

Second 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: 5 weeks	
Year 2	AUGUST/SEPTEMBER–OCTOBER	NOVEMBER–DECEMBER	JANUARY–FEBRUARY	FEBRUARY–APRIL	APRIL–MAY	
Unit Title	UNIT 1: Understanding Myself and Others	UNIT 2: Mind and Body Wellbeing	UNIT 3: Substance Use: Effects and Influences	UNIT 4: Reproductive Health and Relationships	UNIT 5: Protecting Myself Online and In Person	
Learning Outcomes						
Assessment						
Reporting						
	Topics: • Reflection and Emotional Maturity • Feelings and Emotions • Goals, Vision Boards and Habits • Self-Worth and Personal Strengths • Self-Identity and Influences • Empathy and Active Listening • Assertive Communication • Healthy and Toxic Friendships • Family Relationships and Conflict LOs: 1.2, 1.3, 1.4, 1.5, 1.7, 1.8, 1.9, 2.1, 2.4, 2.10, 3.2, 4.3 Assessment: opening/closing questions; activities; role play, surveys, case studies, posters/vision boards and reflection. Reporting: ongoing teacher feedback and end-of-unit reflection.	Topics: • Thoughts, Feelings and Behaviours • Self-Control and Delayed Gratification • Vitamins and Minerals • Phytonutrients and Healthy Food Choices • Food and Drink Marketing • Body Image and Beauty Standards • Social Media and Body Positivity LOs: 1.1, 1.3, 1.4, 1.7, 1.8, 1.9, 2.1, 2.2, 2.4, 2.7, 2.10, 3.2, 4.2, 4.4, 4.5 Assessment: opening/closing questions; activities; diaries, recipes, debates, leaflets/posters and reflection. Reporting: ongoing teacher feedback and end-of-unit reflection.	Topics: • Alcohol and Its Risks • Alcohol Advertising and Influences • Legal and Illegal Drugs • Effects and Consequences of Drug Use • Drug Laws and Legal Consequences • Peer Pressure • Saying “No” with Confidence • Substance Use and Emotional Wellbeing • Healthy Coping Strategies LOs: 2.2, 2.3, 2.4, 2.5, 2.6, 4.5 Assessment: opening/closing questions; activities; debates, case studies, leaflet/slideshow, public information campaign, poster and reflection. Reporting: ongoing teacher feedback and end-of-unit reflection.	Topics: • The Menstrual Cycle • Testicular Health • Healthy, Unhealthy and Abusive Relationships • Green, Amber and Red Flags • Boundaries and Comfort Zones • Consent • Conflict and Rejection • Sexual Health • Contraception • Sexually Transmitted Infections (STIs) LOs: 1.1, 1.2, 2.4, 3.1, 3.2, 3.3, 3.4, 3.5, 3.7, 3.8, 3.9, 3.11, 4.4 Assessment: opening/closing questions; activities; case studies, scripts, research, multimedia campaign, quiz and reflection. Reporting: ongoing teacher feedback and end-of-unit reflection.	Topics: • Social Media and Wellbeing • FOMO and “Insta Lies” • Trolling and Cyberbullying • Sexting and Sexual Imagery • Sharing Intimate Images and the Law • Victim Blaming • Bullying and Appropriate Responses • Accessing Help and Support LOs: 1.3, 1.7, 2.6, 2.7, 2.8, 2.9, 2.10, 3.2, 4.6, 4.7, 4.8, 4.9 Assessment: opening/closing questions; activities; walking debates, role play, case studies, campaigns and reflection. Reporting: ongoing teacher feedback and end-of-unit reflection.	