



5th Year Scheme of Work
Relationships and Sexuality .Education.
2023-2024

Module One:

The Catholic ethos of our school is reflected in the teaching of our RSE program.
An Introduction to Relationships, Consent and Sexual Health, Fertility, Contraception, STI's

CONTENT	Outcomes for Student
Part 1: What we value in relationships. Healthy and unhealthy relationships	What we value in a relationship The Qualities student brings to relationships The qualities we value in others Healthy and important relationships
Part 2: Self Esteem Communication	An awareness of their own self-worth Recognise and affirm their strengths Feel empowered in relationships How their sense of self can be influenced by their peers. Positive self-talk
Part 3: An introduction to consent Understanding boundaries Communicating our boundaries Assertive communication skills	Legal age of consent What is consent? Awareness of boundaries and how to act Be able to recognize inner cues that make them feel safe How to practice skills for communicating boundaries assertively Practice skills for listening to another person communicating their boundaries



Part 4: Intimacy	The stages of intimacy in a relationship Intimate relationships in their lives
Part 5: Human reproduction and Fertility 1 STI's/ STD's 1 Contraception 1	The human reproductive systems How conception takes place Male and female fertility Various types of STIs/SIDs and their categories The causes cures and transmission routes of treatments Some of the barriers to people accessing STI treatments Related health issues The range of methods of contraception
Part 6: Gender Studies Understanding Sexual Orientation and Gender Identity Prejudice and Discrimination 1	Gender identity and sexual orientation Equal status act

6 th Year Scheme of Work Relationships and Sexuality Education	
CONTENT	Outcomes for student



<p>Part 1: Human Reproduction and Fertility II</p>	<p>Students should know: An understanding of the male and female reproductive organs with diagrams. Male and female fertility and understanding fertility.</p>
<p>Part 2: Contraception Methods II</p>	<p>Students should know: An exploration of the range of available methods of contraception. An evaluation of the factors which may affect a person's decision and choice of contraception.</p>
<p>Part 3: Consent II Understanding boundaries Communicating our boundaries Assertive communication skills</p>	<p>Students should know: Legal age of consent What is consent? Awareness of boundaries and how to act Be able to recognize inner cues that make them feel safe How to practice skills for communicating boundaries assertively Practice skills for listening to another person communicating their boundaries</p>
<p>Part 4: Understanding female fertility Unplanned pregnancy</p>	<p>Students should know: An understanding of what happens in the body during the menstrual cycle. Know the most likely fertile time in a regular menstrual cycle. Understand the range of factors that influence female fertility. The issues surrounding an unplanned pregnancy for young people. An awareness of the support and services available to someone with an unplanned pregnancy. Supporting a friend who is experiencing an unplanned pregnancy.</p>
<p>Part 5: STI's/ STD's II STI Transmission</p>	<p>Students should know: An awareness of responsible sexual behaviour in order to reduce the risks of sexually transmitted infections. Various types of STIs/SIDs and their categories The transmission routes of STI's</p>



<p>Part 6: Gender Studies Understanding Sexual Orientation and Gender Identity Prejudice and Discrimination II</p>	<p>Students should know: What is meant by gender identity and sexual orientation. Equal status act of 2016</p>
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