

St. Joseph's College



Relationships & Sexuality Education

RSE Content per Year Group

Year Group	Content
1 st Year	<ul style="list-style-type: none"> Understanding adolescence is a time of change between childhood and adulthood <p>Emotional, social, psychological & physical changes that take place during adolescence</p> <p>Physical changes that take place in boys and girls during puberty.</p>
2 nd Year	<ul style="list-style-type: none"> Revision of male and female reproductive systems <p>Development of a baby from conception to birth</p> <p>Health considerations for a mother during pregnancy</p> <p>Person's sexuality and orientation and being LGBT</p>
3 rd Year	<ul style="list-style-type: none"> Romantic relationships <p>Explore the characteristics healthy & unhealthy relationships</p> <p>Staying safe during dating</p> <p>Differentiate between sex, sexuality & sexual health</p> <p>Growing up LGBT in Ireland</p> <p>Understand importance of consent in a sexual relationship and the laws around consent in Ireland</p> <p>Sexually Transmitted Infections</p> <p>Influence and portrayal of the media on young people's sexuality & sexual health</p>
TY	<ul style="list-style-type: none"> What we value in relationships Relationships & self esteem Romantic relationships Consent and communicating boundaries Sexuality and orientation Sexual health Fertility & contraception Teenage pregnancy STIs

5 th Year	<ul style="list-style-type: none">• Contraceptive methods 1 & 11• Unplanned pregnancy• STIs – what’s what• STI transmission• Consent
6 th Year	<ul style="list-style-type: none">• Influences & values• Decision – making• Responsible & respectful relationships• Consent