



Relationship and Sex Education, that makes sense

Are you and your staff feeling apprehensive around delivering quality RSE?

At Love4Life we are a team of accredited relationship and sex educators, we provide honest and age appropriate resources to help young people understand their sexual health and make positive choices in their health, relationships and education.

Tilly and her team are absolutely fantastic- feedback from both staff and students was brilliant. I know our students gained a huge amount from the expertise Love4Life brought.

Charnwood College- Loughborough

Do you or your staff sometimes feel uncomfortable introducing certain topics?

At Love4Life our experienced youth mentors work closely with young people aged 11-18 building trusting relationships. All of our work embeds positive self-worth, body image and the handling of emotions in order to help young people become more resilient.

Our belief is that when young people feel good about themselves, they more likely to make positive choices in their health, education and relationships.

The boys have really enjoyed attending the workshops, I and the school feel that it was really needed for the boys as it complimented the work that Love4Life already do for the girls in school. The boys and I will miss the support that Karley and Fawn provided us with and we feel the workshops had a significant impact on their well-being and self-esteem.

Targeted Support Lead- Alvaston Moor Derby

RSE as part of the PSHE curriculum

Our sessions are designed to fit in with and reinforce subjects that schools are delivering within their PSHE programme. Following the curriculum update in September 2021 Love4Life are able to offer sessions and workshops covering the required content of RSE within the curriculum. These may include respectful relationships and friendships, online and media, intimate relationships, sexual health and legislation.



Some examples can be found below

Year Group	Key Stage	Topic
Year 7	KS 3	<ul style="list-style-type: none"> Recap of understanding the body (Periods, hormones, sanitary products and how to use them) Body image/ self-esteem Social media
Year 8	KS 3	<ul style="list-style-type: none"> Peer pressure Gender and sexuality Choices about relationships, introduction to contraception (including demonstration)
Year 9-10	KS 3- KS 4	<ul style="list-style-type: none"> Family conflicts Sexual health (including sexually transmitted infections) Contraception (including demonstration) Assertiveness Consent
Year 11-13	KS 4	<ul style="list-style-type: none"> Relationship challenges Sex and ethics Contraception (including demonstration) Marriage, including forced marriage

Pricing

Session	Price
1hr group session (up to 30 young people)	£160
Half day (3 sessions with 1 group or 1 session with 3 groups)	£300
Full day (up to 6 sessions with 1 group or 1 session with 6 groups)	£500
Regular weekly/fortnightly sessions	£60 per 1hr session
Assemblies	£100

All prices above are provided as a guide only and actual prices will depend on your requirements, number of young people attending, number of sessions, resources for the session and staff travel.

Teacher training can also be arranged to suit.

Booking Process

If you are interested in booking Love4Life for your provision, or would like to request any information in regards to our service please contact our Love4Life programme manager Karley Barber on the details below:

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