

# RELATIONSHIP AND SEXUALITY EDUCATION

## RSE POLICY

**Name of School:** The Monastery C.B.S.

Tipperary Town

**Phone No.:** 062 52656

**Date of Policy:** 2015

**Category:** Urban Senior Boys

**Classes:** 2<sup>nd</sup> class to 6<sup>th</sup> class

**Enrolment:** 190

### **Introductory Statement & Rationale:**

This policy statement is an approved approach to the teaching of RSE in the Monastery C.B.S. It was developed by the Monastery RSE Policy Committee which included two teachers, two representatives of the Board of Management and two parent representatives. It was developed to inform teachers and parents as to what material is covered in the RSE programme within S.P.H.E.

### **Our School Philosophy:**

- To create a happy learning atmosphere in which all pupils will realise their full potential, morally, socially and academically.
- To value each child for himself, and to promote him with a variety of opportunities which will enable him to develop his talents to his fullest capacity.
- To foster in him a realisation of his duties towards society and of his responsibilities to others.
- To prepare him to take his place in an adult society both in work and in leisure.
- To provide a stimulating and healthy environment throughout the school.

### **Definition of Relationship and Sexuality Education**

RELATIONSHIP AND SEXUALITY EDUCATION encourages children to examine and explore the various relationships in their lives and to learn how to develop and enjoy friendships, which are based on responsibility and mutual respect. Children build the foundation for developing more intimate relationships in later life. They learn about themselves as sexual human beings, about their spiritual, social, emotional and physical growth and about the various changes that occur as they progress towards adolescence and adulthood.

The RELATIONSHIP AND SEXUALITY EDUCATION programme should equip children with the appropriate language to talk about themselves, their feelings, their development and their relationship with others.

### **RELATIONSHIPS AND SEXUALITY EDUCATION and S.P.H.E. (Social, Personal & Health Education)**

S.P.H.E. provides opportunities for pupils to learn basic personal and social skills which foster integrity, self-confidence and self-esteem while nurturing sensitivity to the feelings and rights of others.

Relationships and Sexuality Education is an integral part of S.P.H.E. and will be taught in this context. This is important as it 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, social and safety skills and aspects of parenting.

Central to Relationships and Sexuality Education is the fostering of self-esteem, through which the pupil becomes more responsible in making choices and decisions in all aspects of life, and particularly in those relating to sexuality and relationships.

**RELATIONSHIPS AND SEXUALITY EDUCATION – S.P.H.E. will be delivered within the context of a moral and spiritual framework consistent with the values and ethos of the school.** In the R.S.E. programme, conception and birth will be taught in the context of a loving, stable and committed relationship, where new life is respected, valued and cherished.

#### **What our School currently provides:**

The Monastery C.B.S. already addresses RELATIONSHIPS AND SEXUALITY EDUCATION and S.P.H.E. in:

- Walk Tall
- Religious Education Programme – Alive O
- Stay Safe Programme
- Science

- Physical Education
- Relationships and Sexuality Education

**The Aims of our RSE Programme:**

- To enhance the personal development, self-esteem and well-being of the child.
- To help the child to 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.
- To enable the child to acquire an understanding of, and respect for, human love, sexual intercourse, Relationships and Sexuality Education and reproduction.
- To develop and promote in a child a sense of wonder and awe at the process of birth and new life.
- To enable the child to be comfortable with the sexuality of oneself and others while growing and developing.

**The programme should enable each child to:**

- Acquire and develop knowledge and understanding of self.
- Develop a positive sense of self-awareness, self-esteem and self-worth.
- Develop an appreciation of the dignity, uniqueness and well-being of others.
- Understand the nature, growth and development of relationships within families, in friendships and in wider contexts.
- Develop an awareness of differing family patterns.
- Come to value family life.
- Develop strategies to make decisions; solve problems, and implement actions in various personal, social and health contexts.
- Develop personal skills, which will help to establish and sustain healthy personal relationships.
- Develop some coping strategies to protect self and others from various forms of abuse.
- Acquire and improve skills of communication and social interaction.
- Acquire and use an appropriate vocabulary to discuss feelings, sexuality, growth and development.
- Become aware of the variety of ways in which individuals grow and change and understand that their developing sexuality is an important aspect of self-identity.
- Develop personal skills, which will help to establish and sustain healthy personal relationships.
- Develop some coping strategies to protect self and others from various forms of abuse.
- Acquire and improve skills of communication and social interaction.
- Acquire and use an appropriate vocabulary to discuss feelings, sexuality, growth and development.

- Develop a critical understanding of external influences on lifestyles and decision making.

### **Management and organisation of RSE in our School:**

- The programme will be taught formally in class lessons.
- Where multi-class groups are concerned, classes may be separated to teach the appropriate class level objectives.
- Class discussion and class questions will ensue. Questions will be dealt with on a class basis. Pupils may be advised to ask questions at home.
- The acquisition of appropriate language in Relationships and Sexuality Education is crucially important to enable children to communicate confidently about themselves. The use of proper terms for parts of the body will be encouraged from the earliest of age that these terms are given a status and acceptability.
- The dignity, privacy and modesty of each individual child will always be respected.
- At all times the role of the teacher will be complementary to that of the parents, taking cognisance of the individual needs, stage of development and family background of each child.
- Curriculum Content – The Curriculum by NCCA will be followed as published, and will be taught in 2<sup>nd</sup> to 6<sup>th</sup> class. All resources used will be in keeping with the ethos of the school and the policy. Each class teacher will teach the content for their class level.

