

St Oliver Post Primary

Relationship Sexuality Education – Content Outline for 2025

All material is taught at an age appropriate level

1st years

Students will learn about;

- Puberty - the physical, social & emotional changes that take place during it.
- The female & male reproductive system
- The menstrual cycle – timeline, conception & menopause
- Good hygiene habits

2nd years

Students will learn about;

- The qualities needed for healthy relationships
- Making, sustaining and ending a romantic relationship respectfully
- The signs of a healthy, unhealthy and abusive relationship
- Boundaries in relationships
- Understand consent

3rd years

Students will learn about;

- The media and body image
- Respect in a relationship & communicating decisions to a partner
- Conflict in relationships and compromising
- Responsibilities associated with pregnancy and parenting, understand the health considerations for pregnancy and post-natal health
- The advantages of abstinence or delaying first sex

Transition Year

Students will learn about;

- Managing friendships & relationships online
- Consent and media
- Coco's Law
- Impact of non-consensual image sharing

5th years

Students will learn about;

- Self-esteem and how it plays a part in relationships
- Healthy relationships and communication
- Boundaries and decision making
- Contraceptive Methods – the range available, hormonal or barrier, advantages and disadvantages

6th years

Students will learn about;

- What love is, values & beliefs
- Boundaries, consent & the law
- STI's – types, causes, transmission routes and treatments
- Recap on reproduction
- Pregnancy & Parenthood