

First Year SPHE

Module 1 - Coping with Change, Making Connections and Knowing Myself.

Learning Outcomes

- 1.7 communicate in a respectful and effective manner and listen openly and sensitively to the views/feelings of others
- 1.8 reflect on the meaning and importance of empathy and discuss ways that it can be expressed
- 2.4 demonstrate skills and strategies to help make informed choices that support health and wellbeing and apply them in real-life situations that may be stressful and/or involve difficult peer situations.
- 3.4 appreciate the importance of setting healthy boundaries in relationships and consider how to show respect for the boundaries of others
- 4.3 consider the impact of stress and draw upon a variety of techniques to help self-regulate emotions and cope with the day-to-day stresses of life.

Key Learning

Lessons will be created using a variety of resources but particularly those from the following NCCA site

<https://curriculumonline.ie/Junior-Cycle/Short-Courses/SPHE-2023/SPHE-toolkit/Resources-for-teaching-and-learning-in-SPHE/>

Students will learn:

- How to connect with others in their base class through teambuilding and the creation of a class contract. Learn about the school and the supports available.
- How to make new friends and cope with changing friendships and circumstances.
- Learn about themselves including techniques for self regulation.
- The importance of empathy.

Module 2 - Setting Goals, Organisation and Study Skills

Learning Outcomes

- 1.9 demonstrate self-management skills, including setting personal goals, delaying gratification, and self-regulation of thoughts, emotions and impulses.
- 4.2 recognise and acknowledge their emotions and recognise the links between thoughts, feelings and behaviour.

Key Learning:

Students will:

- Learn the importance of setting personal and academic SMART goals.
- Examine different study techniques and figure out which works best for them.
- Learn how to prepare mentally for exams and study.
- Learn relaxation techniques to cope with stress relating to school.

Module 3: Healthy Body, Healthy Mind.

Learning Outcomes:

2.1 consider the multifaceted nature of health and wellbeing, and evaluate what being healthy might look like for different adolescents, including how food, physical activity, sleep/rest and hygiene contribute to health and wellbeing

2.5 discuss the physical, social, emotional and legal consequences of using addictive substances - immediate and long-term

4.5 explore how emotional wellbeing can be affected by factors within our control, such as sleep, diet, exercise, substance use and online exposure, and factors beyond our control

Key Learning

Students will learn:

- The importance of personal hygiene, exercise, sleep and limiting screen time.
- The dangers of smoking, vaping and drug use for both their physical and mental health.

Module 5: Relationships and Sexuality

Learning Outcomes

1.1 explore the physical, social and emotional changes that happen during adolescence

3.2 examine benefits and difficulties experienced by young people in a range of relationships - friendships, family relationships, and romantic/intimate relationships

3.5 Reproduction and pregnancy

1.4 recognise the factors and influences that shape young people's self-identity, such as family, peers, culture, gender identity, sexual orientation, race/ethnic background, disabilities, religious beliefs/world-views

Key Learning

Students will learn

- The importance of being kind and respectful in our relationships and friendships.
- About the human reproductive systems, puberty, pregnancy and birth.
- The legal age of consent and the law including Coco's Law.
- That we are all unique and different.

Module 5: Staying Safe and Practicing Empathy- Online and in School

Learning Outcomes

1.6 discuss experiences/situations of bias, inequality or exclusion and devise ways to actively create more inclusive environments

2.8 discuss how to share personal information, images, opinions and emotions in a safe, responsible and respectful manner online and in person

4.7 explain why noticing and responding to different kinds of abusive or bullying behaviour that can occur in person and online is important and discuss appropriate responses including, why, how, where and when to report

Key Learning

Students will learn:

- The importance of having a relational and inclusive school, free from bias and discrimination.
- How to be safe online with personal information and how to identify, deal with or report cyberbullying.
- How to identify and deal with bullying in school.
- What empathy is and why it is so important to practice in our everyday lives.