

# Growth and Development 1

CC

Statement Code no: 39

Student:

Class:

At Junior Certificate level the student can:

## Make informed choices within personal relationships

Date Commenced: / /

Date Awarded: / /

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

- 1 Give examples of ways in which relationships between the sexes can change during adolescence
- 2 Describe the physical and emotional changes which occur in girls and boys during adolescence
- 3 Know the standard names of the sexual organs and their functions
- 4 Describe the key stages in the cycle of human reproduction including menstruation, fertility cycle, sexual intercourse, conception and birth
- 5 Name and describe the symptoms of sexually transmitted diseases
- 6 Explain how sexually transmitted diseases may be avoided and treated
- 7 Explain how the AIDS virus is transmitted and suggest ways of avoiding infection
- 8 Name and describe the whole range of options available to minimise the risk of unplanned pregnancy
- 9 List the names, addresses and contact numbers of support services including local, national, formal, informal helplines, support groups, school and health board counselling services

**Note:** Parental consent is desirable for Learning Targets 5 to 9  
Refer also to: English, Civic Social and Political Education, Religious Education, Science

Work begun    | Work in progress    | Work completed