

Senior Cycle Scheme of Work
Relationships and Sexuality Education
Blackwater Community School 2023-
2024

Module Timeframe: November - December (6 weeks of academic school year)

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Transition Year			
Lesson:	Title	Aim	Learning Outcomes
1	What we value in relationships	<ul style="list-style-type: none"> ○ To enable students to reflect on the relationships in their lives and on the qualities that they value in themselves and in other people 	<ol style="list-style-type: none"> 1. To enhance awareness of the qualities that they bring to relationships 2. An enhanced awareness of the qualities they value in others 3. An appreciation of an important relationship in their lives
2	Healthy Relationships	<ul style="list-style-type: none"> ○ To increase students' awareness of the behaviours that contribute to positive relationships 	<ol style="list-style-type: none"> 1. Be more aware that relationships are affected by the ways in which both people act 2. Be more aware of behaviours that nourish relationships 3. Recognise that relationships are enriched when there is give and take
3	Self Esteem	<ul style="list-style-type: none"> ○ To enable students to have an increased awareness of their own self-esteem and of how to draw on this as a resource for healthy relationships 	<ol style="list-style-type: none"> 1. Be more aware that relationships are affected by the ways in which both people act 2. Be more aware of behaviours that nourish relationships 3. Recognise that relationships are enriched

			when there is give and take
4	Human Sexuality	<ul style="list-style-type: none"> ○ To explore the nature of human sexuality and the myths surrounding it 	<ol style="list-style-type: none"> 1. Explore their understanding of human sexuality 2. Be able to recognise some of the influences on human sexuality 3. Have examined some of the myths around male and female sexuality
5	Human Reproduction and Fertility	<ul style="list-style-type: none"> ○ To increase students' awareness of the human reproductive system and to enhance their understanding of human fertility 	<ol style="list-style-type: none"> 1. To exam human reproduction system 2. Understand how conception takes place 3. Understand male and female fertility 4. Be aware of related health issues
6	Sexual harassment	<ul style="list-style-type: none"> ○ To develop a deeper understanding of sexual harassment and how to deal with it 	<ol style="list-style-type: none"> 1. Be able to identify sexual harassment 2. Have explored situations where sexual harassment can occur 3. Have explored ways in which we can deal with sexual harassment in various situations including school, college and workplace

Fifth Year

Lesson:	Title	Aim	Learning Outcomes
1	Dealing with Feelings	<ul style="list-style-type: none"> ○ To enable students to recognise the range of human emotions and some of the ways we can deal with them 	<ol style="list-style-type: none"> 1. Have a deeper understanding of the range of emotions 2. Have considered different ways of dealing with emotions
2	Understanding Boundaries	<ul style="list-style-type: none"> ○ To enable students to have a better understanding of what boundaries are and of their importance in healthy relationships 	<ol style="list-style-type: none"> 1. Be more aware of their own boundaries 2. Understand how their values and beliefs influence their boundaries
3	Sexual orientation	<ul style="list-style-type: none"> ○ To enable students to explore social, cultural and personal attitudes towards sexual orientation 	<ol style="list-style-type: none"> 1. Have a clearer understanding of what is meant by sexual orientation 2. Have an increased awareness of the experience of someone who is gay, lesbian, or bisexual 3. Have explored their own attitudes towards sexual orientation
4	Unplanned pregnancy	<ul style="list-style-type: none"> ○ To enable students to explore the issues related to unplanned pregnancy and the range of supports available 	<ol style="list-style-type: none"> 1. Reflect on the issues surrounding an unplanned pregnancy for young people 2. Be aware of the supports and services available to someone with an unplanned pregnancy 3. Consider how they could best support a friend who is experiencing an unplanned pregnancy
5	STI'S	<ul style="list-style-type: none"> ○ To enable students to have an awareness of various sexually transmitted infections (STI'S) in order to inform their decisions- 	<ol style="list-style-type: none"> 1. Know more about the various categories of STI'S 2. Know the causes, transmission routes and

		making regarding sexual activity	treatments of a range of STIs 3. Understand some of the barriers to people accessing STI services
6	Without Consent	<ul style="list-style-type: none"> ○ To develop a deeper awareness of the issues associated with rape and sexual assault, including legal issues ○ To provide information on agencies which are available to help anyone who may be affected 	<ol style="list-style-type: none"> 1. Discuss the complex issues associated with rape and assault 2. Have increased factual information regarding rape and sexual assault 3. Have explored commonly held myths about rape 4. Explore helping agencies for victims of sexual assault and rape

