**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