

St. Mary's College
Ballysadare
Co. Sligo

Subject Department Plan

S.P.H.E/R.S.E

2024-2025

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Social Personal and Health Education (SPHE)

Overview

Social, personal and health education provides particular opportunities to foster the personal development, health and well-being of the child and to help him/her to create and maintain supportive relationships and become an active and responsible citizen in society. Through an SPHE programme children can develop a framework of values, attitudes, understanding and skills that will inform their actions and decisions in these areas of their lives both now and in the future

Rationale

SPHE aims to foster self-worth and self-confidence and places a particular emphasis on developing a sense of personal responsibility for one's own behaviour and actions. SPHE promotes self-awareness and understanding by helping children to name and manage their own feelings, to recognise and appreciate individual abilities, and to cope with change of various kinds. They can learn how to manage their own behaviour and to set and review personal goals within a safe and supportive environment. Such intrapersonal development will increase the child's sense of self-efficacy and help him/her to be more in control of his/her own life.

SPHE in the curriculum



JCSEC24_SPHE_syllabus.pdf



draft-junior-cycle-social-personal-and-health-education-sphe-short-course-curriculum-specification.pdf

Mission Statement

To create a learning environment where students and teachers are encouraged & supported in a Christian atmosphere in partnership with parents and the wider community.

Subject Aims

- To foster personal development and encourage respect of students and others.
- Promotes tolerance, justice and co-operation.
- Promotes health and leisure
- To create a caring community within class groups.

RSE – Aims:

Relationships and sexuality education (RSE) which is located in the overall framework of Social Personal and Health Education (SPHE), has as its specific aims:

- To help young people understand and develop friendships and relationships.
- To promote an understanding of sexuality.
- To promote a positive attitude to one’s own sexuality and in one’s relationship with others.
- To promote knowledge of and respect for reproduction.
- To enable young people to develop attitudes and values towards their sexuality in a moral, spiritual and social framework.

Subject Objectives:

- To create a sense of belonging and integration among students
- To help students develop a sense of purpose.
- By using group work and discussion, pupils’ communication skills should be developed.
- To highlight the importance of physical, emotional and mental health among students.
- To equip students to be aware of personal safety and dangers of substance use and misuse.
- To promote a positive attitude towards relationships and sexuality

Key Skill	How it is evidenced in SPHE
Being creative	Students explore and evaluate options and alternatives in the context of decisions they make. They record and communicate their learning in creative ways
Being literate	Students learn to articulate their thoughts and feelings clearly and respectfully through group work, role-play and reflections, and by exploring and discussing scenarios and case studies.
Being numerate	Students gather information through questionnaires, surveys and personal records and present their findings in graphic form to

Communicating	Students learn to express themselves clearly and respectfully, to ask for help, to listen to other peoples' viewpoints and discuss
Managing information and thinking	Students become familiar with how and where they can access information and support to maintain their physical and mental health in a holistic way.
Managing myself	Students learn more about themselves as they engage in decision-making activities and goal setting. They learn to be flexible, to organise themselves, to plan to achieve their goals and to develop a sense of balance in their lives.
Working with others	Students learn about group processes and how group membership can affect an individual's thinking and behaviour. They develop greater empathy as they learn about other peoples' perspectives and develop skills for relating effectively to others.
Staying well	Students learn about taking responsibility for their wellbeing and relationships. They also learn how to include a balanced diet, physical activity and relaxation as part of a healthy lifestyle

RSE – Objectives:

RSE should enable the students to:

- Acquire the understanding and skills necessary to form healthy friendships and relationships.
- Develop a positive sense of self-awareness, and the skills for building and maintaining self-esteem.
- Become aware of the variety of ways in which individuals grow and change, especially during adolescence and to develop respect for difference between individuals.
- Understand human physiology with particular reference to the reproductive cycle, human fertility and sexually transmitted diseases.
- Understand sexual development and identity, and explore aspects of sexuality including sex roles, stereotyping gender issues and cultural influences on sexuality.
- Value family life and appreciate the responsibilities of parenthood.
- Develop strategies for decisions and actions consistent with personal moral integrity and respectful of the rights and dignity of others.
- Develop skills for coping with peer pressure, conflict and threats to personal safety.

