



Healthy Relationships S5

Session 1 Setting the Agenda

Skills

- To build new skills developed from S1 – S4

Outcomes

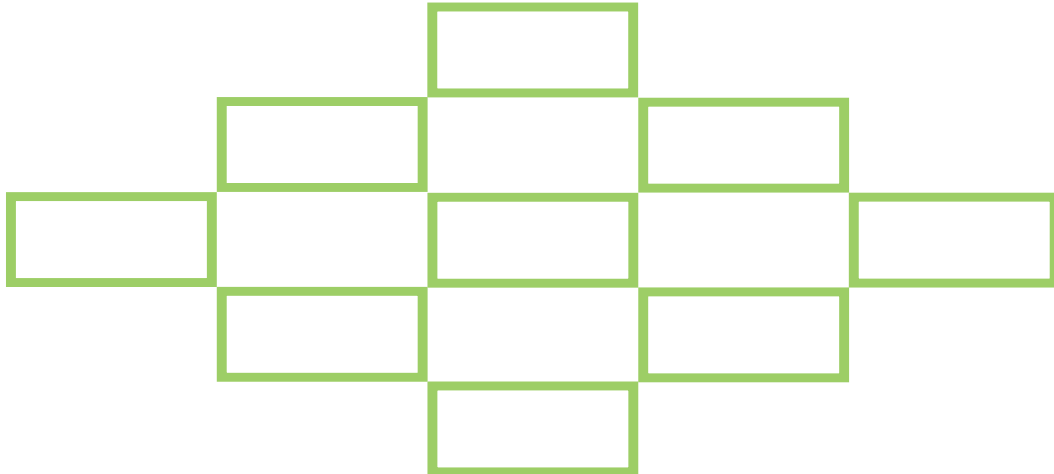
- to identify what the group wish to explore throughout the programme

Materials

"It's my Choice" handout

Activities

- **Introduction**
Explain that this exercise will enable the group to identify what issues they are interested in around Sexual Health and Relationships.
Include your own key topics in the negotiations.
- **Activity 1**
Ask the group to brainstorm the main issues for them. This can be done as a class or in small groups.
Draw up a class list of issues / topics / skills.
Now in groups, pupils should take the idea according to the most favoured at the top to least favourite. - rank them in a diamond shape



Ensure that the following topics are included:

1. Key Health Issues - Breast / Testicular cancer STIS
2. Agencies that can help
3. Relationship Skills

- **Activity 2**

Review of Rights and Responsibilities

Issue handout from S2 'It's my Choice' Should anything be changed / added / deleted?

- **Processing**

Discuss content of programme

Review S1 - S4 programme

Note: further sessions can be selected from examples included and / or from recommended resources.
Methods should include use of IT, project work, debates, continuous, role plays etc.
The value of external speakers or visits should be remembered.

Session I Activity Sheet A

It's My Choice Bill of Rights

- I have the **right** to be treated with respect
I have the **responsibility ...**

- I have the **right** to express my feelings and opinions
I have the **responsibility ...**

- I have the **right** to feel safe
I have the **responsibility ...**

- I have the **right** not to be pressured
I have the **responsibility ...**

- I have the **right** to ask for what I want
I have the **responsibility ...**

- I have the **right** to accurate information on sexual health
I have the **responsibility** to use this information to make healthy wise decisions.