

THE LOVING WELL PROJECT

Experience may sometimes be the best teacher, but in the areas of relationships and sexuality, experience can be painful if not dangerous. The Loving Well Project helps teenagers learn responsible sexual and social values through good literature, which reveals the complexity of life and love relationships. Healthy friendships, romances, and families require sensitivity and an understanding of ourselves and others. The curriculum includes activities that enable students to learn vicariously from the readings and from conversations with teachers, parents, and friends.

The *Art of Loving Well* and the UK Teacher's Guide are available from:

Family Education Trust
Jubilee House, 19-21 High Street,
Whitton, Twickenham TW2 7LB
Tel: 020 8894 2525 Fax: 020 8894 2525
fyc@ukfamily.org.uk
www.famyouth.org.uk

Copies may be purchased either singly or in specially priced sets for the classroom.

The Loving Well Project in the UK is a joint promotion of the Family Education Trust and Civitas: The Institute for the Study of Civil Society.

WHAT DISTINGUISHES THE LOVING WELL PROJECT?

Literature-based character education

The Art of Loving Well is a 340-page anthology of forty ethnically diverse selections, both time-honoured classics and the best of contemporary literature for young people. Its three sections – “Early Loves and Losses”, “Romance”, and “Commitment and Marriage” – include short stories, poems, essays, drama, folk tales, and myths. The curriculum challenges academically gifted students, yet some of its most dramatic successes involve chronic low achievers.

An interdisciplinary approach to teaching about sexuality and healthy relationships

Loving Well is designed for 12- to 16-year-olds, and it has been used effectively in a wide variety of home, community, and classroom settings. The curriculum promotes the skills of reading, writing, listening, and speaking. At the same time its subject matter encourages co-ordination with other subjects such as science, citizenship, and health.

Teacher support

A variety of creative classroom activities and homework assignments accompanies each selection to accommodate the goals and styles of individual teachers. A Teacher's Guide contains additional lesson plans and worksheets. Each lesson is keyed to one or more PSHE goals from Key Stages 3 and 4.

Parent Involvement

Many student activities in *The Art of Loving Well* are designed to generate conversations with parents or other adults. Parents applaud this curriculum because it is not sexually explicit and because it promotes conflict resolution and self-control. Loving Well suggests that love, respect, trust, and sacrifice are not outdated virtues. Parents as well as teachers can once again be comfortable advocating responsible social behaviour, not dogmatically, but with conviction; not oppressively, but with sensitivity; not with anger, but with love.

Research-based and field-tested

The Loving Well Project was developed at Boston University and field-tested over four years by approximately one hundred teachers and ten thousand students in inner-city, suburban, and rural communities of Maine, Massachusetts, and South Carolina. Independent evaluation confirms its positive impact on young people's attitudes and behaviour. The Loving Well curriculum has been used successfully throughout the United States. Now, a team of British educators has specially developed and tested a Teacher's Guide to adapt the Loving Well project to be used in conjunction with the national curriculum, with specific applications to the Personal, Social and Health Education (PSHE) guidelines.

The goals of The Loving Well Project are:

- To help schools integrate character education into their curriculum in accordance with Personal Social and Health Education (PSHE) and Sex and Relationship Education (SRE) guidelines;
- To convince teenagers that the quality of our lives is dependent upon the quality of our relationships and that good relationships take time and hard work but are well worth the effort;
- To help and support young people through their physical, emotional and moral development;
- To enhance mutual respect among young people, parents, and teachers, and to teach teenagers the value of collective wisdom;
- To promote literacy, habits of reflection, and critical thinking in teenagers;
- To help teenagers develop strong personal ideals so they will learn to manage the many different and conflicting pressures on them;
- To help young people understand the reasons for delaying sexual activity and avoiding substance abuse;
- To reduce early sexual activity, teenage pregnancy, HIV/AIDS, and other sexually transmitted infections;
- To counter school and family violence by providing positive models of conflict resolution.

Teacher and Student Comments

"I know I don't have real love now. Loving Well made me realise that. I just now realise how young I am and how I'm not physically or mentally ready for anything that demanding. Before Loving Well I thought, 'Why not?' But now... I know I want to wait." *13-year-old girl*

"I do not have an average family relationship and always had trouble at home, but being in Loving Well has helped me get along a little better with my family." *14-year-old girl*

"I was impressed by the notion of young people entering imaginatively into the text, acquiring life experiences in a kind of second-hand way, and reflecting on and responding to those experiences." *PSHE teacher*

"The students had a happier teacher because she was teaching something interesting to her, so all around both parties benefited." *Citizenship teacher*

"I hope when I have (teenage) kids the Loving Well curriculum is still around." *18-year-old*

"I learned that I have to start now to figure out my future and my values. I also learned that you should not do something you don't want to do just because your friends are." *13-year-old*

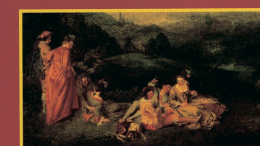


Family Education Trust

CIVITAS

"It sounds like a stupid title, but it teaches you a lot about life."
15 year old boy

THE ART OF LOVING WELL



A Character Education
Curriculum for Today's
Teenagers

"I learned practically nothing from this Loving Well book. I have already learned this stuff... by living my life and making mistakes. I guess I wish this book would have come out a lot earlier so I wouldn't have had to go through the things I did to learn about it."

15-year-old girl