

ICEBERGS & BABIES

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:

- The media and sex
- Self-image
- Virginity as a healthy life choice
- Contraception, pregnancy and STI's
- Sex and the law
- Peer pressure

At Love for Life we recognise that young people today face tremendous pressure from many places and often find themselves confused about who they should be listening to.

Icebergs & Babies is our presentation aimed at 14/15 year old pupils and begins by looking at the types and sources of pressure that young people face on a daily basis.

A recent survey stated that young people are exposed to approximately 90 000 images of sex from the media between the ages of 8 and 18 so we take some time to look at how the

media uses sex to sell us products and keep our attention as viewers.

The emotional aspect of relationships, pregnancy and sexually transmitted infections are key aspects of this programme.

EVERY

We are offering EVERY school in Northern Ireland the Icebergs & Babies programme at no charge.





In Personal Development it is essential to plan for progression and so this programme encourages pupils to build on the foundation of our earlier programmes and to work in groups to discuss issues surrounding choices and pressure. The presentation uses scenario and video to engage pupils in an entertaining way while they explore important issues such as self-image, the media and sex, virginity as a healthy life choice, contraception, pregnancy and sexually transmitted infections.

In Sync Personal Development Themes addressed:

Theme 1: Health and the whole person

Theme 2: Feelings and emotions

Theme 3: Managing influences and making decisions

Theme 4: Self concept

Theme 5: Managing change

Theme 6: Morals, values and beliefs

Theme 7: Safety and managing risk

Theme 8: Relationships and Sexuality

Theme 9: Drugs awareness

Development of Skills and Personal Capabilities:

- Pupils will develop the skills of thinking, problem solving and decision making.
- Pupils will develop the skill of working with others as they discuss various issues in groups throughout the presentation.
- Pupils will develop strategies for self-management in relation to dealing with influences and behaviour.

Suggested learning intentions:

Pupils are learning:

- To respect the views and opinions of others, reaching agreements using negotiation and compromise.
- To manage emotions and behaviour in a range of situations.
- To understand the impact of societal norms on decision making.
- To identify situations in which they feel under pressure, how they presently cope with these situations and the appropriateness of responses they use.
- That adolescence is one of the milestones of their development.
- That life is more than physical.
- To make the link between emotions and risk taking behaviour
- To reflect on the risks and dangers linked to dating.
- To explore the emotional, social and moral implications of early sexual intercourse/relationships within both committed and casual relationships.
- To be aware of the incidence, types, transmission and consequences of STIs.
- To understand that pregnancy is a real consequence of sexual activity.
- To consider the implications of drugs misuse for self and others. both committed and casual relationships.

Key concepts:

The following concepts and relevant statements of minimum requirement will be addressed:

- **Self-Awareness:** Considering the importance of self-confidence and self-esteem to physical and emotional/mental health.
- **Personal Health:** Understanding the importance of recognising and managing factors that may influence physical and emotional/mental health
- **Relationships:** Which provides opportunities to understand the importance of forming and maintaining relationships to physical and emotional/mental health