

Appendix A: Organisation of SPHE in Ashbourne CNS

Strand	Year 1 (J.I. & 1 st)	Year 2 (SI & 2 nd)	Year 1 (3 rd & 5 th)	Year 2 (4 th & 6 th)
Myself	<p>Self Identity (Sept, Oct, Nov)</p> <ul style="list-style-type: none"> - Self Awareness - Developing Self confidence - Making Decisions - Stay Safe - <p>Safety & Protection</p> <ul style="list-style-type: none"> - Fire safety (Oct) - Water safety (May & June) <p>Safety & Protection (Jan & Feb)</p> <ul style="list-style-type: none"> - Personal safety - Stay Safe <p>Growing & changing (March, April)</p>	<p>Safety & protection (Jan & Feb)</p> <ul style="list-style-type: none"> - Personal safety - Safety Issues - Stay Safe <p>Taking care of my body (March & April)</p> <ul style="list-style-type: none"> - Knowing about my body - Food & nutrition - RSE 	<p>Self Identity (Sept & Oct)</p> <ul style="list-style-type: none"> - Self Awareness - Developing self confidence <p>Safety & Protection (Jan & Feb)</p> <ul style="list-style-type: none"> - Personal Safety - Safety Issues - Stay Safe - Webwise <p>Taking care of my body (March & April)</p> <ul style="list-style-type: none"> - Health & well being - Knowing about my body - Food & nutrition - RSE 	<p>Safety & Protection (Jan & Feb)</p> <ul style="list-style-type: none"> - Personal Safety - Safety Issues - Stay Safe - Webwise <p>Growing & changing (March & April)</p> <ul style="list-style-type: none"> - As I grow I change - New Life - Feelings & emotions - RSE - All Together Now Lessons 3 & 4 – 6th class

	<ul style="list-style-type: none"> - As I grow I change - New Life - Feelings & emotions - RSE 		<p>Safety & Protection</p> <ul style="list-style-type: none"> - Fire safety (Oct) - Water safety (May & June) <p>Making decisions (Nov)</p>	
Myself & others	Myself & my family (Dec)	<p>My friends & other people (Sept & Oct)</p> <p>Relating to others (Nov & Dec)</p>	<p>Myself & my family (Sept & Dec)</p> <ul style="list-style-type: none"> - Link with GMGY and History 	<p>My friends & other people (Sept & Oct)</p> <p>Relating to others (Nov & Dec)</p> <ul style="list-style-type: none"> - Communicating Resolving conflict
Myself & the wider world	<p>Developing Citizenship (May & June)</p> <ul style="list-style-type: none"> - My school community - Living in the local community - Environmental care 	Media Education (May & June)	<p>Developing citizenship (May & June)</p> <p><i>All Together Now! Lessons 1 & 2 -5th Class</i></p>	Media Education (May & June)

Useful Resources

<http://sphenetwork.ie/resources/>

PDST Making the Links https://www.pdst.ie/sites/default/files/Making%20the%20Links%20%28revised%202017%29.compressed_1.pdf

<https://www.pdst.ie/sites/default/files/RESPECT%20guidelines.pdf>

<https://www.sexualwellbeing.ie/for-parents/resources/relationships-and-sexuality-education-%E2%80%93-going-forward-together.pdf>

<https://www.sexualwellbeing.ie/for-parents/resources/busy-bodies-adolescent-development-resources.html>

<https://www.pdst.ie/walktall>

http://www.staysafe.ie/teachers_dlssp.htm

<https://www.webwise.ie/>

<https://www.belongto.org/all-together-now/>

<https://cns.ie/goodness-me-goodness-you-new/>

<https://www.pdst.ie/primary/healthwellbeing/RSE>

