

## Relationships and Sexuality Education

RSE Relationships and Sexuality Education (RSE) is an integral part of Social, Personal and Health Education (SPHE). RSE provides structured opportunities for pupils to acquire knowledge and understanding of human sexuality and relationships through processes which will enable them to form values and establish behaviours within a moral, spiritual and social framework. In particular, it addresses the meaning of human sexuality, relationships, growth and development, relevant personal and social skills and aspects of parenting. Central to RSE is the fostering of self-esteem through which the child becomes more responsible in making choices and decisions in all aspects of life and particularly in those relating to sexuality and relationships.

RSE/SPHE The National Council for Curriculum and Assessment has developed the Social, Personal and Health Education curriculum which is implemented as part of 'The New Curriculum'. This SPHE Curriculum replaces the traditional delivery of SPHE on an ad hoc basis through subjects such as Civics, Religion, and P.E. SPHE provides opportunities for pupils to learn basic personal and social skills which foster integrity, self-confidence and self-esteem while nurturing sensitivity to the feeling and rights of others. RSE is taught in the context of this wider SPHE Curriculum.

Certain aspects of RSE are integrated with other subjects throughout the school, namely The Stay Safe Programme in the Junior Classes and the Grow in Love Programme in all classes. Opportunities for discussion on RSE topics regularly arise in other subject areas also, such as English, Nature Study, History etc.

Aims of our RSE Programme:

1. To enhance the personal development, self-esteem and wellbeing of the child
2. To help the child develop healthy friendships and relationships
3. To foster an understanding of, and a healthy attitude to, human sexuality and relationships in a moral, spiritual and social framework
4. To enable the child to acquire an understanding of, and respect for, human love, sexual intercourse and reproduction
5. To develop and promote in the child a sense of wonder and awe at the process of birth and new life
6. To enable the child to be comfortable with the sexuality of oneself and others while growing and developing

Organisation and Delivery of the RSE Programme:

The RSE Committee of St. Colman's N.S. originally comprised two elected parents' representatives, two Board of Management representatives, the Deputy Principal and the Principal. These committee members collaborated to create the following RSE Programme

which takes into account the sensitive nature of some of the subject matter and the feelings of Children, Parents and Teachers. The Programme is divided into two parts:

**In School Programme**

**Supplementary Programme**

In School Programme	Supplementary Programme
<p>Infant Classes / First and Second Classes</p> <p>Myself:</p> <ul style="list-style-type: none"> <li>• I Am Unique</li> <li>• As I Grow I Change</li> <li>• New Life</li> <li>• Keeping Safe</li> <li>• Feelings and Emotions</li> <li>• Making decisions</li> </ul> <p>Myself and Others:</p> <ul style="list-style-type: none"> <li>• Myself and My Family</li> <li>• Myself and My Friends</li> <li>• Special People in My life (Infs.) Other People ( 1<sup>st</sup> &amp; 2<sup>nd</sup>)</li> <li>• Relating to Others</li> </ul> <p>Third and Fourth Classes</p> <p>Myself:</p> <ul style="list-style-type: none"> <li>• Accepting Myself</li> <li>• Growing and Changing</li> <li>• Feelings and Emotions</li> <li>• Personal Hygiene</li> <li>• Personal Safety</li> <li>• Making Decisions</li> </ul> <p>Myself and Others:</p> <ul style="list-style-type: none"> <li>• Roles and Responsibilities in Families</li> <li>• Friendship</li> <li>• Portrayal of Sexuality and Relationships</li> <li>• Roles of Males and Females in Society</li> <li>• Relating to Others</li> </ul> <p>Fifth and Sixth Class</p> <p>Myself</p> <ul style="list-style-type: none"> <li>• Accepting Myself</li> <li>• Becoming an Adult (independence, responsibilities etc)</li> <li>• Feelings and Emotions</li> <li>• Personal Hygiene</li> <li>• Personal Safety</li> <li>• Making Decisions</li> </ul> <p>Myself and Others</p> <ul style="list-style-type: none"> <li>• Changing Relationships in Families and Friendships</li> <li>• Group Affiliation and Loyalty</li> </ul>	<p><b>Content:</b></p> <ul style="list-style-type: none"> <li>• Physical and Emotional Development in Adolescence</li> <li>• Influences on Values and Responsibilities during Adolescence</li> <li>• Good Hygiene Practices</li> <li>• Hormones: what they are and how they affect us</li> <li>• Male and Female Reproductive Organs</li> <li>• Menstruation</li> <li>• Sexual Intercourse</li> <li>• Pregnancy</li> <li>• Birth of a Baby</li> </ul> <p>Pupils are mixed for all topics with the exception of the topic on Menstruation which is offered separately to girls.</p> <p>All information is given in a caring and supportive way and in age related language.</p> <p>Parents/guardians are encouraged to be open and supportive with their child.</p> <p><b>Session A: Presentation to the Parents</b></p> <p>A presentation is made to the 6<sup>th</sup> Class Parents by Ms. Anita Conlon every June to familiarise them with the above content.</p> <p><b>Session B: Presentation to the Children</b></p> <p>The day afterwards, the same presentation is made to 6<sup>th</sup> Class boys and girls, who have parental permission, during school time</p> <p style="text-align: center;"><b>Parent Nights</b></p> <p>The Supplementary Programme occasionally includes 'Parent Nights' when guest speakers present on topics such as:</p> <ol style="list-style-type: none"> <li>1. Bullying</li> <li>2. Drug Awareness</li> <li>3. Transition to Secondary School</li> </ol>

The sexual education lessons of the R.S.E. programme is taught to 6<sup>th</sup> class pupils who have written consent from their parents. For many years this content has been taught in a most suitable manner by Ms. Anita Conlon.