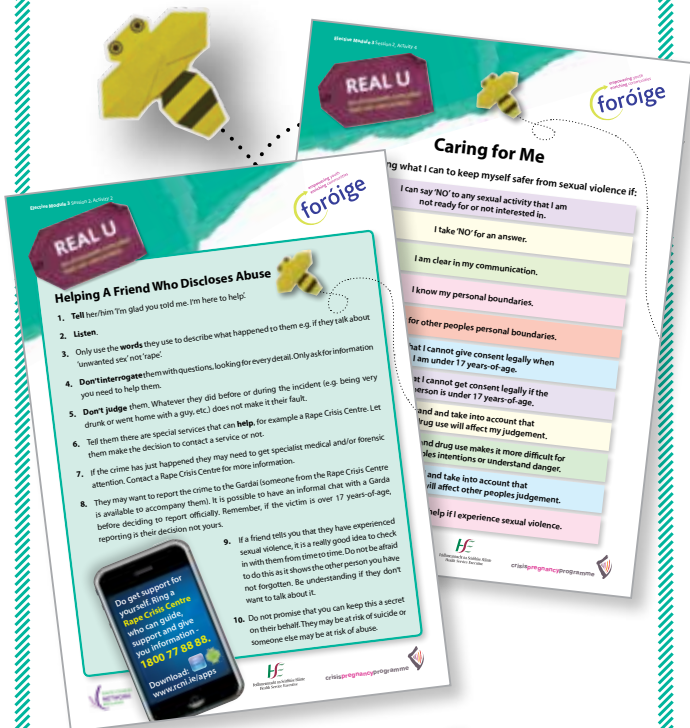


## Additional Resources used with this programme:



A variety of additional resources are provided for programme implementation, including:

- Posters
- Playing Cards
- Zip folder print-aid resource



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REAL U training is co-ordinated and facilitated by Foróige's Training, Learning and Development function. If you wish to be trained as a facilitator of the REAL U programme, please contact:

**Training, Learning and Development**

[training@foroige.ie](mailto:training@foroige.ie)

01-6301735



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# Information Leaflet





The REAL U programme has been developed to enable young people to explore issues pertinent to relationships and sexuality. It has been developed as a way of exploring a number of relevant topics including puberty, body image, reproduction, sexuality, contraception, sexually transmitted infections, emotional well-being and boundaries. It is designed to be used with young people aged 12-18 years in a group work setting.

### Programme Aims and Outcomes

The REAL U programme is a personal development and sex education programme aimed at equipping young people with the skills, knowledge and confidence to develop healthy relationships and delay the onset of early sexual activity.

Facilitators are encouraged to complete the core module with all young people. They may then select elective modules based on the needs and wants of the young people.



### Core Module 6 SESSIONS

1. Introduction
2. Relationships
3. Reproduction
4. Gender and Sexuality
5. Emotional Well-being
6. Understanding Boundaries

### Elective Module 1 Additional 3 SESSIONS

1. Puberty
2. Body Image
3. Hygiene

### Elective Module 2 Additional 4 SESSIONS

1. Contraception
2. Sexually Transmitted Infections
3. Unplanned Pregnancy
4. Nurse's Visit

**Parents Information Session**

- Informing parents of programme content
- Information on how to communicate with your child about relationships and sexuality

### Elective Module 3 Additional 2 SESSIONS

1. Sex and the Law I
2. Sex and the Law II

### Elective Modules 4-9 Additional 1 SESSION EACH

- Available Services
- Know Your Body
- Positive Ways to Deal with Stress
- Alcohol and Drugs
- Media Messages
- Understanding Pornography

### Learning Outcomes

On completion of the core module participants will be able to:

- Recognise and develop strategies to cultivate positive relationships.
- Develop and practice effective communication skills, in particular assertiveness.
- Demonstrate increased awareness of their behaviour in relationships.
- Understand the importance of respect with regards to a person's sexual orientation.
- Outline ways of maintaining positive emotional well-being.
- Describe the importance of developing their own boundaries within relationships.
- Understand how the male and female reproductive system works.
- Access relevant information available to them.

On completion of the elective modules participants will be able to:

- Explain the physical and emotional changes that take place in girls and boys during puberty.
- Understand the possible consequences of sexual activity e.g. STIs, parenthood etc.
- Develop strategies of discussing contraception in a relationship.
- Explain the causes, symptoms and treatment of a range of STIs.
- Identify some of the influences on human sexuality e.g. media.
- Recognise the importance of a good hygiene habit.
- Acknowledge the benefits of checking their own bodies.
- Describe methods of coping with stress.
- Demonstrate a heightened understanding of sex and the law.
- Differentiate between pornography and the reality of a relationship.