**Relationships and Sexuality Education (RSE) Programme Content**

**Holy Family Community School,**

**Rathcoole,**

**Dublin**

**Junior Cycle**

The topics covered at junior cycle are developed over the three years and are taught according to the guidelines for RSE which states that ‘social personal and health education is spiral, developmental in nature and age appropriate in content and methodology’. Resources used are approved by the Department of Education and the HSE.

**First Year**

* Being an adolescent:
	+ Understanding that adolescence is a time of gradual change between childhood and adulthood.
	+ Learning about the emotional, social, psychological and physical changes that take place during adolescence.
	+ Understand the parts of the male and female reproductive systems and how they work.
* Having a friend and being a friend:
	+ Appreciating the value of friendships.
	+ Exploring how friendships change over time.
	+ Identifying the qualities and student’s value in a friend.
	+ Thinking about how they are as a friend.
* Sexuality, Gender identity and Sexual Health: Changes at adolescences – What’s happening inside your body?
	+ Recognising the physical changes that take place during puberty.
	+ Understanding how pregnancy begins.
* Sexuality, Gender Identity and Sexual Health:
	+ Defining the term stereotyping, sexuality and sexual orientation.
	+ Exploring sexual identify terminology.
	+ Exploring ways to support those who are LGBTI.

**Second Year**

* Being an adolescent:
	+ Understand that growing and changing are a normal part of life
	+ Reviewing the physical, social, emotional and psychological changes which occur in adolescence.
	+ Appreciating that people are all individual and different.
	+ Seeing the world through the eyes of someone who is LGBT.
* Having a friend and being a friend:
	+ Understanding that friendships can change throughout a person’s life.
	+ Thinking about what type of friend a person is to others.
	+ Learning about how to handle difficulties in friendships
* The Relationship Spectrum
	+ Understand the different relationships in a person’s life.
	+ Appreciating that all families have similarities and differences.
	+ Learning how to start a relationship.
	+ Learning how to respect yourself and others in different kinds of relationships.
	+ Exploring the importance of having boundaries in relationships and setting personal boundaries.
* Sexuality, Gender Identity and Sexual Health:
	+ Revising the parts of the male and female reproductive systems.
	+ Learning about fertility, conception, prenatal development and birth.
	+ Appreciating how important it is for the mother to look after her health during pregnancy.
	+ Exploring personal and social dimensions of sexual orientation.
	+ Identifying ways in our school is an inclusive one, particularly for students who are LGBTI.
* Media Influences on Relationships and Sexuality
	+ Increasing awareness of the different kinds of media.
	+ Describing media messages around relationships and sexuality.
	+ Explaining the influences media message have on young people.

**Third Year**

* Being an adolescent:
	+ Understand what it means to be an adolescent.
	+ Learning about the “Tasks of Adolescence”.
	+ Recognising that sexuality is an integral part of what it means to be a man or woman.
* Having a friend and being a friend:
	+ Appreciate that relationships change throughout your life.
	+ Learn about romantic relationships
	+ Identify qualities and values which are important in healthy romantic relationships, and what makes an unhealthy relationship.
	+ Reflecting on how personal values influence romantic relationships
* The Relationship Spectrum
	+ Analysing relationships difficulties experienced by young people.
	+ Identifying possible warning signs of an unhealthy or abusive relationship.
	+ Practicing the skills for ending relationships respectively.
	+ Understanding how to stay safe while dating and in a relationship.
* Sexuality, Gender Identity and Sexual Health:
	+ Revising what is meant by sex, sexuality and sexual health.
	+ Building awareness of some of the issues facing teenagers who are transgender.
	+ Appreciating that people in an LGBTI relationship can face prejudice, both personally and socially.
	+ Discovering what the law in Ireland says about the age of consent for sexual activity.
	+ Recognising the challenges of being a teenage parent.
	+ Learning about Sexually Transmitted Infections (STIs).
	+ Appreciating that both people in a relationship have rights and responsibilities.
* Media Influences on Relationships and Sexuality
	+ Understanding the nature of media influence on sex and sexuality.
	+ Learning to be critical of the ways in which different forms of media aim to influence a student’s understanding of sex and sexuality.
	+ Appreciating that promoting gender stereotyping and sexual objectification of women and men through media and advertising is unhealthy.
	+ Build awareness of how gender stereotyping can be damaging to both men and women and how they view themselves and each other.

**Senior Cycle**

**Transition Year**

Intro To RSE+ & Wellbeing

Mental Health Senior Cycle SPHE

Adolescence & Change Senior Cycle SPHE

Consent JC Personal Safety

What we value in relationships TRUST: Relationships

Healthy Relationships TRUST: Relationships

Sexuality TRUST: Taking Time to Think

Human Reproduction & Fertility 1 TRUST: Sexual Health

Human Reproduction & Fertility 2 TRUST: Sexual Health

Anger & Conflict SC Personal Safety

Domestic violence SC Personal Safety

**Fifth Year & LCA1**

Intro To RSE+ & Wellbeing

Self-Esteem TRUST: Relationships

The influence of Self-Esteem TRUST: Relationships

When we feel hurt TRUST: Relationships

Sexual Orientation TRUST: Taking Time to Think

Influence & Values TRUST: Taking Time to Think

Understanding Female Fertility TRUST: Sexual Health

Contraceptive Methods 1 TRUST: Sexual Health

Contraceptive methods 2 TRUST: Sexual Health

Anger & Violence SC Personal Safety

Sexual Harassment SC Personal Safety

**Sixth Year & LCA2**

Intro to SPHE, RSE+ and Wellbeing

Understanding boundaries TRUST: Relationships

Communicating Our Boundaries TRUST: Relationships

Intimacy TRUST: Relationships

Decision-Making TRUST: Taking Time to Think

Responsible Relationships TRUST: Taking Time to Think

Contraception & Unplanned Pregnancy TRUST: Sexual Health

STI – What’s What TRUST: Sexual Health

STI Transmission TRUST: Sexual Health

Negotiating & Managing Conflict SC Personal Safety

Dating Violence & Rape SC Personal Safety