

RSE LCC Relationships and Sexuality Education Programme Content:

JUNIOR CYCLE

Delivered as part of SPHE Programme – One lesson per week. RSE 6-8 weeks.

JUNIOR CYCLE RSE: SOCIAL, PERSONAL AND HEALTH EDUCATION

1st – 3rd YR: Relationships and sexuality:

1st YEAR: RSE TOPICS

1. Me as unique and different
2. Friendship
3. Changes at adolescence
4. The reproductive system
5. Images of male and female
6. Respecting myself and others.

2nd YEAR : RSE TOPICS

1. Body image
2. Where am I now?
3. Relationships - what's important
4. The three R's: respect, rights, and responsibilities
5. Conflict

3rd YEAR: RSE TOPICS

1. Body care and body image
2. Recognising and expressing feelings.
3. Peer pressure and other influences
4. Managing relationships
5. Making responsible decisions
6. Health and personal safety.

2018-2019 – Introduction of GROWING UP LGBT – 1-3rd Year – 10 Lessons over JC Course (3-4 per year – Term 2) –

JUNIOR CYCLE

Lesson 1	Respectful Communication
Lesson 2	Gender
Lesson 3	Coming Out to Self
Lesson 4	Friendship
Lesson 5	Prejudice and Discrimination – Homophobic Bullying (1)
Lesson 6	Prejudice and Discrimination – Homophobic Bullying (2)
Lesson 7	Coming Out to Others
Lesson 8	Relationships
Lesson 9	Transgender Identity
Lesson 10	Supports and Celebrations

RSE @ LCC Relationships and Sexuality Education Programme SENIOR CYCLE

4th Year –TY Students – 8 lessons from the **b4youdecide** programme* .

Handbook and lesson plans available at www.b4udecide.ie and also sent to students school email account.



b4udecide.ie is an education initiative developed by the HSE Crisis Pregnancy Programme, in partnership with the Department of Education and Skills, the National Youth Council of Ireland, Parent line and members of the Donegal Youth Council. It is based on the b4udecide.ie website, which teenagers can access directly. The initiative aims to encourage young people to make healthy, responsible decisions about relationships and sexual health, with the ultimate aim of delaying early sex.

Topics include : healthy friendships, values, self-esteem, age of consent, rights and responsibilities, relationship pressures, teenage pregnancy, S.T.I.s., Information on testicular & breast cancer.

TY

RSE - SEXTING - EDUCATIONAL DRAMA - BODYRIGHT - WORKSHEETS AVAILABLE DRCC

EXPOSED:

<https://www.youtube.com/watch?v=9uJOXOAAQ9Qo>

<https://www.youtube.com/watch?v=LnGLbylUdzA>

2018-2019 – INTRODUCTION of GROWING UP LGBTQ to SENIOR CYCLE RSE PROGRAMME :
Over 3 Years: (3-4 per year – Term 2) –

SENIOR CYCLE

Lesson 1	Understanding Sexual Orientation and Gender Identity
Lesson 2	Coming Out to Self
Lesson 3	Coming Out To Others
Lesson 4	Relationships
Lesson 5	Transgender Identity
Lesson 6	Prejudice and Discrimination (1)
Lesson 7	Prejudice and Discrimination (2)
Lesson 8	Supports and Celebrations

* 2018-2019 – B4UDECIDE for TRANSITION YEARS TO BE REPLACED WITH :

RSE MANUELA PROGRAMME

The aim of the Manuela Programme is to engage young people in a dialogue that looks at attitudes, knowledge and skills in relation to consent, healthy relationships, social media, and sexual violence prevention. This supplements the mission of the TY curriculum in promoting the personal, social, educational and vocational development of pupils and preparing them for their role as autonomous, participative, and responsible members of society. Young people who participate in the programme will be able to:

- Demonstrate an enhanced knowledge of what constitutes sexual violence and its impact.
- Identify influences and pressures that exist for young people today that can impact their mental, emotional, and sexual health.
- Recognise what constitutes a healthy or unhealthy relationship.
- Challenge social norms that are tolerant of sexual violence.
- Develop attitudes that contribute towards equality.
- Make healthier choices in the context of influences in the world around them.
- Be knowledgeable about relevant support services and structures.

The Manuela Programme

MANUELA PROGRAMME commences in LCC in October 2018. Teachers Ciara Ryan, Sarah Kinsella and Billy Craven to attend with students and will be trained to deliver programme in future years.



What is the Manuela Riedo Programme?

- **Aim:** Reduce levels of sexual violence in Ireland by the engagement of young people 15-16 years in a dialogue that challenges **attitudes**, **knowledge** and **skills** in relation to sexual violence and conduct.
- Comprehensive, evidence informed education programme particular to sexual violence prevention.
- Desired outcomes whereby practitioners through their engagement in this process will contribute towards:
 - A shared vision and consistent practice led by international evidence in sexual violence prevention in Ireland for 15-16 year olds.
 - A reduction in sexual violence in Ireland.

TRUST PACK – RSE - 5th and 6th Year– From 2018-2019

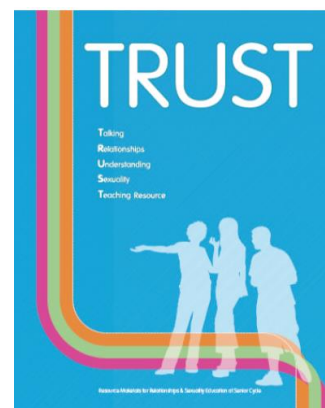
Fifth Year Students –8-10 lessons from the **SPHE/DES T.R.U.S.T** programme.

Sixth Year Students –8-10 lessons from the **SPHE/DES T.R.U.S.T** programme.

TALKING RELATIONSHIPS, UNDERSTANDING SEXUALITY (TRUST) TEACHING RESOURCE

The TRUST resource supports the implementation of Relationships and Sexuality Education at Senior Cycle.

The resource includes a 40 minute DVD and set of 21 lesson plans covering topics on the Senior Cycle RSE curriculum such as communication, decision making, safety, self-esteem, contraception, sexually transmitted infections, and unplanned pregnancy.



TRUST PROGRAMME – CONTENT

○ INTRODUCTION

1 RELATIONSHIPS

- 1 What We Value in Relationships
- 2 Healthy Relationships
- 3 Self-Esteem
- 4 The Influence of Self-Esteem
- 5 When We Feel Hurt
- 6 Understanding Boundaries
- 7 Communicating Our Boundaries
- 8 Intimacy

2 TAKING TIME TO THINK

- 9 Sexuality
- 10 Sexual Orientation
- 11 Influences and Values
- 12 Decision-Making
- 13 Responsible Relationships

3 SEXUAL HEALTH

- 14 Human Reproduction and Fertility
- 15 Understanding Female Fertility
- 16 Contraceptive Methods I
- 17 Contraceptive Methods II
- 18 Unplanned Pregnancy
- 19 STIs – What's What
- 20 STI Transmission

○ LOOKING BACK, LOOKING FORWARD

○ SUPPORT SERVICES FOR YOUNG PEOPLE

○ BIBLIOGRAPHY