

## Sacred Heart Secondary School, Senior Cycle RSE Programme

Students learn about	Students should be able to
Self-awareness and personal skills	<ul style="list-style-type: none"> <li>● Compare what they value in relationships with what is valued by significant other groups, e.g. family, church, older people, friends, different cultures.</li> <li>● Compare what they value in relationships with the values portrayed in relationships in the media.</li> <li>● Identify the personal strengths that they bring to relationships.</li> </ul>
Relationship skills	<ul style="list-style-type: none"> <li>● Demonstrate genuineness, empathy and respect in different types of relationships scenarios.</li> <li>● Demonstrate relationship skills which support the setting up, maintenance and ending of relationships.</li> </ul>
Sexual and reproductive health	<ul style="list-style-type: none"> <li>● Explain the different stages of adolescent development, including the physical, emotional and sexual changes that take place in puberty.</li> <li>● Explain the reproductive process including an understanding of fertility from both a male and a female perspective.</li> <li>● Research sexually transmitted infections including Human Immuno-deficiency Virus (HIV) and the importance of early medical intervention for STI's.</li> <li>● Compare different methods of contraception and protection against sexually transmitted infections (STI's) and pregnancy.</li> <li>● Examine different lifestyle choices about sexual activities and the consequences of being sexually active for themselves and their personal relationships.</li> <li>● Discuss the complexity of moral, social and cultural issues that impact on sexual behaviour including the pressure on youth to be sexually attractive and sexually available.</li> <li>● Discuss different cultural values and beliefs about sex and sexual health.</li> </ul>
Sexual identity	<ul style="list-style-type: none"> <li>● Distinguish between sexual activity, sexuality and sexual orientation.</li> <li>● Clarify their understanding of and comfort with different sexual orientations.</li> </ul>

	<ul style="list-style-type: none"><li>● Demonstrate how to relate respectfully to others of a different sexual orientation.</li></ul>
Personal rights and personal safety	<ul style="list-style-type: none"><li>● Explain what sexual harassment is, including issues of power and control.</li><li>● Demonstrate skills for dealing with sexual harassment including how assess risk and take steps to deal with it including where to access help and support.</li></ul>
Being health literate	<ul style="list-style-type: none"><li>● Discuss the law as it relates to the age of consent for sexual activity.</li></ul>