Sixth Year

Lesson:	Title	Aim	Learning Outcomes
1	Building Healthy Relationships	<ul style="list-style-type: none"> ● To empower students with advanced skills for building and maintaining healthy relationships. 	<ol style="list-style-type: none"> 1. To demonstrate a deeper understanding of the complexities of in-person and online relationships, including advanced communication skills and conflict resolution strategies. 2. To analyse the impact of trust and vulnerability on building deep and meaningful connections in relationships. 3. To evaluate real-life scenarios and discuss the role of emotional intelligence in fostering mature and healthy relationships.
2	Self-Reflection and Relationships in Late Adolescence	<ul style="list-style-type: none"> ● To encourage students to reflect on their evolving identities and how they impact their friendships, relationships, and sexual behaviour. 	<ol style="list-style-type: none"> 1. To engage in in-depth self-reflection to assess how their evolving attitudes, beliefs, values, and identities influence their relationships and sexual behaviour. 2. To critically examine and discuss the concept of sexual consent and the evolving nature of consent in late adolescence. 3. To analyse and discuss the intersection of personal identity, consent, and sexual behaviour in the context of older teen relationships.
3	Exploring Adult Relationships and Sexual Intimacy	<ul style="list-style-type: none"> ● To provide older teens with a comprehensive understanding of adult relationships and the nuances of sexual intimacy, emphasizing consent and communication. 	<ol style="list-style-type: none"> 1. To discuss the complexities of adult relationships, emphasizing care, respect, consent, intimacy, and mutual pleasure, and assess how these elements apply to their age group. 2. To engage in detailed discussions about sexual

			<p>consent and negotiate real-life scenarios related to sexual activity in the context of adult relationships.</p> <p>3. To evaluate case studies of adult relationships, dissecting how care, respect, and mutual pleasure manifest in relationships for older teens.</p>
4	Challenging Gender Attitudes and Stereotypes	<ul style="list-style-type: none"> ○ To empower students to critically analyse and challenge harmful gender attitudes and stereotypes prevalent in media, online platforms, and society 	<ol style="list-style-type: none"> 1. To conduct in-depth analyses of how media and societal narratives perpetuate gender stereotypes and discuss advanced strategies for challenging these stereotypes. 2. To engage in role-play activities to practice addressing and confronting harmful gender attitudes and narratives, especially in the context of late adolescence. 3. To evaluate the role of evolving gender norms and how older teens can contribute to reshaping these norms.
5	Recognizing and Preventing Abusive Relationships	<ul style="list-style-type: none"> ○ To equip students with advanced knowledge of recognizing and addressing abusive relationships, with a focus on coercive control and gender-based violence. 	<ol style="list-style-type: none"> 1. To identify advanced signs of abusive relationships, including coercive control, and discuss how these dynamics can manifest in late adolescence. 2. To discuss the root causes and far-reaching consequences of gender-based violence, with a particular emphasis on older teens. 3. To evaluate the role of pornography in shaping attitudes and behaviours related to late adolescent relationships and discuss

			strategies for responsible consumption.
6	Advanced Sexual and Reproductive Health	<ul style="list-style-type: none"> ○ To provide students with advanced knowledge and decision-making skills related to sexual and reproductive health. 	<ol style="list-style-type: none"> 1. To explore advanced topics in sexual and reproductive health, such as fertility, advanced contraception methods, and access to specialized sexual health services. 2. To discuss and evaluate advanced responses to unplanned pregnancies, emphasizing informed decision-making and seeking specialized support. 3. To demonstrate a comprehensive understanding of the complex landscape of sexual and reproductive health services available to older teens and how to access them.