

SPHE Long Term Plan

Year Group: Junior Cycle

Reviewed: September 2024

Date of Next Review: June 2025

Teachers: M Lynch, J Fox, S Sheridan, C Herron, A Doherty, C Campbell

	August-October	November - December	January- February	February- April	April-May	Reflection
1st Year	Understanding myself and others <ul style="list-style-type: none"> • Creating a safe SPHE Classroom • Coping with Change • Making Connections • Knowing Myself • Managing Myself • Loving Myself • Understanding Boundaries • Respecting Myself and Others 	Building a Healthy Mind and Body <ul style="list-style-type: none"> • Emotional Wellbeing • The Impact of Stress • Building Resilience • – Teenage Nutrition • Physical exercise • Sleep hygiene 	Relationships and sexuality <ul style="list-style-type: none"> • Changes During Adolescence • Reproduction and Sexuality • Gender Identity and Expression • Sexual Orientation • Gender stereotypes • Equality, Equity and Inclusivity • Healthy and Unhealthy Relationships • Challenges in Relationships 	Substance Abuse <ul style="list-style-type: none"> • Alcohol • Smoking • Vaping: Effects on brain and body • Vaping: consequences 	Being Safe and Respectful Online and In Person <ul style="list-style-type: none"> • My Online World: Communicating with Empathy • Respectfully Sharing Information Online • What Is Bullying? • Witnessing Bullying • Accessing Help and Support for Bullying 	Unit 1 was rated 1/5 by 2 members of the dept – no reasons for why this wasn't working well therefore this is something that needs to be explored further.
2nd Year	Understanding myself and others <ul style="list-style-type: none"> • Reflection and Connection • Building Motivational Habits • Nurturing Self-Worth • My Self-Identity • Communicating with Empathy 	Mind and Body Wellbeing <ul style="list-style-type: none"> • Thoughts, Feelings and Behaviours • Enhancing Self-Control • Nutrition for Teenage Health • Food and Drink Marketing 	Reproductive Health and Relationships <ul style="list-style-type: none"> • The Menstrual Cycle • Testicular Health • Romantic Relationships • Consent • Communicating Consent 	Substance Use: Effects and Influences <ul style="list-style-type: none"> • Alcohol and Young People • Drugs: What Do They Do? • Drugs: Influencing Factors 	Protecting Myself Online and In Person <ul style="list-style-type: none"> • Social Media: Friend or Foe? • Trolling • Sexting • Image Sharing and the Law • Responding to Bullying Behaviour 	Unit 1 rated 4/5 by a member of staff in evaluation. Thought the textbook was working well. Areas for development were to “get the new textbook. The new textbook discussed was YGT.

	<ul style="list-style-type: none"> • How We Communicate • Friendships • Families: Sources of Support and Conflict 	<ul style="list-style-type: none"> • Positive Body Image • Body Image, Social Media and • Emotional Wellbeing 	<ul style="list-style-type: none"> • Relationships: When Things Don't Go as Expected • Sexual Health 	<ul style="list-style-type: none"> • Saying 'No' to Drugs and Alcohol • Substance Use and My Emotional Wellbeing 		
3rd Year	<p>Understanding My Thoughts and Actions</p> <ul style="list-style-type: none"> • Tracing My Past, Understanding My Present, Picturing My Future • Intrinsic and Extrinsic Motivation • Understanding Personality Types • Bias, Inequality and Exclusion • Diversity and Inclusion • Mistakes, Criticism and Self-Compassion • Kindness • The Science of Happiness 	<p>Caring for My Mind and Body</p> <ul style="list-style-type: none"> • What Is Within and Beyond Our Control? • Mastering Resilience in Challenging Times • Coping Tools to Enhance Resilience • Building a Positive Relationship with Food • Disordered Eating Behaviours • The Effects of Edited Images 	<p>Intimate Relationships</p> <ul style="list-style-type: none"> • The Role of Intimacy and Pleasure in Relationships • Consent in Intimate Relationships • Pressures to Become Sexually Intimate • Popular Culture and Sexual Expression • What Is Pornography and Why Is It a Concern? • The Impact of Pornography • Ending Relationships 	<p>Understanding and Dealing with Substance Use</p> <ul style="list-style-type: none"> • Problematic Substance Use • Addiction • Substance Use: What Influences Our Choices? • Substance Use and Peer Pressure • Positive Coping Strategies 	<p>Sexual and Emotional Wellbeing</p> <ul style="list-style-type: none"> • Sexual Harassment • The Influence of Social Media on Gender Norms • Contraception: Options and Communication • Contraception: Making Choices • STIs: Transmission and Types • STIs: Testing and Treatment 	<p>Unit 1 - No rating given by members of staff, however noted that the lessons on kindness and happiness from YGT was an area working well.</p>

SPHE Long Term Plan

Year Group: TY/Senior Cycle

Reviewed: September 2024

Date of Next Review: June 2026

Teachers: M Lynch, J Fox, S Sheridan, C Herron, A Doherty, C Campbell

	Unit 1	Unit 2	Unit 3	Unit 4	Unit 5	Unit 6	Reflection
TY	Values in Relationships	Self Esteem	Making informed decisions	Understanding Sexuality	Cocos Law	Influence of media on relationships	No feedback given for unit 1.
5th Year	Building a Relationship	Healthy V Unhealthy relationships	Sexual Orientation & Gender Identity	Teenage Pregnancy and Parenthood	Contraception	STIs	
6th Year	Resisting Relationship Pressures	Anger & Conflict	Managing Conflict in non-violent way	Sexual Harassment	Domestic Violence	Dating Violence & Rape	
LCA 1	Relationships,	Puberty, Reproduction	Sexual activity	Pregnancy	Stereotyping	Smoking	
LCA 2	Dealing with emotions Conflict resolution	Decision-making	Relationships 2	Family Parenthood	Sexual orientation	Sexual harassment	