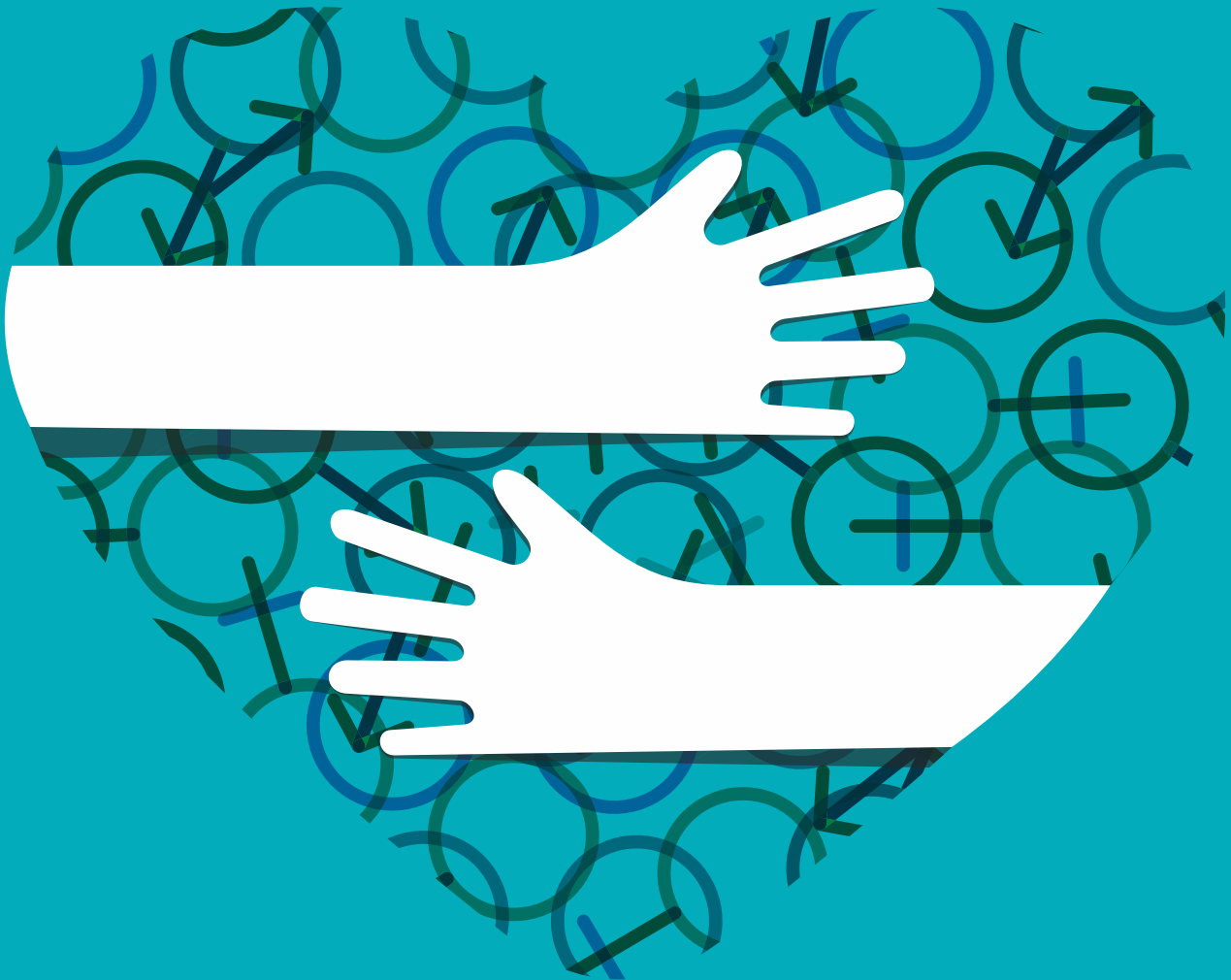


S.H.A.R.E.

