Further Education Centre, Cathedral Road, Ballina, Co. Mayo VEC

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1. Rationale

The purpose of this SPHE policy is to support the holistic development of learners in Youthreach Ballina. SPHE provides a framework for equipping young people with the knowledge, skills, and attitudes necessary to develop as confident, responsible, and healthy individuals. The programme supports learners in the QQI program and LCA Social Education, while embedding the six Wellbeing Indicators to promote lifelong wellbeing.

2. Aims

SPHE in Youthreach Ballina aims to:
- Foster a positive sense of self and encourage learners to value their physical, social, emotional, and spiritual wellbeing.
- Build learners' capacity to develop and sustain healthy relationships.
- Enable learners to make informed decisions that promote personal health and safety.
- Promote respect, inclusivity, and empathy within the centre and the wider community.
- Support learners to reflect on their growth and take responsibility for their wellbeing.
- To ensure that all learners within the centre have appropriate knowledge and education on matters pertaining to the LGBTQ+ community. In doing so to ensure that members of the LGBTW+ community and safe and welcome within the centre.

3. Wellbeing Indicators

SPHE delivery will explicitly address the six indicators of wellbeing:
- Active – supporting learners to make healthy lifestyle choices and engage in physical activity.
- Responsible – encouraging responsible decision-making and respect for self and others.
- Connected – developing positive relationships and a sense of belonging.
- Resilient – supporting learners to cope with life's challenges and seek help when needed.
- Respected – fostering an environment of inclusivity, equality, and mutual respect.
- Aware – encouraging reflection on strengths, needs, values, and goals.

5. Teaching & Learning Approaches

SPHE will be:
- Learner-centred
- Participatory and practical
- Reflective and inclusive
- Focused on real-life skills and decision-making

6. Key Themes

- Personal identity and self-esteem
- Physical health, nutrition, and fitness
- Mental health and resilience
- Substance awareness and safety
- Relationships and sexuality education (including LGBTQ+)
- Digital wellbeing and online safety
- Rights, responsibilities, and advocacy
- Community involvement and active citizenship

7. Roles & Responsibilities

- SPHE Tutors: Plan, deliver, and evaluate lessons.
- Coordinator: Ensure resources and support.

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- Learners: Actively participate.
- Support Staff/Agencies: Contribute specialist input (e.g., workshops).

8. Assessment

- QQI Level 3: Continuous assessment through portfolios, projects, assignments.
- LCA: Key assignments and projects.
- Non-accredited: Reflection journals, learner feedback, and self-assessment linked to wellbeing indicators.

9. Policy Links

Aligned with:
- Youthreach National Guidelines
- Wellbeing Framework for Post-Primary Schools
- DES Circulars on SPHE, RSE, and Wellbeing
- Centre policies: Child Protection, Youthreach Ballina Bi Cinealta Anti Bullying Policy, Inclusion
- Youthreach Ballina Belong To Quality Mark

10. Monitoring & Review

- Reviewed every two years with staff and learner input.
- Updates reflect national guidelines and local needs.

Last Reviewed: 29 September 2026