

Senior Cycle RSE Lesson Programme



Bord Oideachais & Oiliúna
LIMERICK & CLARE
Education & Training Board

This senior cycle schedule includes the following year groups, Transition Year, 5th Year (LCA 1) and 6th Year (LCA 2).

The following scheme of work is intended to promote and guide students from Transition Year to 6th Year with Relationship and Sexual Education.

The programme will be introduced to students in the following sequence:

Transition Year - Six Lessons

5th Year/LCA 1 - Six Lessons

6th Year/LCA 2 - Six Lessons

Resources: Social Personal and Health Education; Resource Materials for Relationships & Sexuality Education, Post-Primary: Senior Cycle

Cause and Effect: 4 Stories on HIV & AIDS by Concern

In 2011, 15-24 year olds accounted for 40% of all new adult HIV infections around the globe. Knowledge about HIV is the first step to avoiding its transmission. The Cause and Effect resource pack and accompanying DVD cover key aspects of HIV & AIDS including stigma, prevention & testing, access to treatment, and living positively. Cause and effect comes with full lesson plans, a highly acclaimed DVD and student handouts.

It's Your Life: Social, Personal & Health Education for Senior Cycle by Fiona Chambers & Anita Stackpoole: Mentor

It's Your Life: Teacher's Resource Book: Social, Personal & Health Education for senior Cycle, complimentary to SPHE Teachers

Pastoral Care: Teachers' Manual – For Junior and Senior Cycle by J Matthew Feheney FPM: Folens

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Children First, National Guidelines for the Protection and Welfare of Children,

www.healthpromotion.ie – professional registration

www.b4udecide.ie

RSE Interim Curriculum Guidelines

Department of Education and Skills - RSE Circulars

- 0037 September 2010 - Reminder Implement SPHE JC, RSE SC, RSE Policy
- 0023 April 2010 - SPHE/RSE Visitors – Best Practice Guidelines PP Schools
- 0027 April 2008 - RSE – Implement SPHE JC, RSE SC, RSE Policy
- M20 /1996 - RSE – Implementation in Post Primary Schools
- M4 /1995 - RSE – Implementation in Post Primary Schools

Content of the RSE Programme

- Feelings
- Human Reproduction
- Human Sexuality
- Family planning
- Pregnancy and Parenthood
- Sexually Transmitted Infections
- Loving Relationships
- Marriage
- Gender Roles
- Sexual Orientations
- Sexual Harassment, Assault, Rape, Abuse
- Bereavement
- Planning for the Future

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- Responsible Parenthood
- Implications of Sexual Activity
- Family Life

Lesson 1

Dealing with Feelings

Aim: to enable students to recognise the range of human emotions and some of the ways we can deal with them.

Outcomes:

As a result of participating in this lesson, students should;

- Have a deeper understanding of the range of emotions;
- Have considered different ways of dealing with emotions.

Lesson 2

Developing Self-Control

Aim: to develop skills for dealing with conflict in relationships

Outcomes:

As a result of participating in this lesson, students should:

- Be able to identify situations in which conflict is most likely to occur;
- Be aware of what can happen in conflict situations
- Have developed and practised conflict resolution skills.

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Lesson 3

Living with Loss

Aim: to enable students to reflect on the experience of loss as part of human relationships.

Outcomes:

As a result of participating in this lesson, students should;

- Recognise the many ways we experience loss;
- Be aware of different human reactions to loss;
- Have critically examined the ways in which the media cover death and loss (optional);
- Have identified ways of coping and living with loss.

Lesson 4

Human Reproduction

Aims:

To develop a greater understanding of the structure and function of the reproductive systems of men and women.

To deepen appreciation of the precious gift of reproduction

Outcomes:

As a result of participating in this lesson, students should:

- Understand a woman's and a man's reproductive system;
- Have developed a deeper understanding of how a woman's and a man's reproductive system works;

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- (optional) be more familiar with a woman's menstrual cycle.

Lesson 5

Human Sexuality

Aim: To explore the nature of human sexuality and the myths surrounding it.

Outcomes:

As a result of participating in this lesson, students should:

- Have explored their understanding of human sexuality;
- Be able to recognise some of the influences on human sexuality;
- Have examined some of the myths around male and female sexuality.

Lesson 6

Gender Orientation

Aims:

To identify and make students aware of the different types of gender.

To deepen awareness of gender identity..

Outcomes:

As a result of participating in this lesson, students should:

- Be able to familiarize yourself with the role of gender identity.

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- Have deepened their knowledge of gender orientation and gender equality
- Understand the different ways people identify themselves.

