

Relationships & Sexuality Policy

Mission Statement

‘To foster the holistic development of each student in a supportive learning environment enabling all to live fulfilling lives’

What is R.S.E.

Relationships' and Sexuality Education aims to provide opportunities for children and young people to learn about relationships and sexuality in ways that help them think and act in a moral, caring and responsible way. In the school setting, RSE will be part of a wider programme of Social, Personal and Health Education which is being developed and shall be implemented in the coming years. The RSE programme offered to our students will be consistent with the core values and Catholic ethos of the school and lessons will be compiled to suit the ages and maturity of the students. Sexuality education aims to build on the existing Primary School Programme and will provide young people with formal opportunities to acquire knowledge and understanding of human sexuality, through processes which will enable them to form values and establish behaviours within a moral, spiritual and social framework.

Current Provision

Current Provision, of SPHE/RSE includes teaching through specific programmes for example substance abuse prevention programmes, through existing school subjects e.g. Biology, C.S.P.E. Home Economics, Religious Education and Science. Special initiative programmes have also been incorporated in the T.Y. programme on areas such as self esteem, relationships and health related issues. In Religious Education programmes at both Junior and Senior Cycle, a number of classes are assigned to the assimilation of information and discussion on subjects related to sexuality education. The syllabus offered is a spiral one, extending in scope each year and revisiting key topics in deeper ways appropriate to the age and stage of development of the pupils.

Aims and objectives of the R.S.E. Programme

Relationships and sexuality education (RSE) which is located in the overall framework of Social, personal and health education (SPHE), has as its specific aims:

- to help young people understand and develop friendships and relationships
- to promote an understanding of sexuality
- to promote a positive attitude to one's own sexuality and to one's relationship with others

- to promote knowledge of and respect for reproduction
- to enable young people to develop attitudes and values towards their sexuality in a moral, spiritual framework.

Objectives

R.SE should enable the students to

- acquire the understanding and skills necessary for forming healthy friendships and relationships
- develop a positive sense of self - awareness, and the skills for building and maintaining self esteem
- become aware of the variety of ways in which individuals grow and change especially during adolescence and to develop respect for difference between individuals
- understand human physiology with particular reference to the reproductive cycle, human fertility and sexually transmitted diseases
- understand sexual development and identity and explore aspects of sexuality including sex roles, stereotyping, gender issues and cultural influences on sexuality
- value family life and appreciate the responsibilities of parenthood
- develop strategies for decisions and actions consistent with personal moral integrity and respectful of the rights and dignity of others
- develop skills for coping with peer pressure, conflict and threats to personal safety

Some of these objectives will be supported by the other elements of SPHE, by the broader curriculum and the whole school climate

Implementation

1. Human growth and development
2. Human sexuality
3. Human relationships

RSE will be taught during second term to all classes; as part of SPHE for 1st – 3rd year classes and as part of Religious Education for T.Y., 5th and 6th year classes. If a parent/guardian wishes to withdraw their child from R.S.E. class they will be required to consult the Principal regarding this matter.