Sexual Health Awareness and Relationship Education



OLIVE

Transform the Way you learn



Sexual Health Awareness & Relationship Education Programme

Richie Sadlier and Elaine Byrnes

S.H.A.R.E.

Launch

The S.H.A.R.E. Program was launched on the 28th July 2021 at a virtual conference attended by the Minister for Further and Higher Education Research, Innovation and Science, Simon Harris.

The Minister congratulated both Richie and Elaine for their continued work in this space. "This is an issue very close to my heart... and it's an issue that I'm determined that we make progress on now, during my time as Minister for Further and Higher Education."

Highlighting some of the central issues surrounding the topic of consent and sexual behaviour Minister Harris added

"Despite our ongoing collective efforts, the alarmingly high percentage of students who have experienced sexual harassment and violence is deeply troubling. It's really, really troubling. For example, a recent report by the Consent Initiative at NUI Galway found that 29% of females, 10% of males, and 28% of nonbinary students reported non-consensual penetration by incapacitation, force, or threat of force. These are startling, frightening statistics."

"Consent is a serious issue that contains many grave repercussions when it's not understood and when it's not respected. We do not need to tackle such an issue by just sweeping it under the carpet or pretending it doesn't exist or ignoring it. The way we actually address it is to confront the reality of the issue of consent and start a dialogue that brings conversations out into the open."

Minister Harris concluded with a strong message to educational institutions and the wider society.



"Let's not ignore sexual violence. Let's not ignore sexual harassment. Let's not pretend there isn't an issue."

Here are some excerpts from the key speakers during the event.

"S.H.A.R.E. has been designed to support young people, to have healthy, safe, and enjoyable experiences in their personal relationships."

Brendan Kavanagh, CEO, Olive Group

"If porn is your educator, what are you learning?"

"Parts of the course, for example, situational dilemmas and realistic situational dilemmas came alive with animation."

Elaine Byrnes, Co-creator of S.H.A.R.E. Programme

"I'm really excited by the potential impact that the S.H.A.R.E. program can have by the number of young people that it now has the capacity to reach in a really positive way."

Us adults can do more and should do more to provide [students and young adults] with the appropriate support in the appropriate way at the appropriate time.

Teenagers have a real appetite to learn about this topic, and I think they're equally frustrated that they don't get the support that they feel they should."

Richie Sadlier, Co-creator of S.H.A.R.E. Programme

Click [here](#) to watch the virtual event.



INTRODUCTION

How can you spot an unhealthy relationship? How do you know which parts of porn are unrealistic? And how do you know for sure if your partner is consenting?

Young people ask questions like these all the time. It's time we did more to help them find the answers.

Introducing the SHARE Programme. Supporting the education of young people in this very important area, Richie Sadlier and Elaine Byrnes offer this new online course in sexual health and relationships, the first of its kind in Ireland.

Developed in collaboration with Olive Group, the SHARE Programme is a response to the growing need to provide relationship and sexuality education that is objective, fact-based, inclusive, and comprehensive.

The primary aim of this course is to support young people to have healthy, safe and enjoyable experiences in their personal relationships.

Informed by the personal, academic and professional experience of the course creators, and driven by their passion to support young people, the SHARE Programme provides a novel



ELAINE BYRNES



Elaine Byrnes, is a Doctoral Researcher at the School of Psychology, NUI, Galway. Her research areas of interest are in sexual behaviour, particularly in the negotiation of consent; and how this may be mediated by gender, drugs and alcohol in young people. She is an experienced facilitator of Consent Workshops at third level. Her work on developing the Smart Consent initiative resulted in a nomination for the Outstanding Contribution to Student Life Award by the USI (Union of Students in Ireland).

At second level, Elaine has developed and co-facilitated a sexual health module for Transition Year students and has been an invited speaker on sexual health, consent and online safety to both students and parents. She has also been nominated for the President's Award for Excellence in Teaching at NUI, Galway.

