



1st Year RSE Topics/Learning Outcomes

Friendship

LO: Identify the qualities that the students value in a friend.

BK: Pgs. 127-128 & 132-133

Changes during Adolescence

LO: Learn about the emotional, social, psychological and physical changes that take place during adolescence.

Recognise the physical changes that take place in boys and girls during puberty.

Understand the parts of the male reproductive systems and how they work.

BK: Pgs. 42-46 & 137

Gender Stereotyping

LO: Define the terms gender and stereotyping.

Be aware of the nature of gender stereotyping.

BK: Pgs. 145-148

LGBT+

LO: Explain the terms sexuality and sexual orientation.

Become familiar with some of the language related to sexual orientation.

Explore ways of supporting someone who is lesbian or gay.

BK: Pgs. 149-152



2nd Year RSE Topics/Learning Outcomes

Friendship

LO: Understand that friendships can change throughout their life.

Learn how to handle difficulties in their friendships.

BK: Pgs.127-133

Boundaries

LO: Explore the importance of having boundaries in relationships and setting their own personal boundaries.

BK: Pgs. 145-149

LGBT+

LO: Appreciate that we are all individual and different.

Become familiar with some of the language related to sexual orientation.

See the world through the eyes of someone who is LGBT.

Define sexual orientation.

Explore some personal and social dimensions of sexual orientation.

BK: Pgs. 64-65 & 156-158

Media Influences

LO: To increase students' awareness of how their attitudes to relationships, sexuality and sexual behaviour are influenced by the media.

BK: Pgs. 160-165 or B4UDecide Lesson 5.



3rd Year RSE Topics/Learning Outcomes

Romantic Relationships

LO: Identify qualities and/or values that are important in a healthy romantic relationship.
Identify what makes for an unhealthy romantic relationship.

BK: Pgs. 94-101 & 104

LGBT+

LO: Understand what is meant by sex, sexuality and sexual health.
Become aware of some of the issues faced by teenagers who are transgender.

Appreciate that people in LGBT relationships can face prejudice, both personally and socially.

BK: Pgs. 113-116 & 122-124

Sexual Consent

LO: Understand what is meant by 'consent' in relationships.
Know what the law in Ireland says about the age of consent for sexual activity.

BK: Pgs. 116-119

Sexual Health

LO: Learn about Sexually Transmitted Infections (STIs) – transmission and treatment.

BK: Pgs. 125-129

Media and RSE – Part of the 3rd Anti-Bullying Lessons

LO: Learn what sexting means and understand the dangers of sexting.
Learn what pornography means and understand the issues with pornography.

Recognise the link between sexting and cyberbullying.

Become familiar with the law on sharing explicit images.

Know what to do if they become a victim of sextortion/revenge porn.

BK: Pgs. 84-88



Resources:

WebWise Resources for Media and RSE:

Be In CTRL and *Lockers*

<https://www.webwise.ie/teachers/>

<https://www.webwise.ie/classroom-videos/>

Books:

Health and Wellbeing: SPHE 1 (Edco)

Health and Wellbeing: SPHE 2 (Edco)

Health and Wellbeing: SPHE 3 (Edco)

B4udecide RSE Resource for Teachers

Websites:

<http://www.b4udecide.ie>

<http://www.webwise.ie>

<http://www.scoilnet.ie>