



LOVEFORLIFE

inspiring choice



SCHOOL PROGRAMMES

Inspiring choice and transforming culture so that every young person values themselves, relationships and sex.

LOVE FOR LIFE
IS NORTHERN
IRELAND'S
PREMIER AND
MOST ESTABLISHED
PROVIDER OF
RELATIONSHIPS
AND SEXUALITY
EDUCATION.

EVERY

We are offering EVERY
school in Northern Ireland a
presentation at no charge.

Love for Life is Northern Ireland's premier and most established provider of Relationships and Sexuality Education. We deliver interactive and engaging RSE programmes in school and community settings, offering relevant information in an age-appropriate manner to young people, helping them to learn, reflect and develop in their knowledge, skills and attitudes in this important area.

Working in partnership with schools and the community, and alongside pastoral care provision, we strive to achieve the very best outcomes for all children and young people. As young people explore their own religious and ethical contexts, we encourage them to make responsible and other-regarding choices when it comes to relationships and sexual practice. In adopting an integrated and holistic approach, our programmes embrace the physical, cognitive, emotional, moral, social and spiritual development of children and young people.

With an established reputation for delivering excellence in RSE and sexual health promotion, Love for Life inspires confidence in teachers and pupils alike as they know that the professional team of facilitators will treat everyone with respect and facilitate their workshops in an absorbing and relatable manner. We fully support and embrace the Revised Curriculum, which aims to empower young people to achieve their potential and to make informed and responsible decisions throughout their lives.

As we seek to enrich young people as individuals, we encourage the development of thinking skills and personal capabilities such as working with others, self-management and thinking, problem solving and decision making.

“ The students were engaged fully throughout and the content and delivery were excellent. ”

- TEACHER

Love for Life fits comfortably under many headings and each presentation deals with issues relating to Personal Development, Home Economics, Local and Global Citizenship and Employability. The key elements of personal understanding, personal health, moral character, citizenship and media awareness are highlighted in the Love for Life programmes, as we promote challenging and engaging learning experiences in a supportive environment.

Our presentations are relevant, media-rich and active and, when coupled with the lesson material provided, pupils are well equipped to make healthy and informed decisions and to become reflective about their behaviour and attitudes.

On the following pages you will find detailed outlines of our school programmes, along with information about our programmes for parents. Head to the back pages for guidance on booking, and take advantage of our incredible offer of a FREE programme!

**DID YOU
KNOW?**

Over 70% of schools
across NI benefit
annually from our
programmes.

LOVE FOR LIFE PRINCIPLES

OF EXCELLENT RELATIONSHIPS AND SEXUALITY EDUCATION IN SCHOOLS

Love for Life is committed to the value of excellence in all that we do because we believe that young people deserve the best. We are therefore committed to delivering excellent RSE in partnership with schools, inspiring young people to value themselves, relationships and sex.

Love for Life has broad and varied experience of delivering RSE in schools across Northern Ireland and beyond. From this experience we have developed the following key principles, which inform and shape our practice and delivery:

Pupil centred

Excellent RSE succeeds when a young person can develop a healthy respect for themselves, relationships and sex. In order to do this, good quality RSE will be orientated towards the pupil, encouraging them to learn, process, reflect and develop. Resources must be engaging and therefore a wide range of active teaching methodologies should be employed to meet the needs of various learning styles. When the needs of the pupil are placed at the centre of the learning, then age-appropriate, relevant and helpful information will be shared, thus creating the best opportunity for the pupil to benefit from the lesson.

Pastorally motivated

Pupils learn best when they feel safe and secure and so it is imperative that RSE takes place within a context which is seeking to promote the overall holistic welfare of the pupil. School leaders should demonstrate an active engagement with RSE by ensuring that an effective policy is in place, staff training is offered and additional pastoral support is available where appropriate. RSE must be delivered in a manner which demonstrates respect for the pupils and is primarily concerned with their best interests.

Professionally delivered

Facilitators of RSE must demonstrate a level of knowledge and confidence that removes any

potential embarrassment or awkwardness for the participants. Love for Life is proud of our professional staff who receive specific, relevant and on-going training to ensure that they are offering pupils the very best learning experience. There are sensitivities in teaching RSE that are unique and it is therefore important that people with those skills and abilities are employed to deliver this important area of curriculum. It is our practice to send two facilitators to each school presentation, one male and one female, thus creating a safe, respectful and healthy environment for learning.