She was the 2019 recipient of the Higher Education Authority Making an Impact Award for her research.

Elaine has been an academic advisor and member of the expert Scoping Group on the content of a national survey of sexual violence appointed by the Department of Justice.

Elaine is also a TEDx speaker. Her key message is that we can reduce the risk of sexual assault and violence through comprehensive sexuality education – with consent at its core – for all young people.

She was a member of the USI National Advisory Panel 2018/19 (Consent) and is a regular media contributor.

RICHIE SADLIER



Richie is an accredited psychotherapist with a passion for supporting adolescent development.

In addition to running his own private practice in south Dublin, he created modules in sexual health and mental fitness which he delivered to the Transition Year students of St Benildus from 2014-2019. He is a regular contributor to RTE television & radio on issues relating to young people, consent, sexual health and emotional wellbeing. He regularly speaks in secondary schools promoting positive well-being and help-seeking behaviour among the students.

A former professional footballer, he is perhaps most widely known for his role on the RTE panel analysing international, domestic and Champions League football. Richie released his memoir, *Recovering*, in 2019, which was named the An Post Sports Book of the Year. He was awarded a Higher Diploma in Counselling & Psychotherapy in 2012, an MA in Psychotherapy in 2014, and to enhance his strong commitment to supporting adolescents and their parents, he completed an MSc in Adolescent Psychotherapy in 2019.

He is an accredited member of the Irish Association of Humanistic and Integrative Psychotherapy (IAHIP).

INTRODUCTION

- Module 1

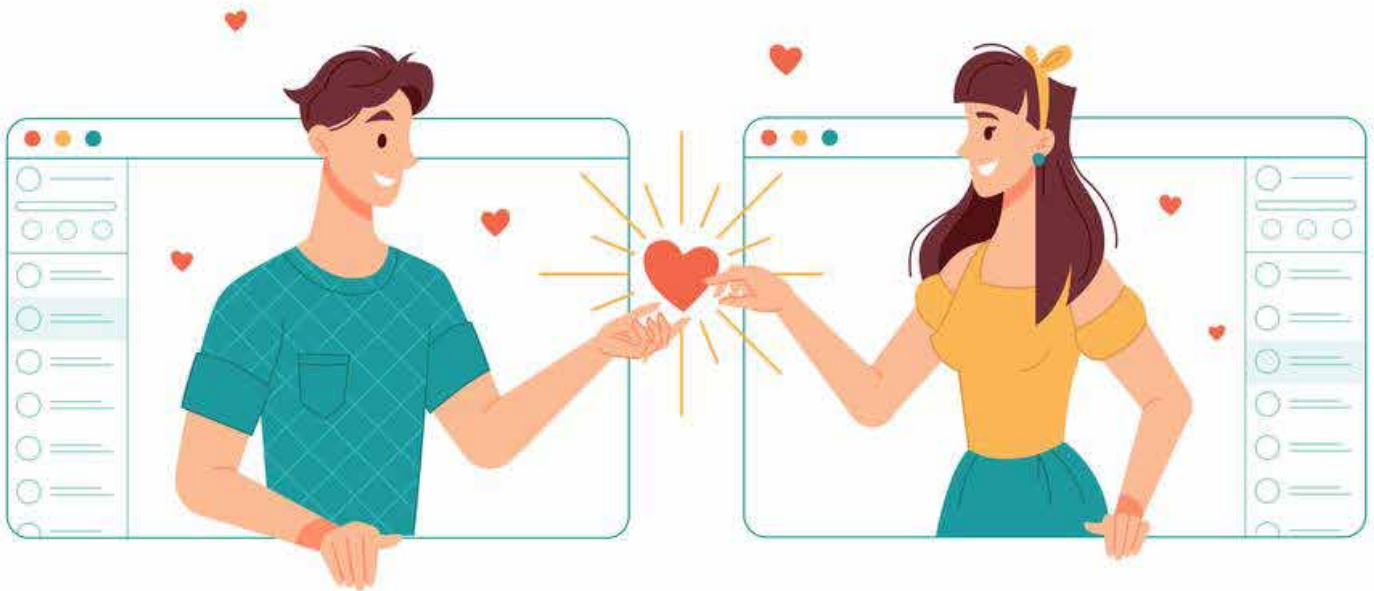


The richness of adolescent sexuality is explored during this opening module, where students are given an outline of the programme and a description of the ethos underlying our approach.

