

I:ZONE

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 value and uniqueness of each individual
- Managing change
- Identifying influences on young people
- Target setting for pupils
- Strategies for dealing with pressure
- Keeping safe on-line
- Types of bullying and appropriate responses
- Positive relationships and conflict resolution
- How to say no with confidence

i:zone is our exciting programme for pupils who are in the early stages of their post primary education. We encourage pupils to investigate the structure and function of the human body and its amazing capabilities before looking at some of the pressures of growing up. Pupils will identify and examine various influences on their lives and think carefully about how these can bring them closer to their identified goals and targets.

During this action packed presentation pupils think about the many changes that young people experience and identify strategies for managing those transitions. The presentation

concludes with an interactive activity that equips your pupils with the skills to be assertive and to say no to negative pressure

The i:zone. programme supports the Revised Curriculum for Northern Ireland by empowering young people to make important decisions from an informed and responsible perspective. The presentation embraces the methodologies and ideas of the Revised Curriculum by encouraging young people to play an active role in their learning experience.



This exciting and media rich presentation is designed for pupils in the early years of secondary education. It allows pupils to examine issues such as the value and uniqueness of each individual, self worth, coping with change, growing up, identifying influences, target setting, peer pressure, the value of friendship and assertive behaviour. At Love for Life we always seek to create a comfortable and non-threatening environment for pupils to learn in.

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 have the opportunity to 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 concepts for self management in the area of relationships.

Suggested learning intentions:

Pupils are learning:

- To understand the need for balance between the elements of health.
- To be able to seek advice when necessary from their own personal support systems.
- To understand the importance of personal responsibility.
- To understand the strength of influences such as media, friends and family.
- Strategies for coping with changes in family/friendship relationships.
- To respect the rights of others to have their own opinion.
- To be aware of possible consequences of an action.
- To be able to make reasoned and informed decisions.
- To be aware of the qualities and values necessary to sustain a good friendship.
- To understand the concept of love and romantic relationships.
- To be aware of the role of the media on attitudes, values and behaviours towards relationships

Attitudes and Dispositions:

- Personal responsibility
- Concern for others
- Commitment
- Integrity-moral courage
- Respect
- Self confidence
- Openness to new ideas
- Flexibility
- Tolerance
- Community spirit

Key concepts:

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

- Self awareness
- Personal Health
- Relationships