

# Relationship and Sexual Education Programme

## Rice College Junior and Senior Cycle

Junior Cycle consists of 1<sup>st</sup> to 3<sup>rd</sup> Year class groups.

Senior Cycle RSE consists of Transition Year students, 5<sup>th</sup> Year students and 6<sup>th</sup> year students.

### Junior Cycle

#### Relationships and Sexuality Education Programme

##### First Years

Wk	Topic
1	Friendship
2	Relationships – Rights and Responsibilities
3	Sexual Development - Puberty
4	Sexual Development and Sexual Health - Consent
5	Respectful Communication and Gender Identity
6	Gender Identity/Gender

##### Second Years

Wk	Topic
1	Fertility, Conception, Pre-natal Development and Birth
2	Sexual Health and Diseases
3 & 4	Reflecting on Personal and Social dimensions of Sexual Orientation and Gender Identity – Coming Out, Prejudice and Discrimination, Homophobic Bullying
5 & 6	Sexual Imagery and the Law

## Third Years

Wk	Topic
1	Influences on Relationships and Intimacy
2	Analysing Relationship Difficulties experienced by young people
3	What it means to take care of sexual health
4	Demonstrating assertive communications skills in support of responsible and informed decision-making about relationships and sexual health
5	Reflecting on personal and social dimensions of sexual orientation and gender identity
6	Critically analysing the use of sexual imagery and gender stereotyping in various forms of media
7	Critique the influence of media on sexuality and sexual health

## Transition Year

The content of the 6 lessons are as follows:

### **Section 2:**

#### **Lockers: An SPHE Resource on the Non-Consensual Sharing of Intimate Images**

LESSON 1:	The law on sharing intimate content.....	32
LESSON 2:	When online sharing goes wrong.....	42
LESSON 3:	Victim blaming.....	50
LESSON 4:	Peer pressure and non-consensual sharing.....	58
LESSON 5:	The influence of media and gender stereotypes.....	64
LESSON 6:	Getting help.....	72

Although it is envisaged that the programme will be delivered over 6 lessons there is scope to extend the timeframe should it be required.

# 5<sup>th</sup> & 6<sup>th</sup> year

Development of the themes Human Growth and Development, Human Sexuality and Human Relationships will be explored.

## **TRUST PROGRAMME – CONTENT**

### **○ INTRODUCTION**

### **1 RELATIONSHIPS**

- 1 What We Value in Relationships
- 2 Healthy Relationships
- 3 Self-Esteem
- 4 The Influence of Self-Esteem
- 5 When We Feel Hurt
- 6 Understanding Boundaries
- 7 Communicating Our Boundaries
- 8 Intimacy

### **2 TAKING TIME TO THINK**

- 9 Sexuality
- 10 Sexual Orientation
- 11 Influences and Values
- 12 Decision-Making
- 13 Responsible Relationships

### **3 SEXUAL HEALTH**

- 14 Human Reproduction and Fertility
- 15 Understanding Female Fertility
- 16 Contraceptive Methods I
- 17 Contraceptive Methods II
- 18 Unplanned Pregnancy
- 19 STIs – What's What
- 20 STI Transmission