Partnership based

In a recent report, ETI found that 92% of schools across Northern Ireland valued the support and expertise of an external agency when delivering RSE. At Love for Life, partnership is one of our core values because we believe that when a community works together, young people are better resourced. The model of home, school and external agency working together in partnership to help young people develop a healthy respect for themselves, relationships and sex is, in our experience, the ideal one. It is also vital that, when working in partnership, the distinct ethos and culture of the school is protected and promoted. External agencies should complement the excellent work of schools in this area by demonstrating an awareness and respect for these essential elements of school life.

In this particular area of curriculum delivery, Love for Life can use our skills, knowledge and values to help teachers and pupils alike overcome the difficulty that can be experienced when RSE is delivered by teachers who may feel ill-equipped or poorly resourced. Our presentations, along with our lesson support material, can create a platform for learning and inspire a confidence that will help pupils and staff in their development.

Positively framed

Love for Life exists to equip young people to develop a healthy respect for themselves, relationships and sex. We believe that scare tactics or judgemental comments are detrimental to the learning environment of the pupils. Instead, we want to nurture a spirit of moral enquiry where young people can have engaging conversations about healthy relationships. To this end, we are committed to providing not only the knowledge that we believe children and young people need to inform their relational and sexual choices, but the skills to enact them and the values that give them meaning.

Pragmatically facilitated

It is essential that young people receive age-appropriate information that is sensitive to the ethos of the school and is useful in helping them make good decisions. The delivery of excellent RSE will include sharing knowledge about conception and pregnancy, contraception

“
92% of schools across Northern Ireland valued the support and expertise of an external agency”

and sexually transmitted infections. We provide age-appropriate, factual, relevant and up-to-date information in order to promote and protect a young person's current and future sexual health. This is done in view of a holistic concern for their overall wellbeing, and is not intended to encourage or endorse early sexual activity.

Points to services

The delivery of excellent RSE will raise both questions and concerns for pupils. Some will seek reassurance, others will require professional services. Love for Life believes that, where appropriate, excellent RSE will signpost pupils to the relevant statutory service and commits to ensuring that the information that we share regarding services will be as up-to-date, relevant and local as possible.

Practically applicable

Pupils must be able to translate the information delivered into language that they can understand and see the immediate opportunities for integration into their lives. As a result, an increased

level of knowledge and efficacy should be evident. This includes strategies for keeping safe and managing relationships, including establishing healthy boundaries and treating others with dignity and respect. Love for Life will encourage young people not just to reduce but to avoid risk taking behaviours in their own lives and relationships.

Personally reflective

Excellent RSE must always provide opportunities for pupils to engage in reflection and identify opportunities in their own lives for integration. Excellent RSE should help pupils to recognise their value and worth as well as establish a vision for their relationships which emphasises responsible decision-making and other-regarding choices.

Pro-active

Excellent RSE should give pupils opportunities to receive information that protects them from danger, risk or harm. In line with this, Love for Life is committed to tackling tough issues like CSE and the digital world, and to equip pupils with the knowledge, skills and values to make well-informed choices that promote their safety and wellbeing.

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
- Qualities of a healthy relationship

i:zone is our exciting programme for pupils who are in the early stages of their post primary education. We encourage pupils to see themselves as unique and valuable individuals, and focus on how they can look after themselves as they face the pressures of puberty and 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

also 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.



TITLE: **I-ZONE**

YEARS: **8 & 9**

TIME: **1 HR 45MINS**

7

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

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: the myths exposed
- Contraception, pregnancy and STIs
- Consent 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.



TITLE: **ICEBERGS & BABIES**

YEARS: **10 & 11**

TIME: **1 HR 45MINS**

9

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 behaviour 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

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
- Consent and the law
- The realities of sexting
- The impact of pornography

