

Teacher Planner: Senior Cycle RSE

- Transition Year: Please read RSE plan below in conjunction with Faith Development Plan
 - Topics: Self-Awareness and Personal Skills, Relationship skills, Human Reproduction, Sexual Identity, Parenting, Relationships and Sexual Harassment.
- 5th Year: Two hours per week. K. Deegan and C. Keegan.
 - Topics: What we value in relationships, Healthy Relationships, Understanding Boundaries, Communicating our Boundaries Self-Esteem, Influence of Self-Esteem, When we feel Hurt, Understanding Boundaries, Communicating our Boundaries, Sexuality, Sexual Orientation, Influences and Values. Reproduction/Fertility revision (CK)
- 6th Year: Two hours per week with B. McCormack.
 - Topics: Revision/review of topics from 5th year, Family Planning and Contraception, Responsible planning in Sexual Relationships, Consent, Implications of sexual activity, STIs, Moral Social and Cultural Issues
- As part of the annual Stand-Up Awareness Week, all Senior Cycle students receive an interactive lesson raising awareness about LGBTQ+ issues and how to effectively tackle homophobic/ transphobic bullying.

Transition Year

Topic	Learning Outcomes	Methodologies & Differentiation	Resources
Self-Awareness and Personal Skills	Students • Recognise a personal sense of self-worth. • Develop the life skills to negotiate their way respectfully through various relationships. • Develop a positive and respectful attitude to personal sexuality of others. • Are aware that sexual health will be discussed in this module.	1. Handouts from Textbook- It's Your Life SPHE for Senior Cycle – Fiona Chambers and Anita Stackpole. 2. Individual Work 3. Group Activities.	• It's Your Life SPHE for Senior Cycle – Fiona Chambers and Anita Stackpole. • SPHE Resource Material For RSE Senior Cycle (DES) Frayer Model used for differentiation and revision • Teacher Presentations. • Audio-Visual Clips. • Art Supplies.
Relationship skills	Students will demonstrate effective communication skills in various relationship contexts. Students will understand the importance of boundaries and consent in healthy relationships. Students will recognise and manage conflict constructively within relationships. Students will develop empathy and respect for diverse perspectives and experiences within relationships.	Role-Playing and Simulation: Case Studies and Discussions: Present real-life case studies or scenarios related to relationship dynamics, boundaries, and consent.	• Teacher Presentations. • Audio-Visual Clips. • Art Supplies. • 'It's Your Life' textbook (Chambers and Stackpoole)

Human Reproduction	Students should; • understand a woman's and a man's reproductive system; • have developed a deeper understanding of how a woman's and a man's reproductive system works; • appreciate the wonder and awe inherent in human reproduction; • (Optional) be more familiar with a woman's menstrual cycle.	1. Table Quiz/Questionnaire 2. Reflection 'I am Woman'/'I am Man' 3. The Male and Female Reproductive Systems 4. Conclusion	• Junior Cycle RSE Lessons 10 and 11 SPHE Resource Material For RSE Junior Cycle (DES). • Overheads/Flipchart/Whiteboard. • Copies of Student Sheets 14, 15 SPHE Resource Material For RSE Senior Cycle (DES). • Paper and pencils for group work. • It's Your Life SPHE for Senior Cycle – Fiona Chambers and Anita Stackpole. Sexualhealth.ie
Sexual Identity	Students will critically examine the concept of sexual identity and its various dimensions. Students will demonstrate an understanding of the diversity of sexual identities and orientations. Students will develop empathy and respect for individuals with different sexual identities, fostering inclusive attitudes and behaviors.	Group Discussions and Debates: Engage students in structured discussions and debates where they can explore different perspectives on sexual identity.	• Teacher Presentations. • Audio-Visual Clips. • Art Supplies. 'It's Your Life' textbook (Chambers and Stackpole)
Parenting	Students will comprehend the responsibilities and challenges associated with parenting, including emotional, financial, and time commitments. Students will analyse the impact of effective communication and conflict resolution skills within parent-child relationships.	Interactive Case Studies and Role-Playing: Provide students with real-life scenarios related to parenting situations, such as managing conflicts, setting boundaries, and making decisions.	• Teacher Presentations. • Audio-Visual Clips. • Art Supplies. 'It's Your Life' textbook (Chambers and Stackpole)

