



## **Relationships and Sexuality Education (RSE) Policy**

### **Basic Principles of School Philosophy**

Cloghroe N.S. recognises *'The Family as the natural and primary educator of the child'*, as enshrined in the Irish Constitution, and respects a parent's right and duty to provide for the religious, moral, intellectual, physical and social education of their children.

The ethos of our school is to communicate Christian values of human life and human relationships and to respect the values of others.

Our school will always respect the dignity, modesty and privacy of each individual child.

RSE will be facilitated in the context of a positive school climate and atmosphere

### **Definition of Relationships and Sexuality Education**

RSE aims to provide opportunities for children and young people to learn about relationships and sexuality in ways that will help them to think and act in a moral, caring and responsible way. This will be done in the context of the above principles. The teaching of RSE gives children the opportunity to reflect on their lives and their relationships in a social, moral and spiritual framework.

### **RSE in the Primary School Curriculum**

RSE is taught in the context of a wider subject called Social Personal and Health Education (SPHE). RSE is an integral part of SPHE, as is education in child abuse prevention (Child Protection Policy/ Stay Safe), substance use/misuse (Walk Tall), nutrition, hygiene, etc.

SPHE provides opportunities to:

- Foster the personal development of children
- Promote the health and well being of children
- Help children to maintain supportive relationships
- Encourage children to become active, responsible citizens

The Religious Education curriculum is also used to complement RSE.

In addition to the formal provision above, RSE is promoted informally in Cloghroe N.S., through a supportive school climate where RSE aims are modelled. This means that children will experience SPHE/RSE as it is lived in everyday life. For example, the way in which people relate to each other or the value placed on healthy behaviours will give particular messages to children.

### **Aims of our Relationships and Sexuality Education (RSE) programme.**

- To enhance the personal development of 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.
- To develop and promote in the 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.

## **Guidelines for Management and Organisation of RSE in Cloghroe N.S.**

1. The Department of Education and Skills (DES) developed RSE Curriculum resource materials are used in Cloghroe N.S. in conjunction with other materials including the Stay Safe Programme. Parents can read these documents on [www.pdst.ie/node/811](http://www.pdst.ie/node/811).
2. The DES RSE curriculum is introduced at Junior Infant level. As recommended in these guidelines and as part of a spiral curriculum, key topics will be revisited at regular intervals.
3. Enclosed in the Enrolment Pack provided to new entrants' parents/guardians will be an RSE Parent Information Leaflet. This leaflet introduces RSE, acknowledges the parent as primary educator of their child, details the curriculum themes and lists all anatomically appropriate language that will be used at each developmental level.
4. In the event of a parent wishing to withdraw a child from any section of the RSE programme, the RSE Parent Information Letter features a section that can be returned to the school requesting same and arrangements will then be made with the Principal
5. Similarly, Cloghroe Teaching Staff share the responsibility of delivering the RSE curriculum and in the event of a teacher not wishing to impart the programme, alternative arrangements will be made by the Principal.
6. A guest speaker will present some RSE themes in both 5<sup>th</sup> and 6<sup>th</sup> class, complementing the use of the HSE 'Busy Bodies' DVD and materials which inform 5<sup>th</sup> and 6<sup>th</sup> class pupils about puberty
7. In teaching this programme, the sensitivities of all concerned will be respected. In line with our Cloghroe N.S. Child Protection Policy, confidentiality will be respected, and teachers will be obliged to follow official procedures.

## **Provision for the Support, Development and Review of RSE**

1. The SPHE Co-ordinator will lead a review, of the RSE programme and its operation, on a regular basis.
2. Cloghroe N.S. welcomes the contribution of all members of the school community in informing changes and procedures in relation to RSE.
3. This policy document is available to the whole school community on [www.cloghroens.com](http://www.cloghroens.com)

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# RELATIONSHIPS and SEXUALITY EDUCATION IN PRIMARY SCHOOLS



## Parent Information Leaflet

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Dear Parents,

We will teach the Relationships and Sexuality Education (RSE) Programme in all classes, as part of the subject *Social Personal and Health Education (SPHE)*. It is best that the RSE Programme is taught naturally and appropriately within the school day, taking into consideration the age of the children. As you are the primary educators of your children, we would appreciate it if you would familiarize yourself with the content of the RSE programme for your child's level and start a conversation with your child around the themes listed on the next page of this document.

### Introduction

Learning about relationships and sexuality is a process that goes on throughout our lives. Children learn primarily from their families. Therefore, as a parent, you are the first and most important teacher of your child when it comes to relationships and sexuality. A school based Relationships and Sexuality Education (RSE) programme can complement and support what children are learning at home. RSE is most effective when schools and parents work in partnership.

The Department of Education and Skills requires all schools to teach RSE and to have an RSE policy, [www.cloghroens.com](http://www.cloghroens.com). The policy will ensure that RSE is taught in a way that reflects the core values and ethos of the school.