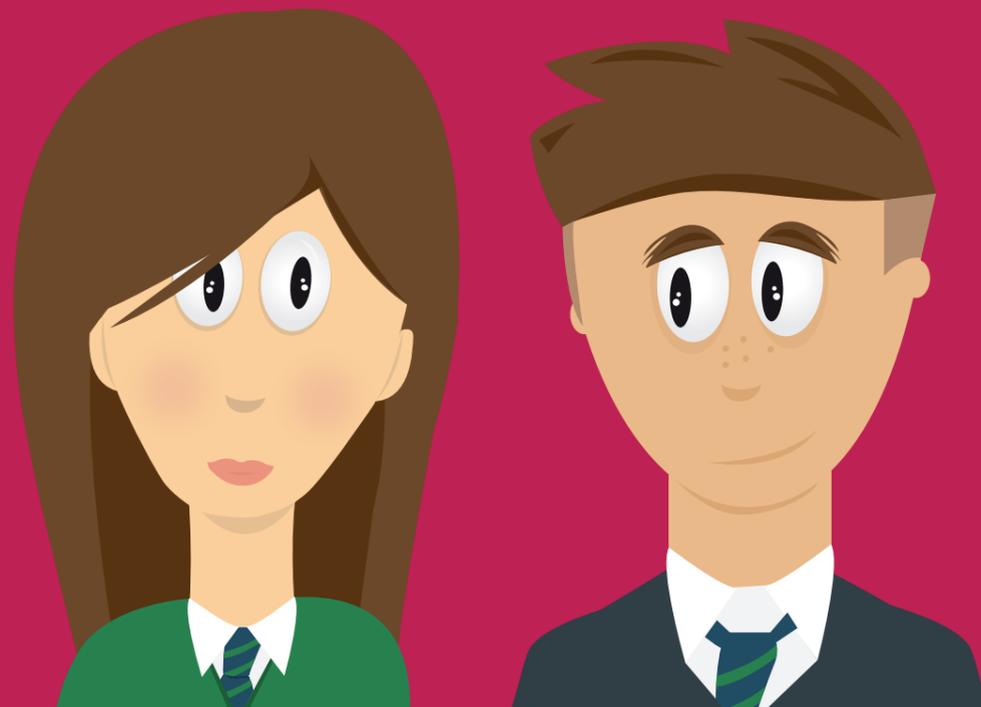
As the sequel to Icebergs and Babies, this programme engages pupils in a discussion about healthy dating relationships, challenging a casual attitude and encouraging young people to examine their own expectations and worth.

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.



TITLE: **DATING & MATING**

YEAR: **12**

TIME: **1 HR 45MINS**

11

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

SEX DRIVE

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:

- Expectations within relationships and the influence of pornography
- Marriage and the future
- Sexually Transmitted Infections
- Contraception
- Unplanned pregnancy
- Consent and the law
- Sex and alcohol

This exciting presentation allows post-16 pupils to develop skills and competencies related to decision making on the important issues of relationships and sex.

Using a mixture of whole group presentations and smaller workshop activities, pupils address crucial ideas about how to make healthy choices as they prepare for life after school.

This programme is aimed at young adults who are preparing for university or employment and may be moving away from home for the first time, socialising in new environments or meeting new challenges.

At Love for Life we seek to encourage young people to make responsible and informed choices after they have carefully considered options and consequences. We realise that young adults face difficult and demanding choices in the later teenage years and Love for Life would be delighted to partner with your school to tailor a package that would best suit your pupils.



TITLE: **SEX DRIVE** YEARS: **13 & 14**

TIME: **1 HR 45MINS**

This workshop based presentation has been designed for pupils who are preparing to leave school and aims to develop their understanding of relationships and the responsibilities of healthy relationships. The presentation seeks to prepare such pupils for the opportunities, responsibilities and experiences of life by equipping them with appropriate knowledge, understanding and skills.

Pupils should be enabled to:

- Examine the issues of trust, loyalty and commitment as important components in long term relationships.
- Gain a sound understanding of the range of contraceptives available and the advantages and disadvantages of each.
- Develop an understanding of what constitutes a healthy relationship.
- Explore the role of values and attitudes in the development and maintenance of such relationships.
- Pupils will look at the issue of consent and the laws surrounding sexual behaviour.
- Identify a range of strategies to resolve challenging relationship scenarios.
- Discuss abstinence as a viable option in a relationship.
- Identify the unwanted consequences of sexual behaviour; for example Sexually Transmitted Infections, unplanned pregnancy and emotional stress.
- Identify ways to manage or avoid risk leading to positive outcomes.

Pupils should have the opportunities to:

Self-awareness:

- Explore personal morals, values and beliefs.
- Investigate the influences on a young person.

Personal health:

- Investigate the effects on the body of legal and illegal substances and the risks and consequences of their misuse.

Relationships:

- Explore the implications of sexual maturation.

