**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