

REAL U



Relationships Explored

And Life Uncovered



**Facilitator
Training**



Welcome!!

Michael Kiernan

Training Officer

RSE

he/him

Aisling Harrington

Training Officer

Health & Wellbeing

she/her

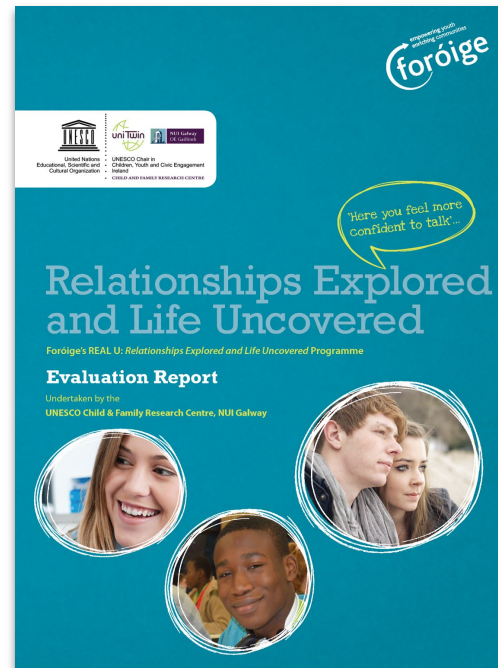
Aim of REAL U

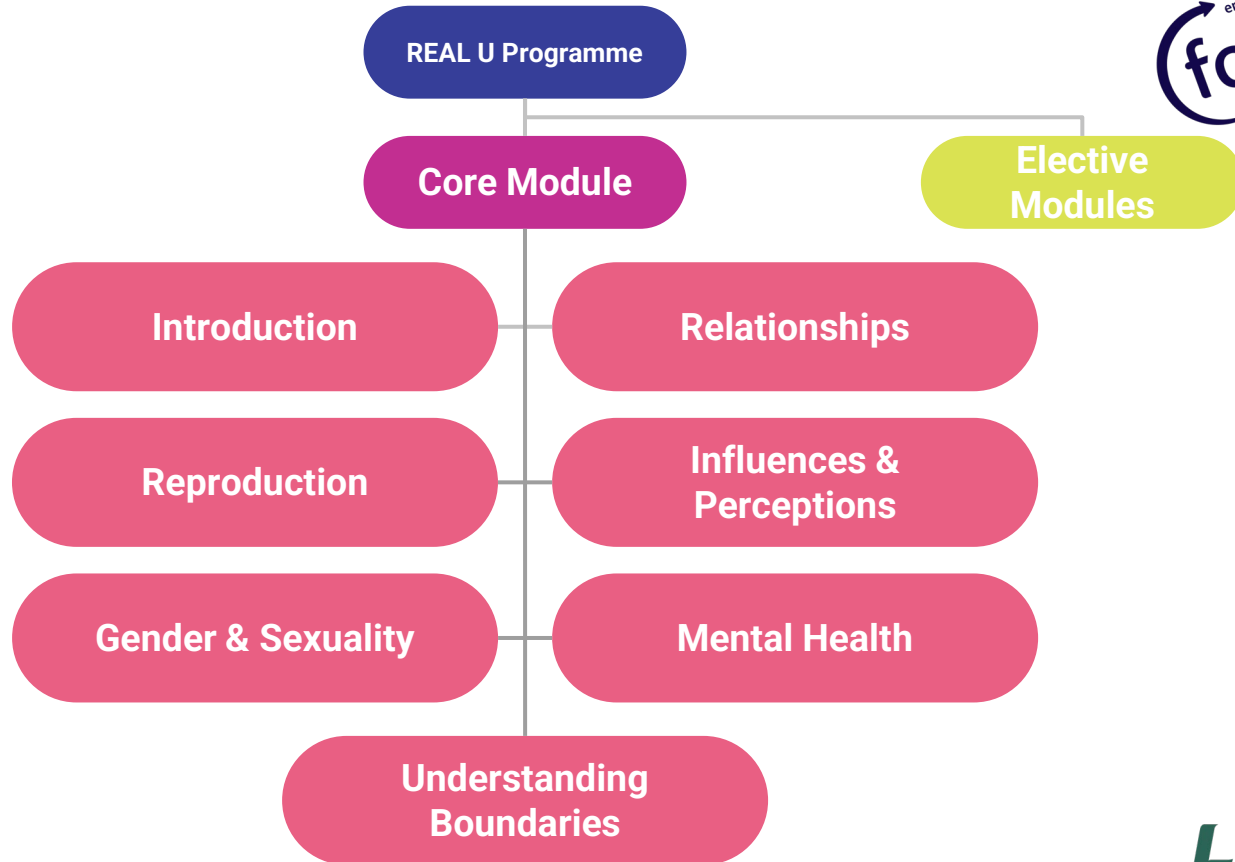
REAL U is a personal development and sex education programme aimed at equipping young people with the skills, knowledge and confidence to develop healthy relationships and delay the onset of early sexual activity.

