## ST JOSEPH’S INSTITUTION SEXUALITY EDUCATION PROGRAMME 2015
### JC 1

<table>
<thead>
<tr>
<th>UNIT</th>
<th>LESSONS / DURATION</th>
<th>LESSON OBJECTIVES</th>
<th>TIME PERIOD (e.g. Term 3 Week 2)</th>
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</table>
| The Real Self (Part 3)                | 1 (60 mins)        | • analyse the impact of one’s self-perception on one’s behaviour  
• recognise that some messages in the media have sexual connotations and reflect ideals or stereotypes  
• evaluate messages that promote casual sexual activity among adolescents  
• recognise that the media has a tendency to inaccurately reflect the effort needed to nurture and maintain relationships | Term 2                           |
| Lessons about Love (Part 6)           | 2 (60 mins)        | • know that love is a commitment and it is not the same as having feelings of attraction  
• appreciate the importance of balanced roles, self-respect and mutual respect in the healthy development of relationships  
• recognise that differences in values, goals, and expectations may become challenges and /or lead to conflicts in the relationship  
• know the different styles of conflict management and acquire effective techniques of conflict management in a romantic relationship | Term 2                           |
|                                        | 3 (60 mins)        | • appreciate that abstinence is to be cherished and is contingent on the exercise of self-control  
• examine and empathise with the dilemma of an unwanted pregnancy faced by an unmarried couple  
• appreciate that one’s beliefs on abortion is influenced by one’s religion, culture and values.  
• recognise that an abortion can have severe effects  
• evaluate one’s own beliefs about STIs/HIV/AIDS and the need to treat all individuals with respect and dignity  
• recognise that there is a tendency to underestimate one’s own vulnerability | Term 2                           |