

Dear Parent or Carer,

First Antrim PC, has invited Love For Life to deliver Game On (13-15 years old) and Picture This (15-18+years old) to Elevation on the following dates:



Sunday 19th April 730-9pm
Sunday 10th May 630-8pm (note change of time)
Sunday 17th May 730-9pm
Sunday 24th May 730-9pm

As a church, we are uniquely placed to support our young people as they develop relationships with others.

Formed in 2002, Love For Life is a Christian charity with a long-standing reputation for delivering holistic Relationships and Sexuality Education (RSE) in all school types and in many different community settings across Northern Ireland. They are committed to working with churches to engage well in age-appropriate discussions about relationships and sex.

Love For Life provides programmes, resources and training for leaders, parents & carers and young people. Everything they do aims to inspire, equip and resource the next generation to know their worth, flourish in their relationships and value their sexual choices.

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

Game On (13-15 year olds):

Topics covered in the presentations:

- Self-esteem and uniqueness
- Healthy relationships and boundaries
- Relationship skills
- Identifying influences and dealing with pressure
- An introduction to sexual health

Picture This (16-18+year old):

Topics covered in the presentations:

- Self-esteem and worth
- Healthy relationships
- Consent
- Relationship skills
- Identifying influences and dealing with pressure
- Pornography and sexting
- Sexual health: STIs, pregnancy, contraception
- Decision-making
- Teenage parenting
- Expectations and the future

Parental consent will be assumed if a young person attends. If you have any queries, please do not hesitate to contact me.

Kind regards,

Jonny Alexander
Elevation leader