

- 3. To make a plan for personal exercise & healthy eating
- 4. To explore various emotions experienced by adolescents
- 5. To become aware of how one expresses these emotions
- 6. To respect the feelings & emotions of those around them
- 7. To realise the appropriate ways of expressing one's emotions

**R.S.E. (based on the DES RSE programme)**

- *Changes at adolescence*
- *Reproductive systems*
- *Images of males / females*
- *Respecting myself*

**Aims:**

- 1. To help young people understand and develop friendships and relationships
- 2. To promote an understanding of sexuality
- 3. To promote a positive attitude to one's sexuality and in one's relationship with others
- 4. To promote knowledge of and respect for reproduction as participation in the divine gift of life
- 5. To enable young people to develop attitudes and values towards their sexuality in a Catholic moral and spiritual framework.

**Objectives R.S.E. should enable the students to:**

- 1. Acquire the understanding and skills necessary to form healthy friendships and relationships
- 2. Develop a positive sense of self-awareness, and the skills for building and maintaining self-esteem
- 3. Become aware of the variety of ways in which individuals grow and change especially during adolescence
- 4. Develop respect for difference between individuals
- 5. Understand human physiology with particular reference to the reproductive cycle, human fertility and sexually transmitted infections understand sexual development and identity and explore aspects of sexuality including sex role stereotyping, gender issues and cultural influences on sexuality value family life and appreciate the responsibilities of parenthood

6. To 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.

### Substance abuse

- *Drugs*
- *Alcohol*
- *Smoking*
- *Peer pressure*
- *Looking after myself*

### Aims:

1. Students will become aware of the concepts of substance & substance abuse
2. Students will understand the use of substance abuse for personal & social interactions
3. Students will explore reasons why individuals engage in substance abuse
4. Students will examine ways of keeping safe
5. Students will be able to recognise hazards

### Objectives:

1. To become aware of how medicines and drugs can be misused
2. To understand what alcohol use means for personal / social interaction
3. To explore reasons why individuals begin smoking
4. To examine ways to avoid smoking
5. To examine ways of keeping safe
6. To be aware of the correct responses to a variety of threats to personal safety
7. To explore the concept of hazards
8. To examine various hazards students are exposed to