Subject Co-ordinator: Cathriona Fallon

Subject Teachers: A.Giblin, E.Tighe, C.Fallon

Time Allocation:

2 classes a week for junior cycle

1 class a week for senior cycle

1 class per week – Transition year

Options Structure:

Follow prescribed programme for each year group with resources guided by the HSE & DES.

Grouping of Pupils (Mixed ability, Streaming):

Mixed ability

Student Access to Subject / Level:

All students participate


Class Organisation:

Some teachers may arrange students in a circle to allow for open discussion.

Textbooks and Course Materials:

- Follow workbooks purchased that follow HSE/DES guidelines
- Students complete material in copies or on photocopied material if applicable.
- Resources as embedded in plan to be used at teacher’s discretion.

Year	Textbooks
1st year	Health & Wellbeing 1 by Anne Potts & Nodlaig O’Grady
2nd year	Health & Wellbeing 2 by Anne Potts & Nodlaig O’Grady
3rd year	Health & Wellbeing 3 by Anne Potts & Nodlaig O’Grady

<p>TY/5th/6th</p>	<p>RSE Handbook & any resources teacher provides for classes</p> <p>http://wellbeingtogether.spectrum.life/login?org=yIVIU17</p> <p></p> <p>RSE SENIOR CYCLE.pdf</p> <p>http://www.curriculmonline.ie/Senior-Cycle/SPHE/SPHE-Toolkit/Preparation-for-teaching</p> <p>‘GrowingUp’ LGBTIQ+</p> <p>Amaze.org</p> <p>‘Through the Looking glass’</p> <p>https://sexualwellbeing.ie/sexual-health/contraception/resources/</p> <p>https://sexualwellbeing.ie/sexual-health/sexually-transmitted-infections/types-of-stis/</p> <p>https://www.pdst.ie/sites/default/files/Senior-Cycle-Personal-Safety-Resource-</p> <p>www.webwise.ie lockers resource</p>
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Planning for Differentiation

- Resources/Materials are accessible to all. This is ensured by using a variety of images/ videos/ group work/debate.
- Teachers use their discretion re: implementation of differentiation
- SPHE is compulsory to all and all students are expected to participate.
- Structured questioning as per OIDE in-service is not relevant as SPHE is not an exam subject.

Subject Planning for a Culturally Diverse Society:

The SPHE programme fosters an awareness that personal development is common to a culturally diverse society.

Assessment for Learning; A variety of teaching methodologies are used to teach SPHE/RSE at Junior and senior cycle

Whole class teaching

- Chalk and talk – use of textbooks, worksheets
- Use of ICT– Discussion, Worksheets.

- Individual activities
- Small group work
- Brainstorming – to establish and correct previous knowledge
- Debates
- Group Discussion
- Role plays
- Questionnaires
- Guest Speakers
- Students carrying out research

Assessment of learning;

[SPHE_AssessmentGuidelines_Feb2017 \(curriculumonline.ie\)](http://curriculumonline.ie)

1 CBA is to be completed in 2nd or 3rd year for the short course.

By students reflecting in their copies after each module, this should assist with assessment. 3/2/1

- **3 things I learned**
- **2 things I found interesting**
- **1 thing I will do or will find out about**

Availability/Use of ICT Facilities:

- There is a computer room that currently classes can be brought up to a maximum of 24 students.
- All classrooms are fitted with a data projector.
- Teachers have their own laptops for classroom use.

Provision for Health and Safety Requirements:

Teachers follow school policy in relation to health and safety requirements.

RSE Programme content:

- Teachers will use materials deemed suitable and appropriate for students' needs and in accordance with DES guidelines.

Assessments / Examinations Procedures:

No formal assessment takes place, however reports are based on the general behaviour and participation of students in class.

