



September 2025

Dear Parent/Guardian,

Glenlola Collegiate has invited Love for Life to deliver a Relationships and Sexuality Education programme to Year 8 and Year 10 on Friday 26th September.

This external input enhances what we already deliver in relation to the Personal Development Strand of Learning for Life and Work (LLW) through our LTC³ programme and timetabled LLW lessons.

Love for Life has a long-standing reputation for engaging effectively in the specific area of Relationships and Sexuality Education (RSE). All of Love for Life's programmes are age-appropriate, offering accurate information in an engaging manner, helping children and young people to learn, reflect and develop in their knowledge, skills and attitudes in this important area.

Outside organisations, like Love for Life, support us in our delivery of RSE. This external input is welcomed by teachers and pupils - 96% of teachers surveyed by Love for Life "agree or strongly agree" that *"pupils interact and learn more effectively as a result of the Love for Life programme input"*.

The experienced and professional Love for Life team will create a safe and secure environment in which your young person can have engaging and respectful conversations about strong healthy relationships. Below is an outline of the topics covered in the Year 8 and Year 10 programmes.

Year 8	Year 10
<ul style="list-style-type: none">• Self-esteem & uniqueness• Managing changes• Staying healthy and happy during puberty• Identifying influences and dealing with pressure• Positive relationships and conflict resolution• Healthy online behaviour and interactions• Target setting• Love & romantic relationships	<ul style="list-style-type: none">• Identity & value• Impact of media and peer pressure• Body image and social media• Pornography• Sexting & sharing online• Attitudes to, and expectations around, sex and relationships• Communication in relationships• Consent• Pregnancy, STIs, contraception• Pregnancy pathways

Educating Girls in Bangor for over 125 Years

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Headmaster: W E Thompson BSc MSc MEd PGCE PQH(NI)



**Glenlola
Collegiate
School
Bangor**

I trust that you, as a parent, guardian or carer, will be supportive of the programme and the school as we seek to address this very important aspect of our pupils' education.

If you have any queries, please do not hesitate to contact the school via letter or email.

Yours sincerely,

Mrs A Macafee

Health & Personal Development Coordinator

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