

## Real (Sex and Relationships)

We want young people to love and value themselves, so that they are able to love and value others. This course will help students to build healthy relationships where sex is not used as a way of gaining love or boosting egos, where babies are not conceived thoughtlessly or as a means to an end and where sex is delayed not through fear of the consequences but through hope for their future.

### *Week one—Respect*

We will look at identity, image, self worth and what it means to be confident in whom they are not in who they are told to be.

### *Week two—Just good friends*

Looking at friendship and what it means to be a good friend.

### *Week three—What's love got to do with it?*

Taking a closer look at boy/girl relationships and how we express love for others and the place of sex.

### *Week four—The birds and the bees*

An honest and open session talking about the consequences of sex including STI's and pregnancy and that waiting is ok.

### *Week five— I'm having a baby!*

Caring for a new born baby isn't as easy as it looks and this session gives students the chance to find out as they have the opportunity to take home a REALcare baby for 24-48 hours.

### *Week six—Mums and dads*

Feedback from the REALcare babies, the differing roles of parents and evaluation of the course.

[We also offer this course to larger groups of students to be delivered through PHSE or Health and Social Care \(please see over\).](#)

## Essential information

The courses are designed to be delivered in schools, in other organisations and agencies to help deliver Social, Emotional Aspects of Learning (SEAL) and to fit in with Healthy schools and the Every Child Matters Agenda.

Each course lasts for 6 weeks (with 2 optional weeks on Lost and Found) and sessions last between 45mins—1hr depending on lesson times.

The courses are designed to be run with secondary school age children, however we have adapted and are able to offer Worth it, MAD and Lost and Found to children in years 5-6.

The MAD course is designed for up to 6 students and the other courses for up to 8 students.

Each course will be led by 2 Reality Workers who have been fully trained on how to deliver the course and have undergone an enhanced CRB disclosure.

Each student receives a pack to accompany the course.

### **The cost**

Each course cost £375 which includes all materials and covers the cost and expenses of the workers.

We are able to offer Real to larger groups, in a flexible way, please ask for an individual quote.

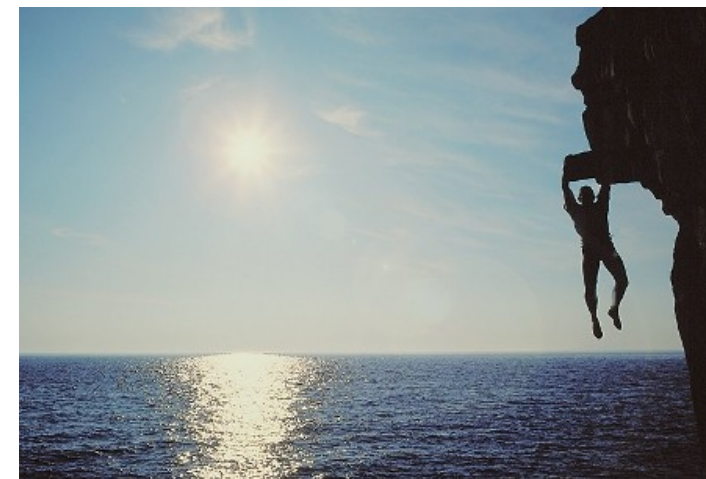
### **Booking a course**

To book a course simply speak to your local Reality Worker or contact:

[helen@realityyouthproject.co.uk](mailto:helen@realityyouthproject.co.uk)



# ABUNDANT LIFE COURSES



**Four short courses on self esteem, loss, anger management and sex and relationships**

## Worth it (Self Esteem Course)

Our culture and the media in particular is constantly telling young people how they should look, how they should act, how they should think and even how they should feel. If you don't look, act, think and feel a certain way, then you simply don't fit. "Worth it" is a 6 week course helping young people to look at identity, image, self worth and what it means to be confident in whom they are not in who they are told to be.

### *Week one - Mirror mirror on the wall*

We will explore together how we view ourselves. And what make us feel good and bad about ourselves and how can we deal with those things.

### *Week two - The real you*

What does the media say about how young people should look, act, think, and feel.

### *Week three - Under pressure*

What are some of the pressures facing young people today and how can we deal with them?

### *Week four - I wanna be like you*

Looking at why we are what we are. Looking at role models and how to set and attain realistic goals in life.

### *Week five - sticks and stones*

Dealing with compliments and conflict.

### *Week six - Worth it?*

Looking at how the course has helped them, what they are going to do as a result of the course and how they can find their unique place and role in their communities.

This course can also be offered as 2 half day Conferences of 3-4 hours each for the same cost.

## Lost and Found (Separation and Loss Course)

Is a six week course geared for young people who have experienced significant loss through either divorce/separation or bereavement within the family unit. The material covers the Kubler-Ross theory that there are stages of grief which include numbness and denial, anger, bargaining, depression and acceptance. The material is highly interactive and includes games and work sheets. Students are encouraged to share their own experiences in a safe environment.

### *Week one - What is loss?*

A general introduction to loss, looking wider than just loss through death. This session contains lots of time to get to know the group.

### *Week two - What is happening to me?*

Looking at denial and shock also with continuing opportunity to get to know the group.

### *Week three - It makes me so mad!*

A look at anger related to loss and ways to cope with it.

### *Week four - I promise....*

A little look at how and why we bargain when we go through big changes.

### *Week five - No way out?*

Depression and how it affects us when we have lost someone close.

### *Week six - I'm just used to it now and life's OK!*

*Acceptance and Hope for the future.*

This session includes a short look at forgiveness.

There are 2 optional sessions which we recommend looking at "Changes in the family" and a "Creative" session at the end of the course, for no extra cost.

## Mad (Anger Management Course)

"Mad" is a six week course to help young people who are suffering with anger management. We will look not only at the symptoms but also the causes and look at practical and realistic ways of dealing with their anger positively.

### *Week one - GGRRRR!!!*

We will discuss what anger is and what makes them angry.

### *Week two - Making waves*

Looking at ways in which anger is expressed and the consequences that can have on you and others.

### *Week three- Deal with it!*

Finding positive ways of dealing with their anger in lots of different situations, setting realistic goals and aims.

### *Week four- It's your choice*

Looking at the choices we have about what we fill our lives and minds with, and how we react to situations.

### *Week five - The bigger picture*

How does it feel when other are mad with us? Why are they mad with us? Is there something else going on?

### *Week six - Mad?*

Discuss how the course had helped and how you are going to change and deal with anger in the future.

Please note there is a strict maximum of 6 permitted on this course.