

Relationships and Sexuality Education: Year 1

1. Me as unique and different
2. Friendship
3. Changes at adolescence
 - Helping the students understand the physical, emotional and psychological changes that take place during adolescence
 - Helping the students appreciate that these changes occur at different rates, depending on the individual
4. The reproductive system
 - To enable the students to clarify their information on the male and female reproductive systems, intercourse, and conception
5. Images of male and female
 - To enable the students to deepen their awareness of stereotyping and its influence on attitudes and behaviour
6. Respecting myself and others
 - To identify some contemporary attitudes to sexuality
 - To help students to recognise the need for respect for sexuality

Relationships and Sexuality Education: Year 2

1. From conception to birth: examining the stages of development from conception to birth
2. Recognising and expressing feelings and emotions
 - To help the students to differentiate between the different types of relationships
 - To promote awareness of the feelings and emotions associated with a variety of relationships
3. Peer pressure and other influences

- To help the students explore the role of peer pressure and other influences in the area of sexuality
4. Managing relationships
 - To enable the students to develop skills for establishing and maintaining relationships at appropriate levels
 5. Making responsible decisions
 - To identify skills necessary for making decisions- consistent with personal values and within a moral framework – about behaviour in relationships
 6. Health and personal safety
 - To help the students to develop an awareness of the potential risks involved in developing new relationships
 - To enable the students to identify practical steps for personal security
 - To raise awareness about sexually transmitted disease

Relationships and Sexuality Education: Year 3

1. Body Image
 - To offer opportunities for self-reflection
 - To enable the students to further develop their skills for enhancing self esteem
2. Where am I now?
 - To facilitate a review of the stages of human growth and development, with particular reference to growth and development at adolescence
3. Relationships: what's important?
 - To help the students to identify the qualities they value in a relationships
 - To enable the students to examine some of the priorities in a relationship as depicted in a variety of media

4. The three R's: respect, rights, and responsibilities

- To enable the students to identify their rights and responsibilities in a relationship
- To develop skills for protecting rights and promoting responsibilities in personal relationships
- To develop awareness of the importance of respect in relationships

5. Conflict

- To enable the students to identify possible sources of conflict in relationships
- To help the students to apply conflict resolution and communication skills to those situations