



# WHAT'S INSIDE?

An exciting, innovative and educational  
Love for Life programme for pupils in P7.



# LOVE FOR LIFE IS COMMITTED TO HELPING YOUNG PEOPLE ACROSS NORTHERN IRELAND DEVELOP A HEALTHY RESPECT FOR THEMSELVES, RELATIONSHIPS AND SEX.

We fully support and embrace the Revised Curriculum, which aims to empower young people to achieve their potential and make informed and responsible decisions throughout their lives.

Love for Life recognises and respects the unique value and worth of each individual. We believe that the ability to make informed and responsible decisions, within a clear values framework, is absolutely essential in relationships. Our aim is to influence change within society so that young people have a healthy respect for themselves, relationships and sex.

“

*The service provided by  
Love for Life to our school  
is totally invaluable.*

”

## GET IN TOUCH

If you would like to  
speak to a local school  
about their experience  
of Love for Life then  
please contact us and we  
will put you in touch.



# 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.



TITLE: **WHAT'S INSIDE?**

PRIMARY: **7**

TIME: **3HRS**

*All of our programmes are media-rich, interactive and packed full of activities to maximise the level of engagement and fun for pupils as they develop the skills and capabilities for managing change.*

## Topics covered in the presentation:

- Conception and pregnancy
- The rollercoaster of growing up
- Managing an online life
- Coping with change
- Peer pressure
- Healthy relationships

At Love for Life we fully embrace the ideologies and methodologies of the Revised Curriculum and encourage pupils to play an active part in their learning experience as we look at various stages of growing up, dealing with change and maintaining healthy relationships.

We seek to empower your pupils to fully develop their own thinking, skills and personal capabilities, to set goals for themselves and to understand healthy and positive relationships.

# THINKING SKILLS & CAPABILITIES AT THE END OF STAGE 2



## SELF-MANAGEMENT

- Evaluate what they have learned and compare their approaches with others
- Make links between their learning in different contexts
- Become more self-directed by working on their own or with a group
- Learn ways to manage their own time
- Seek help from a variety of sources
- Work towards personal targets identified by themselves or jointly with their teachers
- Be more confident in their knowledge of personal strengths and weaknesses

## BEING CREATIVE

- Pose questions that do not have straightforward answers and seek out problems to solve and challenge the routine method
- Use all the senses to stimulate and contribute to ideas
- Experiment with different modes of thinking
- See the opportunities in mistakes and failures
- Learn from and build on their own and others ideas and experiences
- Value other peoples ideas
- Experiment with objects and ideas in a playful way
- Make ideas real by experimenting with different ideas, actions and outcomes
- Begin to develop their own value judgements about the merits of their work

## MANAGING INFORMATION

- Be able to ask deeper and wider questions to clarify a task and to plan and set goals
- Begin to challenge conventions and assumptions
- Be able to classify, compare and evaluate information and to select the most appropriate methods for a task
- Develop methods for collating and recording information and monitoring progress
- Have a sense of audience and purpose

## WORKING WITH OTHERS

- Become more independent in their social and interpersonal skills
- Show that they can work in different roles in a group and take responsibility for appropriate tasks
- Be willing to help others with their learning
- Understand and learn to respond to feedback
- Work with their peers to reach agreements and begin to manage disagreements

## THINKING, PROBLEM SOLVING & DECISION MAKING

- Show the ability to use memory strategies to deepen understanding
- Identify and order patterns and relationships through a range of strategies such as grouping, classifying and reclassifying and comparing and contrasting
- Make and test predictions, examine evidence and make links between possible cause and effects
- Discriminate between fact and opinion and question the reliability of evidence
- Understand more than one point of view
- Examine options and weigh up pros and cons
- Try alternative problem solving solutions and approaches
- Use different types of questions systematically and with purpose

# PARENTS & CARERS

At Love for Life, we also believe that parents and carers have a really important role to play 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 values, skills and information 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 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.

## INDIVIDUAL NEEDS

At Love for Life we recognise that every school has different needs.

We are committed to ensuring that we deliver high quality presentations that inform and equip your pupils for their particular circumstances. If you would like specific programmes on a regular basis, whole school presentations on particular issues, staff training or small group workshops for pupils then please contact us.

## LESSON SUPPORT

Love for Life recognises that teachers in school are the main point of contact for pupils on a daily basis and so they are often best placed to discuss sensitive topics and issues. At Love for Life we seek to support teachers by providing a series of pre and post presentation lessons that can be incorporated into your schemes and plans.

Our presentations can be used as stand alone events to complement the on-going good practice of your school in the delivery of Personal Development and Mutual Understanding or we can partner with you to design a more comprehensive and detailed series of lessons.

## SPREAD THE COST

In order to help spread the cost of a Love for Life presentation, why not partner with another local school and share the cost? This partnership with other schools has always been very successful and can create a great sense of occasion for the pupils as they mix together with other local children. Perhaps there is a local school that you work with on a regular basis or perhaps you would like to explore new partnerships in your local area?



## WHAT DO I DO NEXT?

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

Once you have consulted with your colleagues and have decided to book the Love for Life presentation, 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.



**LOVEFORLIFE**  
*informing choice*

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