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

**Belonging and Integrating:** Looking back, looking forward

 Group work

 Family ties

**Self-management: A sense of purpose:** What motivates me?

 Study skills

**Communication Skills:** Assertive communication

**Physical health:** Body care and body image

**Friendship:**  The changing nature of friendship

**Relationships and Sexuality:** From conception to birth

 Recognising and expressing feelings and emotions

 Peer pressure and other influences

 Managing relationships

 Making responsible decisions

 Health and personal safety

**Emotional health:** Self confidence

 Body image

**Influences and decisions:** Positive and negative influences

 Making decisions

**Substance use:**  The effects of drugs

 Alcohol and its effects

 Alcohol, why, why not?

 Cannabis and its effects

 Cannabis: Why, why not?

**Personal safety:** Accidents at home and in school

 Feeling threatened

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

**Healthy living:**  Sexual orientation

 Prejudice and discrimination

 Food marketing and labelling

 Physical activity

 Preparing for a GP visit

 Puberty and adolescence review

 The link between thoughts and feelings

 Positive peer influence

 Alternatives to substance use