We look at pleasure, sexuality and desire in a validating and informative way, and explore how attitudes to gender can impact decisions and expectations in relationships. With the primary aim of supporting young people's personal journey, the programme sets out from this point to be fact-based, objective, inclusive and fun.

RELATIONSHIPS

- Module 2



Acknowledging the space for individual expression and personal preferences, module 2 is an exploration of how to form and maintain respectful and healthy relationships.

From navigating the landscape of social media to learning how to end relationships in a healthy way, students also engage with hypothetical dilemmas to help recognise and respond to unhealthy, abusive or harmful behaviour.

CONSENT

- Module 3



Consent is the focus of module 3.

Students will engage with explanations of the concept, developing their understanding of how it is effectively communicated and achieved.

Going beyond the sloganeering that often limits the scope of these discussions, students are given the opportunity to apply their learning to hypothetical dilemmas presented at the end of the module.

PORNOGRAPHY

- Module 4



Given the widespread availability and accessibility of online porn, and the reluctance many adults have in discussing it with teenagers, we believe it is essential to address porn and its potential impact on sexual health.

The depiction of sex and relationships in pornography is the focus of module 4.

We acknowledge the appropriateness of adolescent curiosity and the role porn can play in the exploration of adolescent sexuality, but also offer students a chance to critically reflect on some of the more harmful and unhealthy messages implicit in much of pornography.

ALCOHOL

- Module 5



Understanding that alcohol is involved in the early sexual experiences of many young people in Ireland, it is important to explore and highlight how this could impact sexual experiences.

Without judgement on alcohol consumption, module 5 outlines how the influence of alcohol can impact decision-making and behaviour.

Bringing together earlier learning related to consent, safety, healthy behaviour and respect, students engage with hypothetical dilemmas to help apply their learning to real-life scenarios.

CONTRACEPTION AND STIs

- Module 6



While acknowledging the prevalence of risk-taking during adolescence, module 6 promotes the importance of sexual health and the value of protecting ourselves and our partners from unplanned consequences.

We promote personal and joint responsibility in preventing the spread of infections. The range of contraceptive options are presented, the purpose of which is to support students to make informed decisions in this area.

COURSE DELIVERY



Visit the webpage below to learn more about the S.H.A.R.E. Programme.
www.olivegroup.io/share

The course can be taken in a self-paced online format.

An optional component of the programmes is to have a classroom based discussion if the programme is being delivered through school, institutions or organisations.

An accompanying S.H.A.R.E. Programme Facilitator Guide has been developed, to support classroom based discussions following independent student engagement with each module. This is an optional activity, but it will help to reinforce the messaging of respectful and fulfilling relationships in the context of positive sexuality for the students. It will both be an opportunity to strengthen the messaging of the individual module, and also for any questions or queries students may have to be addressed in a supported classroom environment.

Olive Group

Founded in 2006, Olive Group is an EdTech company that provides a fully integrated range of workforce development services. Headquartered in Dublin, Ireland, and employing 350 people in 12 countries, Olive Group develops high-end courses and digital content. It has developed its own suite of eLearning platforms using the latest technologies including virtual reality and artificial intelligence. The company transforms businesses and peoples' lives and is on a mission to make learning universally available by providing the highest quality learning solutions at the lowest cost. Olive Group has trained more than two million people across the world with digital learning content in 27 languages.

For more information about the S.H.A.R.E. Programme visit us on www.olivegroup.io/share or contact us at share@olivegroup.io

