

## **What's Inside?**

### **Primary 7 Workshop Programme**

**(formerly known as Inside Out)**

#### **Structure of the Day**

Love for Life's Primary School programme 'What's Inside?' aims to equip Primary 7 pupils to make healthy choices. It is a fun and interactive day as well as being a vital part of their learning before their transition into secondary school.

The 'Love for Life' programme exists to enhance and support existing practices in the RSE curriculum. The pre and post lessons that accompany the Workshop allow the learning outcomes for the children to develop over time and encourage Teacher lead activities around these issues.

The Primary School setting or indeed Parish Centre offer a safe environment for children to learn and be equipped prior to their transition into secondary school. It is our vision that by working together we can inform, equip and prepare these young people for the choices they face.

During the Workshop relevant topics are covered such as development of baby from conception, changes that take place during growing up, friendship essentials, bullying and how to make good decisions and healthy choices. There is a separate puberty talk half way through the presentation which we split boy/girl. In this we talk about the natural changes that occur during puberty.

The main focus of the programme is to affirm the uniqueness of the individual and to reinforce the ideals of respect for themselves and others.