CBC Senior Cycle Relationships and Sexuality Programme

The two overarching aims our programme are:

1. to give young people the knowledge and skills they need to make informed choices about their non-involvement or involvement in sexual activity that will support their happiness, health and wellbeing.
2. The programme has been developed from the feedback from our students, teachers & other stakeholders as well as the best practice developed by UNESCO (2009), the WHO (2015) and data gathered from Irish young people as to their sexual health education needs (O'Higgins, 2010).

The sessions are age appropriate with materials and exercises being adjusted to meet the needs of the students. These sessions will vary in length from 1 – 2 classes depending on the needs of the class and the complexity of the topic(s) being covered.

Outline of the workshops

Session 1: Consent

At the end of this session students will:

- Describe what consent is and demonstrate enhanced knowledge of the law in Ireland around consent.
- Recognise that consent is required for any sexual activity with another person.
- Respect boundaries and the fact that people have the right to say no.

Session 2: Sexual Violence, Disclosures & Supports

At the end of this session students will:

- Understand what is meant by sexual violence & the range this can be from harassment to rape & exploitation.
- Describe the impacts of sexual violence on a person (physical, emotional, on their life trajectory) & their wider network.

- Know how to respond if someone tells them of an incident of sexual violence.
- Identify where they can seek support through GRCC etc.
- Understand & value their sexuality and why people choose to have sex.

Session 3: Sexting & Healthy/Unhealthy relationships

At the end of this session students will:

- Be more aware that relationships are affected by the ways people act.
- Be more aware of how behaviour can affect the nature of a relationship.
- Recognise healthy & unhealthy behaviours within a relationship.
- Recognise the key offences under the Harassment, Harmful Communication and Related Offences Act 2020.
- Understand that their online actions have consequences for both themselves. and others and that they are accountable for their actions.
- Feel empowered to speak up about online sexual harassment and know where to go for help if it occurs.

Session 4: Contraception & STI's

At the end of this session students will:

- Have a greater understanding of the different methods of contraception available and some advantages and disadvantages of the different types.
- Be able to communicate effectively with partners about using contraception.
- Have a better understanding about the various categories of STI's.
- Know the transmission routes and treatment of STI's.
- How to access services and understand some of the barriers to approaching these services.

Please feel free to find information from HSE to support some conversations about these topics Making the 'Big Talk' many small talks (healthpromotion.ie).

Supporting conversations between parents and their children about relationships and sexuality.