The purpose of this leaflet is to give you some information about RSE. For more detailed information or to view the RSE curriculum for your child's level, visit [www.pdst.ie/node/811](http://www.pdst.ie/node/811).

## What is RSE?

RSE teaches children about relationships, sexuality and their own growth and development. The lessons give children the opportunity to reflect on their lives and their relationships in a social, moral and spiritual framework. RSE is taught in the context of a wider subject called Social Personal and Health Education (SPHE).

SPHE provides opportunities to:

- Foster the personal development of children
- Promote the health and well being of children
- Help children to maintain supportive relationships
- Encourage children to become active, responsible citizens

The lessons in SPHE are arranged under three strands: **Myself, Myself and Others, Myself and the Wider World.**

The RSE programme is incorporated into the SPHE strands: **Myself** and **Myself and Others.**

The Stay Safe Programme is also an aspect of SPHE and is taught under the strand unit 'Personal Safety'. The programme helps children to deal with upsetting, unsafe or frightening situations. For more information go to: <http://www.staysafe.ie/parents.htm>

The attached lists of themes and terminology will be covered in the RSE programme in the course of your child's education at Cloghroe National School. Amongst staff there is a shared understanding of the content objectives of sensitive areas of this curriculum and the importance of the use of correct anatomical terminology for body parts.

In the event of you wishing to withdraw your child from participating in the RSE programme, arrangements will be made with the principal. In this case, you are asked to fill in the form below, detach it and return it to the school.

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Please sign below, and return to class teacher, if you **do not wish** your child to participate in RSE lessons

Child's name: \_\_\_\_\_

Parent's signature: \_\_\_\_\_

## Junior Infants

### Theme

This Is Me  
Who Are You  
We Are Friends  
This Is My Family  
People Who Teach Us About Keeping Safe  
We Have Feelings  
New Life \*  
I Grow \*  
Making Choices

*\* Correct anatomical terminology to be used:*

*Womb*

## Senior Infants

### Theme

Look What I Can Do  
These Are My Friends  
This Is My Family  
I Can Be Safe  
Other People Have Feelings Too  
Caring For New Life  
My Body \*  
I Grow And Change  
Making Decisions

*\* Correct anatomical terminology to be used:*

*Womb, Vagina, Penis*

## First Class

### Theme

Things I like to do  
My Friends  
My Family  
Keeping Safe  
Showing our Feelings  
The Wonder of New Life  
How My Body Works \*  
Growing Means Changing  
Decisions and their Consequences

*\* Correct anatomical terminology to be used:*

*Womb, Vagina, Penis, Vulva, Urethra*

## Second Class

### Theme

Other People are Special  
Being Friends  
My Family  
Keeping Safe  
Coping with Our Feelings  
The Wonder of New Life \*  
When My Body needs Special Care \*  
Growing and Changing  
Personal Decisions

*\* Correct anatomical terminology to be used:*

*Womb, Vagina, Penis, Vulva, Urethra, Umbilical Cord, Breast, Breast-feeding, Breast-milk*

## Third Class

### Theme

Special Gifts  
Sometimes Friends Fight  
My Family  
Keeping Safe  
Expressing Feelings  
Preparing for New Life \*  
Our Senses  
As I Grow I Change  
Making Decisions

*\* Correct anatomical terminology to be used:  
Womb, Penis, Vulva, Urethra, Vagina, Umbilical  
Cord, Breast, Breast-feeding, Breast-milk, Navel*

## Fourth Class

### Theme

Myself and Others  
Bullying Behaviour  
My Family  
Reasons For Rules  
Feelings and Emotions  
The Wonder of New Life \*  
Being Clean – Keeping Healthy  
Growing and Changing \* \*  
Problem – Solving

*\* Correct anatomical terminology to be used:  
Womb, Penis, Vulva, Urethra, Vagina, Umbilical  
Cord, Breast, Breast-feeding, Breast-milk, Navel,  
Fertilized Egg, Sac  
\*\* School Policy states this topic will be further  
facilitated by a guest speaker in V and/or VI  
Class.*

## Fifth Class

### Theme

The Person I Am  
Different Kinds Of Friends  
My Family  
Keeping Safe  
Feelings And Emotions  
My Body Grows And Changes \*\*  
The Wonder of New Life \*\*  
Caring for New Life \*  
Making Healthy Decisions

*\* c.f. IV class*

**\*\* School Policy states this topic will be  
further facilitated by a guest speaker in  
V class**

## Sixth Class

### Theme

Me and My Aspirations  
Different Kinds Of Love  
Families  
Keeping Safe And Healthy  
Feelings and Emotions  
Growing And Changing  
Relationships And New Life \*\*  
A Baby Is A Miracle \*  
Choices and Decision – Making

*\* c.f. IV class*

**\*\* School Policy states this topic will be  
further facilitated by a guest speaker in  
VI class**