

**Holy Family Junior School
Aughnaharna, Portlaoise, Co. Laois**

Relationship and Sexuality Education Policy

Introductory Statement & Rationale:

The policy is designed to provide clarity and consistency as to the content and delivery of Relationship and Sexuality Education in Holy Family Junior School. It will inform the planning and teaching of RSE and will provide clarity for parents as to the content and language used in the delivery of the programme. Parents and the Board of Management have been consulted as part of the process.

1. What is Relationship and Sexuality Education ?

Relationship and Sexuality Education is part of the Social Personal Health Education curriculum. RSE provides children with structured opportunities to develop the knowledge, attitudes, values, beliefs and practical skills necessary to establish and sustain healthy personal relationships as children and, subsequently, as adults.

2. Aims of RSE and Personal Safety (Stay Safe programme)

The aims of RSE are

- To enhance the personal development, self-esteem and well-being of the child
- To help the child to develop and sustain healthy friendships and relationships
- To foster an understanding of human sexuality and relationships within a moral and spiritual framework
- To enable the child to come to an understanding of and respect for human love, reproduction and life.
- To promote a sense of wonder and awe at the process of birth and new life.
- To enable the child to be comfortable with themselves and others while growing and developing

The objectives of RSE are

- To acquire and develop knowledge and understanding of self
- To develop a positive sense of self-awareness, self-esteem and self-worth
- To develop an appreciation of the dignity, uniqueness and well-being of others
- To understand the nature, growth and development of relationships within families, friendships and wider contexts
- To develop an awareness of and respect for differing family patterns
- To come to value family life and appreciate the responsibilities of parenthood
- To develop strategies to make decisions, solve problems and implement actions in various personal, social and health contexts
- To become aware of how individuals grow and change and understand that sexuality is part of that self-identity
- To develop personal skills which will help them establish and sustain healthy personal relationships
- To develop some coping strategies and communication skills to protect themselves from various forms of abuse
- To acquire and use appropriate vocabulary to discuss feelings, growth, development and the human body

- To develop a critical understanding of external influences on lifestyles and decision making

3. Content of Plan:

The Plan for SPHE incorporates Relationships and Sexuality Education (RSE) and the Stay Safe programme. Our policy on RSE will also inform the teaching of the Strand “Living Things” in the Science Curriculum.

4. Management and Organisation of RSE in our School:

Provision for RSE

- RSE is delivered in the context of SPHE as per the SPHE school plan.
- Sensitive issues such as naming the body parts will be covered within the strand units “Taking care of my body”, “Growing and changing” and “Safety and Protection”.
- We will give children the correct and appropriate terminology, as recommended in the RSE manuals as prescribed by the Department of Education and Skills.
- See attached list of Language for Sensitive Issues at each class level.
- Should a pupil require information that is not in line with the curriculum content or ask questions which are not considered to be age-appropriate for the general body of pupils, the school:
 - Cannot give such information.
 - And will inform the child’s parents of same.

Timetable:

SPHE is timetabled for 30 minutes per week. In this school, we adopt a standard approach to the delivery of the strand units as outlined in the SPHE policy.

Rights and Responsibilities:

Parents:

- Parents are acknowledged as the primary educators of their children and the school will work in a supportive role.
- Parents will be notified of the intention to cover these elements of the programme each year prior to their commencement.
- An overview of the RSE programme is provided with this plan.
- An outline of the lessons is available to parents on request.

Teachers:

- Each class teacher will teach the SPHE programme including the RSE and Stay safe programmes.
- Teachers are asked to refer to this policy and the RSE curriculum when designing and delivering the RSE and Stay Safe programmes.

Concept of Confidentiality:

- Under current legislation, as in all other areas and times in school, if a child makes a disclosure to a teacher which is a Child Protection concern, the matter must be brought to the attention of the Designated Liaison Person (or the Deputy DLP, where appropriate), and the school's Child Safeguarding Statement / Child protection Guidelines will be adhered to in full.

Communication with Parents:

- The Parents Council, the representative body for parents were formally involved in the RSE Review in March/April 2017.
- Parents have the primary responsibility for Relationship and Sexuality education for their children.
- The programme and resource materials are available in the school to parents.
- Parents will be made aware of the RSE and Stay Safe topics to be covered each year.
- Parents are encouraged to discuss these topics with their children both prior and post lesson delivery.

- Any parent who has concerns should make an appointment to discuss them with the class teacher.

(a) Sources and Resources:

- The core resources are the RSE documents from the Department of Education and Skills, the Stay Safe programme and the Walk Tall programme.
- Teachers may also use a variety of other materials and books which deal in an age appropriate manner with the topics and support the content.

Ongoing Support and Development:

Where necessary or if opportunities arise, In-career development will be sought for teachers and the PDST may be asked to provide guidance and training.

Review:

This policy and RSE programme will be reviewed 1 year after inception and every 2 years thereafter. All partners will be informed of any amendments necessary after such a review. RSE resources will also be reviewed to ensure they are kept up to date.

SENSITIVE LANGUAGE & OBJECTIVES

CLASS	Strand/ Strand Unit	Content Objectives Consult curriculum – for complete objectives in <u>Growing & changing</u> and <u>Taking care of my body</u>	Language	Pages in RSE Resource Materials Book for sensitive objectives	Pages in Walk Tall for sensitive objectives	Supplementary Resources
Junior/Senior Infants	Myself <ul style="list-style-type: none"> Growing and changing Taking care of my body 	<p>Growing & Changing</p> <ul style="list-style-type: none"> Become aware of new life and birth in the world Develop an awareness of human birth Identify what babies need to help them to grow and develop <p>Taking care of my body</p> <ul style="list-style-type: none"> Name parts of the male and female body using appropriate anatomical terms 	Penis Vulva Womb Breast Breast-feeding	New Life p68 My Body p147 Caring for new life p137 Giving a Doll a bath p150 At the beach or swimming pool p153	Our Amazing Bodies p94 (Senior Infants book)	<ul style="list-style-type: none"> Anatomically correct dolls Picture books of new baby Visit of baby to class
First/Second Class	Myself <ul style="list-style-type: none"> Growing and changing Taking care of my body 	<p>Growing & Changing</p> <ul style="list-style-type: none"> Begin to understand that reproduction, birth, growth and death are all part of a life cycle Appreciate what is necessary in order to provide and care for newborn babies in both the animal and human world. <p>Taking care of my body</p> <ul style="list-style-type: none"> Name the parts of the male and female body using appropriate anatomical terms and identify some of their functions 	Penis Vulva Vagina Womb Breast Breast-feeding Urethra	The Wonder of new life p59/151 How my body works p67/161 Our Senses p70 Growing means changing -77/171	Our Amazing Bodies p37 (2 nd Class book)	Picture books of going to the doctors Tom’s Power Flower Books/activities on Life Cycles Birth and new life in nature