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
- Manage risk

ONLINE SAFETY I:CLICK

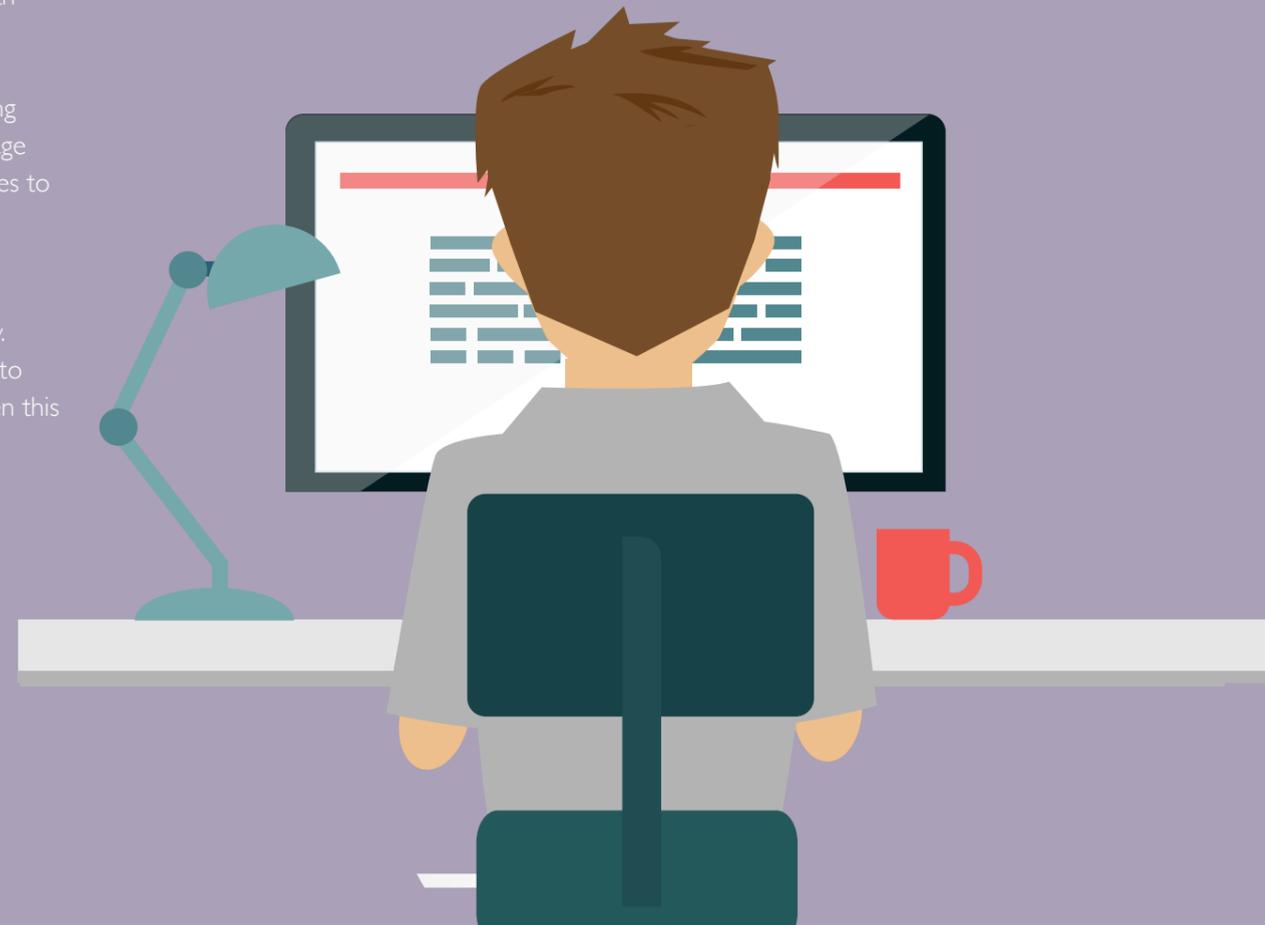
Every Love for Life programme includes content on the online world and how to navigate it wisely and safely, but if you are looking for a focussed workshop on online issues we can facilitate this in both primary and post primary settings.

I:Click is an interactive and fun programme designed to give young people the opportunity to develop skills and capabilities to manage relationships in the on-line world and to identify and use strategies to keep themselves safe on-line.

I:Click is an up-to-date and relevant programme that deals with the world of social media, networking and general on-line activity. If you are eager to ensure that your pupils have the opportunity to develop attitudes towards a healthy and positive internet use then this programme is for you.

Issues covered include:

- online gaming
- social media
- safe boundaries
- indecent images
- cyber-bullying



SPECIAL EDUCATIONAL NEEDS ACCESS ALL AREAS

We are delighted to offer a range of programmes that are specifically designed for children and young people with intellectual disability, whether they find themselves in a MLD or SLD setting, or in a specialised unit within mainstream education.

