

Third Year SPHE Course Calendar

	Summer – Midterm 1 No. of weeks: 8/9 weeks	Midterm 1 – Christmas No. of weeks: 6 weeks	Christmas – Midterm 2 No. of weeks: 5 weeks	Midterm 2 – Easter No. of weeks: 7 weeks	Easter – Summer No. of weeks: 6 weeks	
Year 3	AUGUST/SEPTEMBER–OCTOBER	NOVEMBER–DECEMBER	JANUARY–FEBRUARY	FEBRUARY–APRIL	APRIL–MAY	
Unit Title	UNIT 1: Understanding My Thoughts and Actions	UNIT 2: Caring for My Mind and Body	UNIT 3: Understanding and Dealing with Substance Use	UNIT 4: Intimate Relationships	UNIT 5: Sexual and Emotional Wellbeing	
Learning Outcomes	Topics: • Reflecting on Growth, Achievements and Future Goals • Intrinsic and Extrinsic Motivation • Introverts and Extroverts • Bias, Inequality and Exclusion • Diversity and Inclusion • Coping with Mistakes and Criticism • Self-Compassion and Self-Kindness • Happiness and Gratitude LOs: 1.1, 1.2, 1.3, 1.4, 1.6, 1.7, 1.8, 1.9, 2.4, 4.1, 4.4	Topics: • Things Within and Beyond Our Control • Painful Emotions and Coping • Building Resilience • Coping Tools and Anxiety • Positive Relationships with Food • Balanced Diet and Food Choices • Disordered Eating Behaviours • Edited Images, Social Media and Body Image LOs: 1.3, 1.4, 2.1, 2.2, 2.3, 2.6, 2.10, 3.2, 4.2, 4.4, 4.5	Topics: • Problematic Substance Use and Binge Drinking • Substance Use and the Law • Addiction and Addictive Behaviours • Seeking Help and Support • Influences on Decision Making • Peer Pressure and Resisting Pressure • Stress, Substance Use and Positive Coping Strategies LOs: 2.3, 2.4, 2.5, 2.6, 2.10, 4.5	Topics: • Physical and Emotional Intimacy • Consent and Sexual Activity • Pressures to Become Sexually Intimate • Emotional Readiness and Respecting Choices • Popular Culture and Sexual Expression • Pornography and Its Influence • Healthy, Unhealthy and Abusive Relationships • Coercive Control and Ending Relationships Respectfully LOs: 1.7, 1.9, 3.1, 3.2, 3.3, 3.4, 3.7, 3.8, 3.10, 3.11	Topics: • Harassment and Sexual Harassment • Seeking Help and Support • Gender Norms and Social Media • Positive and Negative Social Media Influencers • Contraception and Safer Sexual Activity • Communicating About Contraception • Sexually Transmitted Infections (STIs) • STI Testing, Treatment and Support LOs: 1.5, 3.1, 3.3, 3.5, 3.9, 3.10, 3.11, 4.9	
Assessment	Assessment: opening/closing questions; activities; surveys/journal; reflection.	Assessment: opening/closing questions; activities; workshop/campaign; reflection.	Assessment: questions; activities; awareness campaign/video role play; reflection.	Assessment: questions; activities; debates/role play; reflection.	Assessment: questions; activities; presentations/leaflet/quizzes; reflection.	
Reporting	Reporting: ongoing teacher feedback and end-of-unit reflection.	Reporting: ongoing teacher feedback and end-of-unit reflection.	Reporting: ongoing teacher feedback and end-of-unit reflection.	Reporting: ongoing teacher feedback and end-of-unit reflection.	Reporting: ongoing teacher feedback and end-of-unit reflection.	