

dimensions are either ignored or rejected. All students, to a greater or lesser extent, are exposed to and influenced by this distorted image of sexuality. Theme Three provides an opportunity for them to examine the messages they are receiving and for teachers to begin speaking about the importance of modesty and chastity. As in the earlier grades, students are encouraged to deepen their understanding of the life-giving and loving dimensions of human sexuality and, as they get older, to grow in their personal commitment to chastity.

Overview of Topics

- **Topic 1: The Gift of Sexuality** — The opening topic provides the students with an opportunity to reflect on the gift of sexuality. Some of the aspects of sexuality they consider are our identity as body/spirit persons who are created male or female; the body as the expression of the person; our Creator’s intention that we be loving and life-giving persons; and the challenge of understanding the true meaning of sexuality.
- **Topic 2: Male and Female: In Relationship** — Topic 2 explores the place of sexuality in our relationships. The students examine the meaning of intimacy; the expression of the loving and life-giving dimensions of sexuality in marriage; and the single state and celibacy.
- **Theme Three Virtue: Chastity** — The virtue of chastity is highlighted at the end of Topic 2. The focus is on the true meaning of the gift of sexuality and the need to express ourselves as males and females who honour this gift and live according to God’s plan.
- **Topic 3: Growth and Change** — In Topic 3, the students look at the life stage of adolescence. They consider the need to prepare themselves for the future, adjust to a changing appearance, manage moods and stress, and understand the experience of sexual attraction. This topic also includes a reflection on homosexuality in the light of an understanding of the purpose of sexuality — love and life.
- **Topic 4: Young People: In Relationship** — Topic 4 continues to explore sexual attraction and examines some of the pressures on young people to become involved in exclusive male-female relationships at an early age. These sources of pressure include media, peers, and unmet personal needs. This topic also includes a feature on serious abuses of sexuality.
- **Topic 5: The Gift of Fertility** — In Topic 5, the students examine two issues related to human fertility: sexually transmitted and blood borne infections (STBBIs) and family planning. Both of these issues are considered in the context of fertility as a gift and the need to protect and live in harmony with this gift.

Students will examine the Catholic teaching on the human person and consider the inherent dignity that comes from being made in the image and likeness of God. Students will explore the Catholic understanding of gender identity and gender expression, and the factors that help all individuals develop a healthy self-concept.

Health and Physical Education
expectation D1.5