**First year SPHE – Agreed content and outline yearly plan (2012-2013)**

**Belonging and Integrating:** Coping with change

 Joining a new group

 Appreciating difference

 Bulling is everyone’s business

**Self-management: A sense of purpose:** Organising myself

 Organising my work at home and in school

 Appreciating differences

 Balance in my life

**Communication Skills:** Express yourself

 Learning to listen

 Passive, assertive and aggressive communication

**Physical health:** Body care

 Healthy eating

 Passive, assertive and aggressive communication

**Friendship:**  Making new friends

 A good friend

**Relationships and Sexuality:** Me as unique and different

 Friendship

 Changes at adolescence

 The Reproductive system

 Images of male and female

**Emotional health:** Recognising feelings

 Respecting my feelings and the feelings of others

**Influences and decisions:** My heroes

**Substance use:**  Why use drugs?

 Alcohol: The facts

 Smoking and its effects

 Smoking, why and why not?

**Personal safety:** Looking after myself

**Additional lessons included in the Lifeskills series:**

**Healthy living:**  Setting class rules for SPHE

 Exploring ‘health’ as a concept

 The importance of study

 Taking tests