

# Mercy Mounthawk Secondary School

## Senior SPHE

<b>Aims</b>	<b>Senior cycle SPHE aims to support students in making choices for health and wellbeing.</b>
Objectives	The objectives for SPHE in senior cycle are to: <ul style="list-style-type: none"><li>• develop self-awareness through opportunities to reflect on thoughts, values, attitudes and feelings</li><li>• enhance students' knowledge and understanding of essential health concepts and the wider influences on health and wellbeing to enable informed decision making</li><li>• develop students' self-efficacy; the confidence to think and behave independently especially in the face of social pressure</li><li>• strengthen students' capacity to empathise with another person's situation, feelings and motives in order to enhance relationships with other people</li><li>• develop coping strategies for adolescence and adult life in support of greater resilience</li><li>• develop students' health literacy skills, including the ability to obtain, critically evaluate and act on health information in support of health and wellbeing</li><li>• develop a willingness to participate in the creation and maintenance of healthy communities and environments.</li></ul>
Overview	SPHE in senior cycle is built around five areas of learning. These areas of learning focus on what is important for students in senior cycle to know, understand and be able to do in order to make and maintain healthy lifestyle decisions. The five areas of learning are: <ul style="list-style-type: none"><li>• Mental health</li><li>• Gender studies</li><li>• Substance use</li><li>• Relationships and sexuality education</li></ul>

	• Physical activity and nutrition.	
Curriculum	Topic	Learning areas
Senior SPHE	Mental Health	<ul style="list-style-type: none"> <li>Defining mental health</li> <li>Self awareness and personal skill</li> <li>Emotional health</li> <li>Relationship skills</li> <li>Stress management</li> <li>Bereavement and loss</li> <li>Mental ill health and mental illness</li> <li>Being health literate</li> <li>Dealing with abusive behaviour</li> </ul>
	Gender Studies	<ul style="list-style-type: none"> <li>The difference between sex and gender</li> <li>Gender stereotyping</li> <li>Gender and cultural influences</li> <li>Self-awareness and self-management</li> <li>Being health literate</li> <li>Male and female experiences of health and wellbeing</li> <li>Gender, power and authority</li> </ul>
	Substance Use	<ul style="list-style-type: none"> <li>Substance use and misuse</li> <li>Self awareness and personal skills</li> <li>Relationship skills</li> <li>Stress management</li> </ul>
	Relationships and Sexuality Education (RSE)	<ul style="list-style-type: none"> <li>Self awareness and personal skills</li> <li>Relationship skills</li> <li>Sexual and reproductive health</li> <li>Sexual identity</li> <li>Parenting</li> <li>Personal rights and personal safety</li> <li>Being health literate</li> </ul>

	Physical Health and Nutrition	Physical Activity and Nutrition Self awareness and personal skills Relationship skills Being health literate Gender and physical activity Stress management
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