#### Topics for 2<sup>nd</sup> class

- Keeping Safe
- Bodily changes during growth and birth (birth to 9 years)
- Making age appropriate choices
- Appreciating family life
- Recognising and expressing feelings
- Self care, hygiene, diet, exercise and sleep
- Expressing opinions and listening to others
- Naming the parts of the male and female body and using appropriate anatomical terms and identify some of their functions

#### Topics from 3<sup>rd</sup> to 6<sup>th</sup> include:

- Bodily changes
- Healthy eating, personal hygiene and exercise
- Keeping safe
- Expressing feelings
- Family relationships
- Making healthy and responsible decisions
- Forming friendships

- Discuss the stages and sequence of development of the human body in the womb (4<sup>th</sup> class)
- Changes that occur in boys with the onset of puberty (5<sup>th</sup> & 6<sup>th</sup> class)
- Reproductive system of male adults (5<sup>th</sup> & 6<sup>th</sup> )
- Reproductive system of female adults (6<sup>th</sup> )
- Understanding sexual intercourse, conception and birth within the context of a committed loving relationship (6<sup>th</sup> class)

#### **Teacher Options:**

- Each teacher teaches his/her own class.
- Should a teacher withdraw from teaching the programme, another teacher may teach the class.
- Should teachers withdraw from teaching the programme, the use of an outside expert may be sought.

#### **Child Withdrawal:**

In the event of a parent not wishing their child to take part in the Relationships and Sexuality Education programme the child will be accommodated in another teacher's class during the Relationships and Sexuality Education lesson. Parents are obliged to inform the school in writing of their decision to withdraw their child. The school can take no responsibility for any information which the pupil may receive outside the direct teaching of the RSE lessons.

#### **Information for Parents:**

Parents will be notified when the Relationships and Sexuality Education Programme is to begin. A Relationships and Sexuality information booklet (Busy Bodies) will be sent home to sixth class parents prior to beginning the programme. Fifth class parents will receive a photocopy of the relevant sections of the booklet that will be covered in 5<sup>th</sup> class.

#### **Parental Involvement:**

- It is recognised that parents are the prime providers of Relationships and Sexuality Education and that this education begins before the child enters the school. The function of the school is to provide a supportive role in this area.
- To ensure that parents' wishes are taken into account in the introduction, development and implementation of Relationships and Sexuality Education, the Board of Management will ensure that: -
  - All parents are consulted on the development of a policy.

- Parents will be advised on the content of each lesson to be taught at each level.
- Parents will have the right, if they have conscientious or moral objections, to withdraw their child from aspects of the programme on the basis of prior agreement.
- Parents may view programme content at the school by appointment.

### **Confidentiality and Child Protection:**

In the event of a disclosure by a child in relation to a Child Protection issue, the school will abide by the Child Protection Policy of the Monastery School and in accordance with the requirements of the Department of Education and Skills Child Protection Procedures for Primary & Post Primary Schools.

### **Review Process:**

- The Content and implementation of the Relationships and Sexuality Education Programme will be reviewed in three years by a body convened by the Board of Management and comprising of representatives of the Board, parents and teachers.
- Any amendments necessary as a result of such a review will be undertaken.
- Every effort will be made to provide in-service development opportunities for teachers when courses are available.
- Finally, The Monastery C.B.S. School will seek to communicate the Christian Vision of human life and human relationships.

### **Implementation:**

- This policy will be implemented as of September 2015.

### **Ratification:**

- This policy was ratified by the Board of Management in June 2015.

### **RSE Content (Sensitive topics):**

#### **Second Class:**

Theme: The Wonder of New Life

- Minding a Baby Page 153
- When I was a Baby Page 155

Theme: When My Body Needs Special Care

- How our Bodies Work Page 166

Theme: Growing & Changing

- The Story of My Life Page 175
- About Changes in My Life as I Grow Page 175

**Vocabulary:** Womb, Penis

Other lessons from the strand units – ‘Taking Care of my Body’ & ‘Growing and Changing’

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### **Third Class**

Theme: Preparing For New Life

- About Preparing for New Life Page 71
- Caring for a Baby Page 73

Theme: As I Grow I Change

- The Growing and Changing I have Done Page 95
- Stages of Age Page 99

**Vocabulary:** Umbilical Cord.

Other lessons from the strand units – ‘Taking Care of my Body’ & ‘Growing and Changing’

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### **Fourth Class:**

Theme: The Wonder of New Life

- Stages of development of a new baby in the womb Page 170

**Vocabulary:** Vagina

Other lessons from the strand units – ‘Taking Care of my Body’ & ‘Growing and Changing’

### **Fifth Class:**

Theme: Feelings & Emotions page 69

Puberty in boys to be taught using the Busy Bodies DVD

Other lessons from the strand units – ‘Taking Care of my Body’ & ‘Growing and Changing’

### **Sixth Class:**

#### **Puberty:**

Theme: Feelings & Emotions page 175

Recap on puberty in boys using Busy Bodies DVD

Puberty in girls to be taught using Busy Bodies DVD

( ‘Coping with periods’ will not be covered. See page 23 of Busy Bodies booklet)

#### **Conception:**

Theme: Relationships & New Life

- It Could Be Any Day Now... Page 205

Theme: A Baby is a Miracle

- A baby is a miracle Page 213

Conception to be taught using Busy Bodies DVD

Other lessons from the strand units – ‘Taking Care of my Body’ & ‘Growing and Changing’