



The Relationship and Sex Education Curriculum at UCC

Below are the topics covered in our RSE curriculum for each year group. Each main topic is delivered through 6 dedicated lessons using a variety of lesson resources including Power points, print and online activities. These lessons are delivered by form tutors to their form group.

Year 7 Managing Feelings	Year 8 Communicating in Relationships	Year 9 Contraception	Year 10 Access to Sexual Health Services	Year 11 Sexual Consent, Choices and Decisions
What is puberty? Body changes during puberty Feelings about puberty	What are healthy relationships? Communication and how relationships change over time Dealing with conflict Staying safe online Introduction to sexting and the law	Healthy vs unhealthy relationships Sharing information, sexting and the impact of viewing harmful content Consent Staying safe and contraception Using contraception	Where to access contraception Sexually Transmitted Infections (STIs) and testing Emergency contraception and pregnancy testing LGBT+ support Counselling, advice and support services	What is sex? What is sexual assault? What is consent? Facts and advice regarding rape Getting and giving consent Support services