

Mercy Secondary School Mounthawk
CURRICULUM - Relationship and Sexuality Education

SUBJECT DEPARTMENT: - TY RSE Module (delivered in Religion) YEAR: 2023/2024

CONTENT	Outcomes for student - Based on B4UDecide Programme
<p>Session 1</p> <ul style="list-style-type: none"> To develop a safe work environment 	<ul style="list-style-type: none"> Develop ground rules for working as a team Awareness of relevant school policy for RSE and limits and boundaries To develop skills to express their feelings and opinions and enhance their wellbeing
<p>Session 2</p> <ul style="list-style-type: none"> To introduce the b4udecide.ie 	<ul style="list-style-type: none"> To raise students awareness on the b4udecide website as a trustworthy source of information they can access for wellbeing To increase students skills, to become more resilient with pressure they experience in order to make healthy decisions about relationship and sex as they get older Use of digital technology to manage oneself
<p>Session 3</p> <ul style="list-style-type: none"> Characteristic of Healthy Friendship 	<ul style="list-style-type: none"> Students develop an understanding of different types of relationships Be aware of feelings and emotions associated with various relationships
<p>Session 4</p> <ul style="list-style-type: none"> To enable students identify their own values in relationships 	<ul style="list-style-type: none"> Students will identify values that are important to them in relationships Students understand that these values will help them manage information and guide them in making choices in life

<p>Session 5</p> <ul style="list-style-type: none"> • <i>To develop an awareness of decision making processes in relationships</i> 	<ul style="list-style-type: none"> • Students will get to know the steps in making healthy decisions • Develop skills to make and maintain relationships at appropriate levels • Gut feeling
<p>Session 6</p> <ul style="list-style-type: none"> • <i>To enable students to reflect on their positive qualities, achievements and important relationships in their lives and how to focus on these to build their self-esteem</i> 	<ul style="list-style-type: none"> • To be aware of their own strengths and positive characteristics • Help others to be aware of their strengths and positive achievements
<p>Session 7</p> <ul style="list-style-type: none"> • <i>To explore how relationships progress through stages – meeting/ commitment/ Or eventual breakup</i> 	<ul style="list-style-type: none"> • Awareness of healthy relationships qualities and how they develop • Appropriate stages in relationships • Awareness of benefits when physical/ emotional aspects of relationships develop/ trust, respect ,choices responsibility
<p>Session 8</p> <ul style="list-style-type: none"> • <i>Rights and Responsibilities</i> 	<ul style="list-style-type: none"> • To reflect on rights and responsibilities in romantic relationships • Differentiate between situations where compromise is appropriate and times when it is more appropriate to say NO directly, if their rights are comprised
<p>Session 9 Sexual Health</p>	<ul style="list-style-type: none"> • To review Junior Cycle lessons on Sexually Transmitted Infections/ Contraception

SUBJECT DEPARTMENT PLANNING
Mercy Secondary School Mounthawk
CURRICULUM

SUBJECT DEPARTMENT: _____ **4th Year RSE/SPHE** _____ **Manuela Programme** _____ **YEAR:** _____ **2023/2024**

CONTENT	Outcomes for student - Based on TUSLA recommended Manuela Programme
<i>Session 1: Introduction and consent (2 hours/3 classes).</i>	<p>On completion of the course students will be able to:</p> <ul style="list-style-type: none"> ● State the name of other participants and teachers/facilitators. ● Demonstrate a clear understanding of the purpose of the course. ● Describe what consent is and demonstrate enhanced knowledge of the law in Ireland around consent. ● Recognize that consent is required for any sexual activity with another person. ● Respect boundaries and the fact that people have the right to say no.
<i>Session 2</i>	<p>At the end of the session students will be able to :</p> <ul style="list-style-type: none"> ● Define sexual violence ● Describe the impact of sexual violence on the victim and wider community. ● Increase skills, knowledge, attitudes to decrease the possibility of victim blaming and perpetration. ● Know how to respond to a disclosure and refer to RCCs (Access services, talk to someone).
<i>Session 3: Lucy's House Party</i>	<p>On completion of this session participants will be able to:</p> <ul style="list-style-type: none"> ● Recognise what constitutes a healthy and unhealthy or abusive relationship. ● Challenge the inappropriate behaviour of others. ● Develop healthy and enjoyable sexual relationships when they are ready.

<p><i>Session 4: The World You Live in</i></p>	<p>On completion of this session students will be able to:</p> <ul style="list-style-type: none"> ● Identify the various influences the impact sexual health and sexual violence. ● Critically interrogate the culture and/or behavior they encounter regarding sexual health and violence. ● Make healthier choices in the context of influences in the world around them.
<p><i>Session 5: Healthy Boundaries</i></p>	<ul style="list-style-type: none"> ● Respect each individual's boundaries, bodily integrity and their right to say no. ● Increase skills, knowledge, attitudes to decrease the possibility of perpetration. ● Integrate healthier options when dealing with challenging behavior and preventing sexual violence.
<p><i>Session 6 : Prevention and Integration</i></p>	<p>On completion of this session students will be able to:</p> <ul style="list-style-type: none"> ● Outline the consequences of sexual violence for the perpetrator. ● Apply their learning about sexual violence prevention. ● Access relevant services and support structures. ● Facilitate an ongoing dialogue, change and openness to the prevention of sexual violence in school culture and adolescent relationships.