All young people share the same hopes, dreams, worries and uncertainties as they prepare for puberty, adolescence and beyond. The transitions between life's stages are difficult to navigate for any young person, but for someone who also has to deal with a learning difficulty, the journey can be particularly unsettling. The Access All Areas programmes offer support to young people along this journey, and form part of our vision that every child or young person should be able to access excellent Relationships and Sexuality Education.

PRIMARY SCHOOL WHAT'S INSIDE?

WHAT'S INSIDE? is our presentation designed for pupils who are in the final stage of their primary education.

This interactive programme aims to equip pupils in P7 to deal with the changes that so often cause concern and anxiety at their age. We remind pupils that they are all unique by looking at the process of conception, the amazing construction of our bodies and the continuing process of growing up. The gender-specific puberty talk is often the most reassuring part of the day for pupils who are worried about changes in their bodies. Target setting, friendship and assertive behaviour skills are also addressed in the presentation.



PARENTS & CARERS



At Love for Life we believe that parents and carers have a central role in helping young people navigate their way through the tricky world of relationships and sex.

We are delighted to offer you two excellent programmes to engage adults in the ongoing conversation. These sessions can be hosted in a venue of your choice and offer a superb opportunity to involve adults in your work with young people.

BIRDS & THE BEES



How can we ensure that we are equipping our young people with the knowledge, skills and values necessary to make healthy choices in the area of relationships and sex? In the current context of immense media and peer pressure, this programme seeks to empower parents, carers and those working with young people to tackle the sensitive issues, to explore practical methods of communication and to understand healthy boundaries for relationships.

This interactive workshop allows parent and cares to engage with important issues including media awareness and understanding the world of young people. Emphasis on risk and protective factors and putting good boundaries in place will be discussed. It also examines opportunities for further support for parents.

This seminar is a great opportunity to gather parents and carers together to explore some of the topics and ideas that can sometimes leave parents feeling embarrassed, ill-equipped and anxious. Research continues to suggest that parents are the greatest influence on young people so programmes like this are very important.

FACE TO FACEBOOK



Increasing numbers of children are accessing the internet and enjoying its benefits. However, the risks of online activity for children are also on the increase. The rapid change in how we communicate and educate can often leave parents and carers feeling out of touch or ill-equipped to deal with important issues.

In response to this, Love for Life has developed Face to Facebook – a programme to help adults understand the online world and identify the potential risks for their young people. Throughout this interactive workshop, participants will identify keys to help them unlock a fresh understanding of technology and identify strategies to help them and their young people as they manage their online profiles.

Dealing with pertinent issues such as cyberbullying, sharing and sexting, this programme will equip parents and carers with the knowledge and skills to protect their children and young people from online dangers.

WHAT DO I DO NEXT?

I hope that you have enjoyed reading through this booklet and have gained a positive impression of who we are and what we provide.

Once you have consulted with your colleagues and have decided how many Love for Life presentations you would like to offer to your pupils, simply contact our professional team at our office on **(028) 3882 0555** or email **info@loveforlife.org.uk** to secure your preferred date as soon as possible.

Our experienced team will work with you to ensure that our presentations fit around your school day and will discuss logistical arrangements with you.

We are very aware that every school is different and so if you have specific needs that you would like to discuss, please let us know.

On the day of the presentations, the professional Love for Life presentation team will arrive at your school with all of the equipment they need to deliver our media rich programmes which means that you can sit back and enjoy the presentation with your pupils.

ONE

Phone (028) 38 820 555 or email info@loveforlife.org.uk to book your FREE presentation and other programmes.

TWO

Receive your confirmation along with your lesson support material which can be used by your staff.

THREE

The Love for Life team visit your school to deliver our interactive presentations to your pupils.

FOUR

A follow up summary of pupils feedback will be forwarded to you.

So much more than just a presentation

Relationships are key to who we are and so we want to work alongside you and ensure that schools across Northern Ireland are in the best position possible to deliver excellent Relationships and Sexuality Education. In addition to our media-rich pupil presentations, we are also proud to offer:

Lesson materials

At Love for Life we want to equip teachers to deliver excellent Relationships and Sexuality Education. Each of our post primary presentations is accompanied by a set of lessons which can be used in preparation or as a follow-up to our visit. These can be shared electronically on your school system for all teachers to access.

Staff training

Passionate teachers are the best and most valuable resource that a school can offer. Why not take advantage of our teacher training to increase staff confidence in this complex area of RSE?



Evaluations

Following our visit to your school, Love for Life will send you a report which will help inform your future planning of RSE and Personal Development. This data will include useful information regarding the attitudes and behaviours of your pupils.



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inspiring choice

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