will conclude with reflection on the importance of identity and making positive, healthy decisions.