

# Relationships and Sexuality Policy

## Introductory statement

Relationships & Sexuality Education is a programme to help children learn at home and at school about their own development and about their friendships and relationships with others. It is taught in the context of Social, Personal and Health Education.

## Policy Development Process

This policy was originally drafted in 1998 by a policy committee, teachers and Board of Management. It was reviewed and amended in 2009 and again in 2014

## Aims and objectives of the RSE Policy

- To enhance the personal development, self-esteem and well-being of the child
- To help the child develop healthy, friendships and relationships
- To foster an understanding of, and a healthy attitude to human sexuality and relationships in a moral, spiritual and social framework
- Promote knowledge of and respect for reproduction
- Promote a sense of wonder and awe at the process of birth and new life
- To enable the child to feel comfortable with their own sexuality and that of others

## Moral and Values Framework

R.S.E will be delivered in the context of the school ethos.

## Current provision in the school

Relationships and sexuality Education is provided in the school in the context of our Social, Personal and Health Education programme. This encompasses our Religious Education programme, Physical Education, Stay Safe, Bí Follain, The Walk tall programme, Webwise and various initiatives from the HSE and An Garda Síochana.

Implementation of the programme:

- 1. The programme is be delivered by Teachers, parents and occasionally Qualified Personnel who visit the school.
- 2. Each year children will study elements from all strand units as outlined by Department of Education and Science.
- 3. The programme is implemented in each class grouping.
- 4. Formal Instruction takes place in the 2nd term of each academic year. It is preceded by The Walk tall programme taught in the first term and followed by the Stay safe programme which is taught in the last term. However it is integrated into the SPHE curriculum throughout the child's life in school
- 5. The home school links page may be used to keep parents informed of the content of each lesson.
- 6. In 5th class the Busy Bodies booklet from the HSE is given to parents at the parent teacher meetings in November and parents are encouraged to discuss the content with their child prior to the formal teaching which takes place in the spring term

- 7. The lessons are taught in a factual manner with emphasis on both the scientific explanation of How My Body Works and also on the moral and ethical values involved. Children are encouraged to ask questions but if the teacher feels that a question is inappropriate or in some way is too advanced for all the class she / he may opt to answer the question in private. The contents of the programme as laid down in the handbook are adhered to.

### **Language introduced in our R.S.E.**

The correct terminology is used at all times when discussing parts of the body. In general the terms used in each class are as follows:

1. Junior Infants informally - penis vagina
2. Senior Infants formally - penis vagina
3. 1st Class womb, penis, vagina, urine, urethra, lungs, heart, stomach.
4. 2nd Class womb, penis, vagina, vulva, urine, urethra, lungs, heart, stomach.
5. 3rd Class womb, umbilical cord, navel, vagina, breast.
6. 4th Class womb, umbilical cord, navel, menstruation, hormone, breasts, penis, menstruate, vagina, pubic hair, puberty, periods.

### **R.S.E. Content of lessons on Puberty**

Information Lessons: Puberty Physical changes for boys Physical changes for girls Psychological and Social changes.

### **Words Used**

Words used ; Ovaries Penis Fallopian tubes Testicles Womb / uterus Scrotum Cervix Sperm Production Menstruation Semen Ejaculation Erection "Wet Dreams" Pubic hair Perspiration Voice change

### **Theme 7: The wonder of New Life**

Information Lessons : How life begins Conception Words Used : Sexual Intercourse Penis Vagina Fertilised Egg Womb Lining Shed Umbilical Cord Birth Canal

### **Theme 7: Relationships and new Life**

• Different kinds of love • The love that babies receive • Your experience of being loved and loving in return • Friendship • A stable committed relationship • Becoming a parent • Conception

### **Monitoring, Evaluating and Review**

Each class teacher will monitor the programme in his/her own class and adapt it to suit the class. The current policy will be reviewed when necessary to include future guidelines from DES and input from ongoing monitoring and evaluation by teachers.