



JUST ASK

Just Ask is a unique Relationships and Sexuality Education programme working specifically with pupils with a learning disability, difficulty or autistic people.

Our extensive knowledge and experience with the Just Ask project has shown that a holistic approach is vital in the development of self-esteem, confidence, resilience and independence.

ICNI believe Relationships and Sexuality Education programmes should be part of school life from the beginning regardless of ability. The focus of these early programmes will be on developing understanding around self, boundaries, personal space, permission, consent and the choices around these topics.

ICNI feel that it is important, when appropriate, that teachers and classroom assistants take part in the programme as this will enable them to continue supporting the pupils when the programme ends.

Just Ask provides whole school Training and can also offer a specific programme for parents and carers to ensure consistency.

KEY STAGE 1 (AGE 5-7)

- What makes you, you?
- Understanding personal space and boundaries
- Permission, consent and choices
- Appropriate language

KEY STAGE 2 & 3 (AGE 7-14)

- What makes you, you?
- Understanding personal space and boundaries
- Permission, consent and choices
- Appropriate language
- Relationships
- Puberty and body changes

KEY STAGE 4 & TRANSITION (AGE 14+)

- What makes you, you?
- Understanding personal space and boundaries
- Permission, consent and choices
- Appropriate language
- Relationships
- Body changes and language
- Sexual health and wellbeing
- Sexuality
- STIs
- Contraception

Schools Programme

JUST ASK

Programmes normally run over six weeks with sessions lasting approximately one hour.

ICNI can also deliver Open College Network (OCN) accredited courses which enable learners to gain a qualification on completion of an OCN course.



Contact details

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Project supported by the PHA