

SPHE – 2nd year Curriculum

Strand 1: September and October – Who Am I?

Strand 1	Strand/Module	Learning Outcome	Learning Intentions
1	Who am I? How do I see myself and others?	1.1 appreciates the importance of building their own self-esteem and that of others.	We are going to get to know ourselves and our classmates better. We will be able to name three good things about ourselves
2	My rights and the rights of others	1.9 Appreciate the importance of respectful and inclusive behaviour in promoting a safe environment free from bias and discrimination	We will create a class contract
3	Self-management	1.5 Identify short, medium and long term goals and ways they can be achieved	We will review 1 st year and make plans for a good start to 2 nd year.
4	Self-Management	1.6 apply decision making skills to a variety of situations	We will learn about the importance of knowing how to make a decision.
5	Self-Management	1.5 Identify short, medium and long term goals and ways they can be achieved	We will examine different learning styles and study skills
6	My Rights and the Rights of others	1.9 appreciate the importance of respectful and inclusive behaviour in promoting a safe environment free from bias and discrimination	We will know how to communicate in a respectful way online and understand the consequences of sharing personal information online.
7	Being an adolescent	1.3 participate in informed discussions about the impact of physical, emotional, psychological and social development in adolescence	Understand how you express yourself verbally and non-verbally

Strand 2: Minding Myself and Others

Strand 2	Strand/Module	Learning Outcome	Learning Intentions Success Criteria
1	Minding Myself and others. Being Healthy	2.2 critique the impact of the media, advertising and other influences on one's decisions about health and wellbeing	We will understand how body image is linked to self esteem

2.	Minding Myself and others. Being Healthy	2.1 evaluate how diet, physical activity, sleep/rest and hygiene contribute to self-confidence, self-esteem and wellbeing.	We will learn about healthy eating habits, hygiene, rest and relaxation.
3	Substance Use	2.5 demonstrate the personal and social skills to address pressure to smoke, to drink alcohol and/or use other substances.	Understand the effects of smoking, alcohol and cannabis use both socially and physically.
4	Substance Use	2.6 reflect on the personal, social and legal consequences of their own or others' drug use	We will learn how drugs can affect our decision making and lead to us behaving in a way that we wouldn't normally.
5	Respectful communication	2.9 use good communication skills to respond to criticism and conflict	We will learn to understand what is meant by appropriate communication.

6. Minding Myself and Others. Anti- Bullying.	2.10 We will be able to describe appropriate responses to incidents of bullying.	We will learn the difference between 'teasing' and bullying. We will become aware of the serious effects of all types of bullying.
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Strand 3: Team Up – Relationship and Sexuality Education

Strand 1	Strand/Module	Learning Outcome	Learning Intentions Success Criteria
1	Having a friend and being a friend.	3.2 evaluate attitudes, skills and values that help to make, maintain and end friendships respectfully.	We will learn that friendships can change throughout life.
2	Having a friend and being a friend.	3.3 recognise their capacity to extend and receive friendship.	We will learn the difference between healthy and unhealthy friendship.
3.	The Relationship Spectrum	3.4 explain the different influences on relationships and levels of intimacy Consent	We will learn to understand the different relationships in our lives and explore the importance of having boundaries in relationships.
4.	Sexuality, gender identity and sexual health	3.6 Describe fertility, conception, prenatal development and birth, and the particular health considerations for each	We will revise the parts of the female and male reproductive system.

5.	Sexuality, gender identity and sexual health	3.7 explain what it means to take care of their sexual health	Appreciate how important it is for a mother to look after her health during pregnancy.
6.	Media influence on relationships and sexuality	3.10 critically analyse the use of sexual imagery and gender stereotyping in various forms of media.	We will revise gender stereotyping, become familiar with terms of sexual orientation and gender.

Strand 4: My Mental Health

Strand 1	Strand/Module	Learning Outcome	Learning Intentions Success Criteria
1	Positive Mental Health	4.1 explain what it means to have positive mental health 4.2 appreciate the importance of talking things over, including recognising the links between thoughts, feelings and behaviour.	We will understand the role of positive thinking, resilience and seeing the bigger picture.
2.	Mental health and mental ill-health.	4.5 appreciate what it means to live with mental ill-health.	We will learn about mental health issues experienced by young people.
3.	Dealing with Tough Times	4.8 practise a range of strategies for building resilience.	We will learn about how resilience can help you to handle life's challenges
4.	Loss and bereavement	4.10 explain the wide range of life events where they might experience loss and bereavement.	We will learn the five stages in the journey through grief. (that change and loss are a normal part of life)
5.	Loss and bereavement	4.13 describe how they might care for themselves and be supportive of others in times of loss or bereavement 4.6 critique mental health services available to young people locally	We will learn how to help someone that is grieving. We will discuss what might be helpful and what might be harmful. Review local supports available to a person that might be grieving.

Extra Courses covered:

Fuse Anti-bullying: <https://antibullyingcentre.ie/fuse/#> A parents hub is also available on this site.

Dove Self Esteem Workshops <https://www.dove.com/us/en/dove-self-esteem-project/school-workshops-on-body-image-confident-me.html>

Drink Aware <https://www.drinkaware.ie/schools-alcohol-education-and-training/alcohol-education-programme-for-junior-cycle/>

