At Junior Certificate level the student can:

1. **Alcohol and Smoking**
   Use relevant knowledge about alcohol and smoking to make informed and positive life choices

2. **Legal and Illegal Substances**
   Understand and recognise legal and illegal substances to help you make positive life choices

3. **Bullying**
   Identify and label bullying behaviour and possible responses to such behaviour

4. **Personal Security and Safety**
   Identify and suggest different ways of promoting personal security and safety

Area of Experience: Social, Personal and Health Education
At Junior Certificate level the student can:

Use relevant knowledge about alcohol and smoking to make informed and positive life choices

Learning Targets - This has been demonstrated by your ability to:

1. Explain what alcohol is
2. List the reasons why people drink
3. Know what the effects of alcohol are
4. Discuss the dangers of alcohol
5. Discuss the positive use of alcohol
6. Discuss the reason why alcohol is illegal for minors
7. Contrast the cultural uses of alcohol
8. Give the reasons why some people don’t drink
9. Describe the effects smoking has on the body
10. Give reasons why some people smoke
11. Explain the different ways people can stop smoking
12. Practice the different ways of saying NO
13. List the different leisure activities that do not involve alcohol
At Junior Certificate level the student can:

**Understand and recognise legal and illegal substances to help you make positive life choices**

**Learning Targets** - This has been demonstrated by your ability to:

1. Define legal drugs and give examples
2. Define illegal drugs and list examples
3. Describe the benefits of the correct use of prescribed drugs
4. Describe situations where medicines can be misused
5. Discuss solvent abuse and what it can do to your body
6. Know the school policy on drugs
7. List the reasons why people use cannabis
8. Discuss the dangers of cannabis use
9. Recognise the personal and social consequences of the use of ecstasy
10. Recognise the personal and social consequences of the use of heroin
11. List the names, addresses and phone numbers of support services
At Junior Certificate level the student can:

**Identify and label bullying behaviour and possible responses to such behaviour**

### Learning Targets

This has been demonstrated by your ability to:

1. Define what bullying is
2. Describe the different types of bullying behaviour
3. Give example of the effects bullying behaviour can have on an individual
4. Give examples of the effects bullying behaviour could have on a group, class or community
5. Know the school policy on bullying
6. Give reasons why someone might bully
7. Name the people in school you could report a bullying incident to
8. List and describe what you could do if you were being bullied
9. List and describe what you could do if you saw someone being bullied
At Junior Certificate level the student can:

**Identify and suggest different ways of promoting personal security and safety**

**Learning Targets** - This has been demonstrated by your ability to:

1. Know fire evacuation procedures
2. Describe the possible dangers in travelling to and from school
3. Know the rules of the road
4. Outline the different ways you could respond if your personal safety was threatened
5. List the possible situations in which accidents can occur at home and how they can be avoided
6. List the possible dangers in which accidents can occur in school and the workplace and how they can be avoided
7. Explain how a cyclist can keep safe on the road
8. Describe the ways public transport can be misused and how that affects others
9. Name situations where personal safety could be compromised
10. Give examples of ways to deal with a potentially dangerous situation
11. List the names, addresses and phone numbers of emergency services and support agencies