## Area of Experience: Social, Personal and Health Education

## SPHE

At Junior Certificate level I can:

l a <b>2 L</b> l	Alcohol and Smoking Use relevant knowledge about alcohol and smoking to make informed and positive life choices Legal and Illegal Substances Understand and recognise legal and illegal substances to help you make positive life choices	000
		000
3	Bullying Identify and label bullying behaviour and possible responses to such behaviour	000
4	Personal Security and Safety Identify and suggest different ways of promoting personal security and safety	000