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

**Belonging and Integrating:** Goal setting for third year

Work contract

**Self-management: A sense of purpose:** Organising my time

Planning for effective study

Coping with examinations

**Communication Skills:** Learning to communicate

Communication in situations of conflict

**Physical health:** Physical exercise

Relaxation

Diet

**Friendship:**  Boy-friends and Girl-friends

**Relationships and Sexuality:** Body image

Where am I now?

Relationships – what’s important?

The three R’s: Respect, rights and responsibilities

Conflict

**Emotional health:** Stress

Feelings and moods

**Influences and decisions:** Making a good decision

**Substance use:**  Ecstasy: the reality

Heroin: the reality

**Personal safety:** Recognising unsafe situations

Violence

Help agencies

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

**Healthy living:**  Positive peer influence

Minding sexual health

Sexual orientation