Lesson 7

Responsible Parenthood

Aim: To deepen the students' understanding of the implications of pregnancy and parenthood for a couple.

Outcomes:

As a result of participating in this lesson, students should:

- Have explored the implications and consequences of pregnancy for a couple;
- Be able to recognise the demands of parenthood.

Possible home/school link/Homework: You could suggest that the students talk to their parents about what it was like when they were first born, and what being a parent means to them now.

Lesson 8

Overcoming Adversity

Aim: To develop a deeper understanding of the link between sexual behaviour and sexually transmitted infections (STI's)

Outcomes:

As a result of participating in this lesson, students should:

- Have knowledge of times when a person is at risk from STI's and HIV/AIDS;
- Be aware of the silent way in which STI's and HIV can spread;

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- Have identified some of the causes, symptoms and treatment associated with STI's, HIV and AIDS.

Lesson 9:

Implications of Sexual Activity

Aim: To examine some of the implications of sexual activity and to consider appropriate behaviour in the light of these implications.

Outcomes:

As a result of participating in this lesson, students should:

- Have acknowledged personal values and beliefs in the area of relationships and sexuality;
- Be aware of the pressures within our society which promote sexual activity at a young age;
- Have examined the reasons for delaying sexual activity;
- Be able to use decision-making skills;
- Have become more aware of some of the consequences of sexual activity: social, emotional and physical.

Lesson 10:

Loving Relationships

Aim: To develop an awareness of the complex nature of love and loving relationships.

Outcomes:

As a result of participating in this lesson, students should:

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- Have reflected on the nature of love and attraction;
- Have explored their understanding of the qualities of a loving relationship.

Lesson 11

Marriage

Aim: To develop a deeper understanding of the loving commitment that is marriage.

Outcomes:

As a result of participating in this lesson, students should:

- Have reflected on the actions which are part of a loving commitment in marriage;
- Have reflected on the qualities of a marital relationship;
- Have clarified their understanding of marriage;
- Have considered the commitments of marriage.

Lesson 12

Life Support

Aim: to develop a deeper appreciation of the importance of family life.

Outcomes:

As a result of participating in this lesson, students should:

- Have reflected on the importance of family as a source of support in good times and in bad;

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- Be able to appreciate the many and diverse connections between family and the wider community;
- Have increased their awareness of the interdependent nature of the family unit.

Lesson 13

Challenging Roles

Aim: To provide an opportunity for the students to consider the roles of women and men in relationships and in society.

Outcomes:

As a result of participating in this lesson, students should:

- Have deepened their understanding of what it means to be a different gender in our society;
- Be able to identify some of the expectations people can have of women and men in relationships;
- Have explored ways in which these expectations could be challenges.

Lesson 14

Accepting Sexual orientations

Aims: To deepen the students' awareness and understanding of sexual orientation and explore associated attitudes.

Outcomes:

As a result of participating in this lesson, students should:

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- Be able to recognise the ways in which people with different sexual orientations can be discriminated against;
- Be able to identify their attitudes to sexual orientation;
- Have deepened their understanding of the need to value and respect difference.

Lesson 15

Sexual harassment

Aim: To develop a deeper understanding of sexual harassment and how to deal with it.

Outcomes:

As a result of participating in this lesson, students should:

- Be able to identify the signs of sexual harassment
- Have explored situations where sexual harassment can occur;
- Have explored ways in which we can deal with sexual harassment in various situations including school, college and workplace.

Lesson 16

When Sexual Assault Becomes a Reality

Aim: To enable students to become aware of the impact of sexual assault on the victim and to identify ways of protecting themselves and each other from possible assault.

Outcomes:

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As a result of participating in this lesson, students should:

- Have examined common reactions to sexual assault and ways in which support can be given to the victim;
- Be aware of the way in which the print media report sexual assault;
- Have identified steps young people can take to protect themselves from possible assault.

Lesson 17

Consent

Aims:

To develop a deeper awareness of the issues associated with rape and sexual assault, including legal issues.

To provide information on agencies which are available to help anyone who may be affected.

Outcomes:

As a result of participating in this lesson, students should:

- Have discussed the complex issues associated with rape and sexual assault;
- Have increased their knowledge of factual information regarding rape and sexual assault;
- Have explored commonly held myths about rape;
- Have become more aware of the various helping agencies for victim of sexual assault and rape.
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Lesson 18

Sexual abuse

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Aim: to increase the students' awareness of sexual abuse and to identify support structures available.

Outcomes:

As a result of participating in the lesson, students should:

- Have explored what constitutes abusive activity;
- Have clarified factual information surrounding sexual abuse;
- Be able to identify helping agencies and steps to be taken in the event of sexual abuse.