Curriculum Content – Long-Term Planning




JC_SPHE_Short_Course_2023.pdf

Modules in SPHE JC

- Belonging & integrating
- Self-management: a sense of purpose
- Communication skills
- Physical health
- Friendship
- Relationships & sexuality
- Emotional health
- Influences & decisions
- Substance use
- Personal safety

First Year programme;

Understanding myself & others
<ul style="list-style-type: none">• Moving up• Self-management• Becoming independent• Having a friend and being a friend  <p>Kindness lesson plan.pdf</p> <ul style="list-style-type: none">• Respectful communication• All different, all equal• Being an adolescent
Belonging and Integrating / Self-Management
<ul style="list-style-type: none">• Transition from Primary to Post-primary• Link to Mentor activities/ Foroige• First year Bonding trip
Making Healthy Choices

- Being Healthy



healthy-choices-unit-of-learning.pdf

- Unhealthy products
- Anti-Bullying



Bullying lesson plans.pdf

<https://tacklebullying.ie/resources/fuse/>

<https://antibullyingcentre.ie/fuse/>

- **Link to WELLBEING PROGRAMME**
- **Anti-bullying surveys completed in October.**
- **Mentor Activity**

Emotional Wellbeing

- Exploring emotional wellbeing
- Anti bullying
- Self care

<https://jigsaw.ie/>

<https://spunout.ie/>

<https://www2.hse.ie/mental-health/>

<https://www.childline.ie/>

Relationships and Sexuality/Self Esteem and Emotional Health

- Healthy and unhealthy relationships
- Link to HYLS programme



relationships-and-sexuality-education-1-unit-of-learning.pdf

- Sexual orientation and gender identity
- From puberty to parenthood

Year 2; Second Year Classes

Use same links/websites/resources as above for relevant topics

Understanding Myself & Others

- Self-Management- Making a new start
- Being safe- cyber safety
www.webwise.ie
- Exploring my identity
- Nurturing my self esteem
- Understanding and showing empathy
- Respectful communication
- Inequality in our world

Making Healthy Choices

- Addictive behaviours
- Substance use/ VAPING/effects on brain

<https://irishheart.ie/schools/post-primary-schools/school-resources/>

- Unhealthy choices- screens/food
- Values and Choices
- Anti-Bullying- link to WELLBEING- Anti Bullying surveys



Bullying lesson plans.pdf

Relationships and sexuality

- The nature of friendship
- Me and my family now
- Respecting myself and others
- Human sexuality
- Reproductive health
- Media Influences

https://ncca.ie/media/2496/the_revised_jcsp_programme_statement_.pdf

Emotional Wellbeing

- Stress
- Positive thinking
- Resilience
- Challenging times

<https://jigsaw.ie/>

<https://spunout.ie/>

<https://www2.hse.ie/mental-health/>

<https://www.childline.ie/>

Year 3- Third Year SPHE/RSE programme;

Understanding myself and others

- Setting goals & targets
- Study skills
- How I see myself & others
- Seeking help and support
- Respectful communication
- Conflict
- Inequality

Making healthy choice

- Substance Use

<https://irishheart.ie/schools/post-primary-schools/school-resources/>

- Addictive substances in my life
- Using addictive behaviours as a coping mechanism
- Sharing personal images online
- Anti- bullying- link to surveys

<https://tacklebullying.ie/>



Bullying lesson plans.pdf

<https://antibullyingcentre.ie/fuse/>

RSE

- Romantic relationships
- The changing nature of relationships
- Setting boundaries and negotiating consent.
- Aspects of sexuality
- Responsible relationships
- Seeking help
- Media influences on relationships & sexuality

https://ncca.ie/media/2496/the_revised_icsp_programme_statement_.pdf

Emotional wellbeing

- Challenging times- mental health and young people
- Abusive behaviour
- Factors that affect my emotional wellbeing

<https://jigsaw.ie/>

<https://spunout.ie/>

<https://www2.hse.ie/mental-health/>

<https://www.childline.ie/>

Senior Cycle SPHE/RSE

Note; Teachers must have received training specific to SPHE/RSE before these programmes are delivered. The RSE resources provide a step-by-step guide for teachers on the delivery of each of these modules to include resources/learning outcomes for each lesson.