	Students will evaluate the role of societal influences, cultural norms, and familial dynamics in shaping parenting styles and approaches.	Divide students into groups and assign each group a scenario to analyse and role-play possible solutions.	
Relationships	Students will demonstrate an understanding of healthy relationships.	Think Pair Share activity Snowball activity on previous knowledge Tackle misconceptions.	• Teacher Presentations. • Audio-Visual Clips. • Art Supplies. 'It's Your Life' textbook (Chambers and Stackpoole)
Sexual Harassment	By the end of the lesson, students will be able to identify instances of sexual harassment, understand its impact on individuals and communities, and demonstrate strategies for preventing and addressing sexual harassment.	Debate Teacher Powerpoint	• Teacher Presentations. • Audio-Visual Clips. • Art Supplies. 'It's Your Life' textbook (Chambers and Stackpoole)
Assessment	• Task (5 Credits) Research the portrayal of sex through the media (e.g. MTV, magazines, advertising, films). Create a PowerPoint illustrating your findings. • Use of tablets for research purposes. Use of tablets to create various infographics (posters, powerpoints, etc)		

5th Year

Topic	Learning Outcomes	Methodologies & Differentiation	Resources
Relationship Skills	Students should have: • Reflected on the nature of love and attraction; • Explored their understanding of the qualities of a loving relationship. • Reflected on the relationships in their lives and on the qualities that they value in themselves and in other people. • Increased awareness of the behaviours that contribute to positive relationships. • .	1. Brainstorm 2. Group Work: Dear Helpful Helen 3. Group Work: Lasting Love / Loving Qualities 4. Conclusion	• Whiteboard/Flipchart and pens/OHP. • Paper and pens for group work. • Copies of Student Sheets 32, 33 and 34- SPHE Resource Material For RSE Senior Cycle (DES). • It's Your Life SPHE for Senior Cycle – Fiona Chambers and Anita Stackpole. •
Communicating our boundaries	• A better understanding of what boundaries are and of their importance in healthy relationships. • An awareness of their own boundaries and to have practiced skills for communicating their boundaries to others. Enhanced awareness of how to express their needs and how to resist pressure in sexual relationships		•

Self-Esteem	enable students to have an increased awareness of their own self-esteem and of how to draw on this as a source for healthy relationships. enable students to become more aware of peer influences on their self-esteem and of how this can affect their behavior. enable students to become more aware of feelings of hurt and rejection and to learn some positive strategies for managing these feelings. •	Link, Pair, Share Reflection Time. Collage/ other visual outcomes such as Canva. Student Surveys Case studies.	paper, crayons/markers, copies of magazines or newspapers, glue, scissors. SPHE Resource Material For RSE Senior Cycle (DES): Lesson 3 Worksheet 1 – Our Deepest Fear. Lesson 4 Worksheet 1 – Being Myself. Lesson 4 Worksheet 2 – Cormac’s Story Lesson 5 Worksheet 1 - Jenny’s Story • Lesson 5 Worksheet 2 - When We Feel Hurt
Feelings of hurt Human Sexuality and sexual orientation	Students should; • have explored social, cultural and personal attitudes towards sexual orientation. • have explored their understanding of human sexuality; developing an awareness of the holistic nature of sexuality. • be able to recognise some of the influences on human sexuality; • have examined some of the myths around male and female sexuality.	1. Brainstorm: Student Sheet 2. Influences on Human Sexuality 3. Some Myths around Sexuality Conclusion	• Copies of Student Sheets 17, 18 and 19 SPHE Resource Material For RSE Senior Cycle (DES). • It’s Your Life SPHE for Senior Cycle – Fiona Chambers and Anita Stackpole.
Human Reproduction and fertility revision	Students should; • understand a woman’s and a man’s reproductive system;	1. Table Quiz/Questionnaire 2. Reflection ‘I am Woman’/‘I am Man’ 3. The Male and Female Reproductive Systems	• Junior Cycle RSE Lessons 10 and 11 SPHE Resource Material For RSE Junior Cycle (DES). • Overheads/Flipchart/Whiteboard.

	• have developed a deeper understanding of how a woman's and a man's reproductive system works; • appreciate the wonder and awe inherent in human reproduction; • (Optional) be more familiar with a woman's menstrual cycle.	4. Conclusion	• Copies of Student Sheets 14, 15 SPHE Resource Material For RSE Senior Cycle (DES). • Paper and pencils for group work. • It's Your Life SPHE for Senior Cycle – Fiona Chambers and Anita Stackpole. • Sexualhealth.ie
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6th Year

