



JUST ASK

Just Ask is a unique Relationships and Sexuality Education programme working specifically with pupils with a learning disability/difficulty or ASD. Just Ask offers participants the opportunity to discuss topics in a safer environment. All programmes are delivered at a participant appropriate level and programme content is flexible.

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 an qualification on completion of an OCN course.



Contact details

Northern and Western Trust Areas

Deborah McGinn
Education & Training Manager
4th Floor, Northern Counties Building
Waterloo Place
L/Derry, BT48 6BU

Tel: **028 7126 0016**

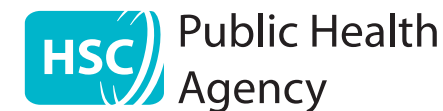
Email: deborah.mcginn@informingchoicesni.org

Belfast, Southern and South Eastern Trust Areas

Claire Hanna
Just Ask Project Officer
3rd Floor, Ascot House
24-31 Shaftesbury Square
Belfast, BT2 7DB

Tel: **028 9031 6115**

Email: claire.hanna@informingchoicesni.org



Project supported by the PHA