

SEXUALITY EDUCATION RELATED TOPICS IN HEALTH EDUCATION (PRIMARY)

Level	Health Dimension	Topic	Lessons	Pupils will be able to:
Pri 1	Emotional and Psychological Health	My Emotion	<ol style="list-style-type: none"> 1. Feelings 2. How Do I Feel? 3. What Can I Do? 	<ul style="list-style-type: none"> ○ recognise different positive and negative emotions experienced
		Protection from abuse	<ol style="list-style-type: none"> 1. May I touch? 2. It's Not My Fault 3. What Can I Do? 4. Being Safe At Home 5. Being Safe In Public 	<ul style="list-style-type: none"> ○ differentiate between acceptable and unacceptable touch ○ recognise and seek appropriate sources of help when threatened by sexual abuse
Pri 2	Emotional and Psychological Health	Managing My Emotions	<ol style="list-style-type: none"> 1. Not Happy At All 2. Coping With My Feelings 3. Lance's Story 	<ul style="list-style-type: none"> ○ recognise different positive and negative emotions experienced ○ understand how different emotions can affect others ○ identify ways of managing negative emotions in positive ways
		Caring For Others	<ol style="list-style-type: none"> 1. Caring For Others 2. Crack The Code! 3. Wonderful Words 4. Leave Me Alone! 5. Bullying and Teasing 	<ul style="list-style-type: none"> ○ understand the characteristics of positive and negative relationships ○ explore different ways of developing healthy relationships with family members, peers and school personnel
Pri 3		Self-Esteem	<ol style="list-style-type: none"> 1. Same or Different? 2. I Am Special 3. The Good, Bad and Ugly 4. My Special Shield 5. Building Relationships 	<ul style="list-style-type: none"> ○ recognise and accept individual differences and similarities for a positive self-esteem.

Level	Health Dimension	Topic	Lessons	Pupils will be able to:
Pri 4	Emotional and Psychological Health	Emotional Health in Adolescents	<ol style="list-style-type: none"> 1. Building My Confidence 2. Our Strengths and Weaknesses 3. Let's Try Something New 	<ul style="list-style-type: none"> ○ understand how different emotions can affect others ○ recognise and accept individual differences and similarities for a positive self-esteem
		Protection from abuse	<ol style="list-style-type: none"> 1. Avoiding Danger 2. Protect Yourself! 3. Watch Out! 4. What Should I Do? 	<ul style="list-style-type: none"> ○ differentiate between acceptable and unacceptable touch ○ recognise and seek appropriate sources of help when threatened by sexual abuse
Pri 5	Physical Health	Physical Changes	<ol style="list-style-type: none"> 1. Watch Me Grow 2. Metamorphosis 	<ul style="list-style-type: none"> ○ recognise the different stages of growth and development of their bodies
	Emotional and Psychological Health	Stress Management	<ol style="list-style-type: none"> 1. Have You Felt This Way? 2. Why Am I Stressed? 3. What Stress Does To You 4. You Can Beat Stress 	<ul style="list-style-type: none"> ○ recognise different positive and negative emotions experienced ○ understand how different emotions can affect others ○ identify ways of managing negative emotions in positive ways
		Entering Puberty	<ol style="list-style-type: none"> 1. How Do You Feel? 2. Dealing with Puberty 3. Choosing To be Positive 	
		Protection from abuse	<ol style="list-style-type: none"> 1. Staying Safe Online 	<ul style="list-style-type: none"> ○ recognise and seek appropriate sources of help when threatened by sexual abuse
Pri 6	Physical Health	Physical Changes	<ol style="list-style-type: none"> 1. More About Puberty 	<ul style="list-style-type: none"> ○ recognise the different stages of growth and development of their bodies
		Personal Hygiene	<ol style="list-style-type: none"> 1. Smelling Fresh, Keeping Clean 	<ul style="list-style-type: none"> ○ establish daily habits for caring for their bodies in order to maintain or improve health and prevent illness
	Emotional and Psychological Health	Relationships During Puberty	<ol style="list-style-type: none"> 1. A Feeling Called ... 2. What Are You 	<ul style="list-style-type: none"> ○ explore different ways of developing healthy relationships with family

Level	Health Dimension	Topic	Lessons	Pupils will be able to:
	Health		Getting Into? 3. Build Your Self-Esteem! 4. Coping With Setbacks 5. Communication	members, peers and school personnel ○ identify characteristics of positive and negative relationships