Topic	Learning Outcomes	Methodologies & Differentiation	Resources
Planning for the Future	Students should; • be able to identify myths about conception and fertility; • have deepened their knowledge of conception and fertility; • be able to identify the different methods of family planning; • have explored the concept of choice and responsible planning in sexual relationships.	1. Quiz 2. When is a Woman Fertile 3. Family Planning Methods 4. Situation Cards 5. Conclusion	• Family Planning and Contraception. Health Promotion Unit, Department of Health and Children. • Any other relevant leaflets and pamphlets from the Health Promotion Unit. • Chalk board/Flip chart/OHP. • Paper and pens for group work. • Copies of Student Sheets 20, 21, 22, 23 and 24 Copies of Student Sheets 17, 18 and 19 SPHE Resource Material For RSE Senior Cycle (DES). • It's Your Life SPHE for Senior Cycle – Fiona Chambers and Anita Stackpole.
Responsible Parenthood	Students should: • have explored the implications and consequences of pregnancy for a couple; • be able to recognise the demands of parenthood.	1. Parent/Baby Exercise 2. Brainstorm 3. Fill in the Blanks 4. Story 5. Conclusion	• Junior Cycle RSE Lessons 12 and 13 (conception, pregnancy and the responsibilities of expectant couples). • Whiteboard/Flipchart. • Copies of Student Sheets 25 and 26 SPHE Resource Material For RSE Senior Cycle (DES). • It's Your Life SPHE for Senior Cycle – Fiona Chambers and Anita Stackpole.

(Optional)	• have reflected on the actions which are part of a loving commitment in marriage; • have reflected on the qualities of a marital relationship; • have clarified their understanding of marriage; • have considered the commitments of marriage.	1. Student Sheet 35: For Better Or For Worse 2. Group Discussion and Feedback 3. Teenage Marriage (optional) 4. Conclusion	• Copies of Student Sheets 35, 36 and 37 SPHE Resource Material For RSE Senior Cycle (DES). • It's Your Life SPHE for Senior Cycle – Fiona Chambers and Anita Stackpole.
Life Support	Students have; • reflected on the importance of family as a source of support in good times and in bad; • Appreciated the many and diverse connections between family and the wider community; • Increased their awareness of the interdependent nature of the family unit.	1. Life support card exercise 1 2. Family life-lines 3. Conclusion	Whiteboard/Flipchart and pens/OHP. • Paper and pens for group work. • Copies of Student Sheets 38 and 39 SPHE Resource Material For RSE Senior Cycle (DES).
Moral Social and Cultural Issues Challenging Roles	Students should have; • have deepened their understanding of what it means to be a woman and a man in our society;	1. Student Sheet: Stereotyping-Where do you Stand? 2. Brainstorm Woman/Man	• Exploring Sex Stereotyping. Department of Education and Science.

Sexual Harassment	• been able to identify some of the expectations people can have of women and men in relationships; • Explored ways in which these expectations could be challenged. Students should be; • able to identify sexual harassment; • have explored situations where sexual harassment can occur; • have explored ways in which we can deal with sexual harassment in various situations including school, college and workplace.	3. (A) Sean's Situation and/or (B) Case Studies 4. Class Charter 5. Conclusion 1. Snowballing - What is Sexual Harassment? 2. Options: Case Study: Student Sheets 44(a) and 44(b) 3. Student Sheet 45: Sexual Harassment 4. Conclusion	• Copies of Student Sheets 40, 41 and 42 SPHE Resource Material For RSE Senior Cycle (DES). • OHP/flipchart/whiteboard. • Paper and pencils for small group work. • Poster paper. Flipchart/Overhead projector. • Paper and pencils for 'Snowballing' exercise. • Copies of Student Sheets 44(a), 44(b) and 45 SPHE Resource Material For RSE Senior Cycle (DES). • It's Your Life SPHE for Senior Cycle – Fiona Chambers and Anita Stackpole.
Sexual Assault	• have examined common reactions to sexual assault and ways in which support can be given to the victim; • be aware of the way in which the print media report sexual assault; • have identified steps young people can take to protect themselves from possible assault.	1. Reactions to Sexual Assault 2. Supporting another if s/he has been Sexually Assaulted 3. Reporting of Sexual Assault in the Print Media 4. Protection against Sexual Assault	• Copies of Student Sheets 46(a), 46(b), 47, 48, and 49 SPHE Resource Material For RSE Senior Cycle (DES). • Whiteboard/flipchart/OHP.

Without Consent	Students; • have discussed the complex issues associated with rape and sexual assault; • have increased their knowledge of factual information regarding rape and sexual assault; • have explored commonly held myths about rape; • have become more aware of the various helping agencies for victims of sexual assault and rape.	6. Conclusion • Common Myths about Rape • Case Study: Aisling's Story • Rape and Sexual Assault- The Facts • Conclusion	• Lesson 18, When Sexual Assault Becomes a Reality SPHE Resource Material For RSE Senior Cycle (DES). • Copies of Student Sheets 50, 51 and 52 SPHE Resource Material For RSE Senior Cycle (DES). • Whiteboard/flipchart/OHP.
Sexual Abuse	Students should; • have explored what constitutes abusive activity; • have clarified factual information surrounding sexual abuse; • be able to identify helping agencies and steps to be taken in the event of sexual abuse.	1. What do we know about Sexual Abuse? 2. Coming Forward 3. Conclusion	• Whiteboard/flipchart, markers/OHP. • Paper and pens for group work. • Copies of Student Sheet 53 and 54.

