**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