



## Junior Cycle RSE

- 3.1 reflect on the values, behaviours and skills that help to make, sustain and end relationships respectfully with friends, family and romantic/intimate relationships
- 3.2 examine benefits and difficulties experienced by young people in a range of relationships - friendships, family relationships, and romantic/intimate relationships
- 3.3 identify signs of healthy, unhealthy and abusive relationships
- 3.4 appreciate the importance of setting healthy boundaries in relationships and consider how to show respect for the boundaries of others
- 3.5 consider the importance of taking care of their reproductive health
- 3.6 appreciate the breadth of what constitutes human sexuality, and how sexual orientation and gender identity are experienced and expressed in diverse ways
- 3.7 explore the pressures to become sexually intimate and discuss ways to show respect for people's choices
- 3.8 appreciate the importance of seeking, giving and receiving consent in sexual relationships, from the perspective of building caring relationships and from a legal perspective
- 3.9 explain the importance of safer sexual activity with reference to methods of contraception and protection against sexually transmitted infections (STIs)
- 3.10 discuss the influence of popular culture and the online world, in particular, the influence of pornography, on young people's understanding, expectations and social norms in relation to sexual expression
- 3.11 demonstrate how to access and appraise appropriate and trustworthy advice, support and services related to relationships and sexual health.

## Senior Cycle RSE

### Healthy relationships

- 2.1 demonstrate the awareness and skills needed for nurturing healthy in-person and online relationships, including respecting boundaries, communicating effectively, navigating difficult conversations, preventing and managing conflict and dealing with break-ups
- 2.2 reflect on how their attitudes, beliefs, values and identity, and those of others, can influence the dynamics of families, friendships and romantic relationships
- 2.3 discuss the need for consent and the importance of care, respect, empathy, trust and mutual pleasure within a sexual relationship.

### Gender, culture and social norms

- 2.4 examine how both positive and harmful attitudes around gender are perpetuated in the media, online, and in society and discuss strategies for challenging and changing harmful attitudes and narratives.

### Abusive and violent relationships

- 2.5 identify and consider common signs of abusive relationships, including coercive control
- 2.6 explore the root causes and consequences of domestic, sexual and gender-based violence (DSGBV), and outline the supports and services available, and protections under the law
- 2.7 investigate the possible influence of pornography on attitudes, behaviours and relationship expectations and what supports are available for those impacted by pornography
- 2.8 discuss image-based abuse, sexual harassment, sexual assault and rape, and what to do and how to seek support if they or someone they know has experienced any of these.

### Sexual health

- 2.9 understand the components of sexual health including fertility across the life-cycle, reproductive choices, sexual functioning, safer sexual practices, possible responses to an unplanned pregnancy, and how to access sexual health information and services.