REAL U

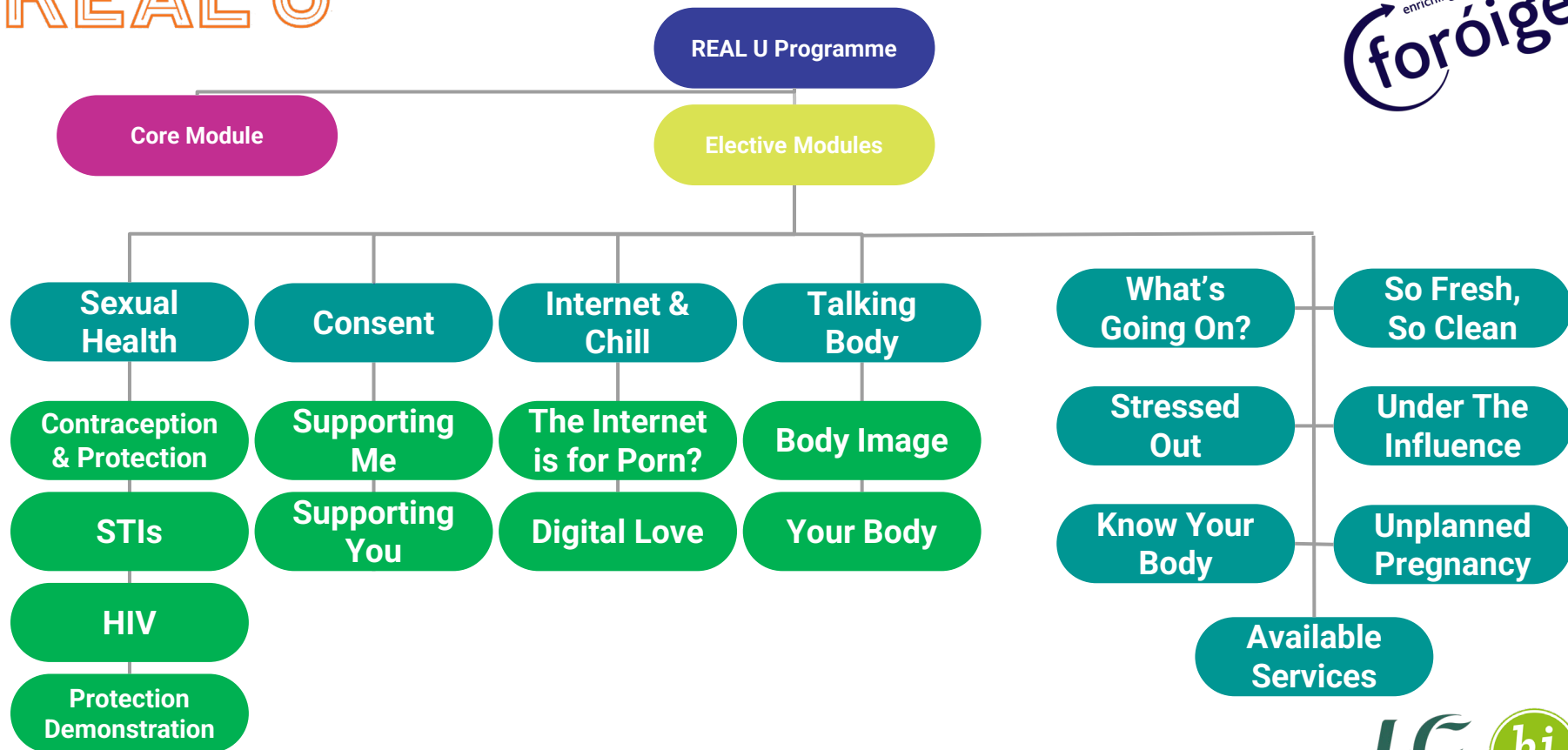
UoGalway Evaluation

- Need for the programme.
- Value and enjoy the programme.
- Programme is effective.
- Evidence of effectiveness:
 - Increased awareness, respect and empathy towards members of the LGBTI+ community.
 - Knowledge about sex and what it is as part of a relationship.





REAL U



Core Module

Session 1 - Introduction

Activity 4: Let's Talk

Core Module

Session 7 - Understanding Boundaries

Activity 1: Talking It Out

Elective Module 1 Sexual Health

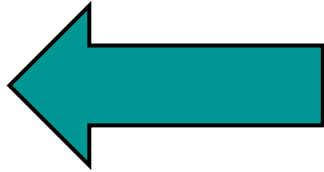
Contraception & Protection
STIs
HIV

Elective Module 3

Session 1 - The Internet is for Porn?

Activity 3: Moving Debate

AGREE



DISAGREE



UNSURE

Elective Module 7

Stressed Out

Activity 4: Take A Breath

REAL U

Thank You!!



Scan here to register for
upcoming training this

Autumn / Winter



For any questions, support or
further training opportunities,
please contact us on

training@foroige.ie

(01) 630-1560