https://ncca.ie/media/2688/sphe_framework.pdf

<https://www.pdst.ie/sites/default/files/Planning%20a%20Senior%20Cyce%20SPHE%20Curriculum%20Booklet.pdf>

Topics to cover at senior cycle;

- **Mental health**
- **Gender studies**
- **Substance use**
- **Relationships and sexuality education**
- **Physical activity and nutrition**



RSE SENIOR CYCLE.pdf

Senior Cycle RSE learning objectives;

LO1	Explore personal thoughts, values, attitudes and feelings about
LO2	Develop an understanding of the different types of relationships, what is important to them and the skills to enhance relationships.
LO3	Promote empathy with others who have different cultural values, attitudes and beliefs about family, relationships, sex and sexuality.

LO4	Develop student’s knowledge, understanding and skills in support of sexual and reproductive health.
LO5	Develop students’ understanding of sexuality and sexual orientation and the importance of an inclusive environment.
LO6	Develop personal and interpersonal skills which support beginning, maintaining and ending relationships.
LO7	Develop skills for coping with peer pressure, conflict, and threats to

Proposed RSE programme for senior cycle;

Teachers can identify with class groups which areas/topics are of most relevance/need so this plan is fluid.

Year	Week 1	Week 2	Week 3&	Week 5	Week 6
TY	Values/Healthy relationships	Communication Boundaries	Sexuality Identity	Reproduction	S o c i a l Media O n l i n e Safety P e r s o n a l Safety LO7
LO	LO1, LO6, LO2	LO2	LO3, LO5	LO4	
Resource	B4 U Decide (session 6) https://b4udecide.ie/ S P H E / D E S	B4 U decide https://b4udecide.ie/	Glen Stand Up Amaze.org Belong/ Growing UP	B4 U decide	The Respect Effect B in Control
5th years	Values H e a l t h y Relationships	Communication Boundaries	Personal Safety	Sexual Identity	O n l i n e Safety
LO	LO1, LO6	LO2	LO6, LO7	LO3, LO5	LO7
Resource	Planet Youth B4 U decide	B4 U Decide https://b4udecide.ie/	www.pdst.ie P e r s o n a l s a f e t y	‘ L o o k i n g through the Looking glass’ GLEN	Coco’s Law B4 U decide www.webw

6th years	Values H e a l t h y Relationships	M a k i n g I n f o r m e d decisions	Rights & Responsibi lities	Boundaries Consent LO 7	Contracepti on STIs
LO	LO1, LO6	LO6	LO2	'Yes' project	LO4
Resou rce	https:// b4udecide.ie/	Planet Youth www.curriculu m.ie	b4udecide	https:// www.gov.ie No excuses campaign 'tagged' you	Sexual wellbeing.ie HSE booklet

Plan of events;

- Link to wellbeing walks- January/ February
- Sports events- all year
- whole school events such as Culture Day- March
- Anti-Bullying surveys- October/ March
- Guest speakers
- Mentor activities every month
- Prize giving ceremony – May

Teacher in Career development:

Name	Topic
A. Cox	Junior Cycle SPHE Senior Cycle RSE
S. Kennedy	Junior Cycle SPHE
C. Fallon	LGBTIQ training TRUST Junior Cycle & Senior Cycle RSE training ASSIST training Junior Cycle SPHE
E. Tighe	Junior Cycle SPHE/RSE Senior Cycle SPHE/RSE training FUSE training
E. Keenahan	Junior Cycle SPHE/RSE Senior Cycle SPHE/RSE
A.Giblin	Training is to take place in November

Useful links resources;

[Social, Personal and Health Education Curriculum](#)

[Social, Personal and Health Education, Teacher Guidelines](#)

To view and download PDF format of these documents, [**please click here**](#).

<https://www.gov.ie/en/campaigns/no-excuses/>

www.webwise.ie

www.curriculum.ie

<https://b4udecide.ie/>

www.pdst.ie

<https://planetyouth.ie/>

<https://amaze.org/>

<https://www.belongto.org/>

<https://www.webwise.ie/therespecteffect/>

<https://antibullyingcentre.ie/fuse/>