

Relationships and Sexuality Education Policy

Our School Mission Statement

The School aims to provide a caring and just environment where the professionalism of the staff and individuality of the student is recognised. The School needs to be a place where the student feels at ease, affirmed, accepted and listened to. This gives hope to the student and helps her to develop into an adult who is content and happy.

The School provides a grounding in the Catholic faith inspired by Christian values and standards.

The atmosphere of the school instils in the student a love of learning and discovery which leads to academic success, to the best of each student's ability. The Curriculum prepares the student for the opportunities, responsibilities and experiences of adult life which involves education for employment, unemployment and leisure time.

A happy school community which includes staff and pupils achieves fulfilment for all.

Definition of R.S.E.

Relationships and Sexuality Education is a process which seeks to provide opportunities for young people to learn about relationships and sexuality in ways that will enable them to think and act in a moral, caring and responsible way.

The RSE programme will be delivered within the context of our schools Social, Personal and Health Education (SPHE) Programme. Our SPHE programme provides students with a unique opportunity to develop the skills and competencies to learn about themselves, to care for themselves and others, and to make informed decisions about their health, personal lives and social development. In this way students are enabled to participate as active and responsible adults in the personal and social dimensions of society and to make responsible decisions which respect their dignity and that of others.

Our RSE programme is structured with specific involvement from subjects such as Religious Education, Home Economics, Science, Biology, Physical Education, Civic, Social and Political Education (CSPE) and English as well as weekly assemblies.

Current Provisions

RSE is currently taught through the SPHE programme at Junior Cycle and in 4th Year. 5th and 6th years are taught with a cross-curricular approach, augmented by outside speakers on a bi-annual basis. (For a detailed description, see Appendix 1 which outlines the programme content from Junior to Senior cycle, highlighting the cross-curricular links). The RSE programme ensures that

all pupils have the opportunity to engage in learning experiences that will deal with the major topics in the RSE curriculum (as devised by NCCA).

Aims of our RSE Programme

The aims of our RSE programme are:-

- To help our pupils develop healthy friendships and relationships.
- To promote an understanding of sexuality.
- To promote a healthy attitude to sexuality and relationships.
- To promote knowledge and respect for reproduction.
- To enable our pupils to develop healthy attitudes and values towards their sexuality in a moral, spiritual and social framework which reflects Catholic values.

Management and Organisation of RSE

The school management provides a commitment to the programme by facilitating implementation through teacher recruitment and training, resourcing, co-ordination, time-tabling and consultation.

We acknowledge parents as the “primary educators” of their children and their primary responsibility in relation to education in relationships and sexuality. The school acts merely in a supportive and secondary role. Parents will be consulted at all stages of the development of the RSE programme and will be encouraged to support the work of the programme and to support parent training. Individual parents will have the right at all times to withdraw their child from the programme.

Support, Development and Review

The school is committed to providing ongoing support, review and development of the RSE programme by parents, pupils and Board of Management.

Ratified by the Board of Management of St. Mary’s Secondary School November, 1999

Reviewed and amended by Board of Management January 2013 (To Include Appendix 1)

Appendix 1

Relationships and Sexuality Programme – Junior Cycle

TOPIC	1 st Year	2 nd Year	3 rd Year
Circle of Life	All subjects	All subjects	All subjects
Communication, Listening & Respect	Religion, SPHE, Tutorial, all subjects	Religion, SPHE, Tutorial, all subjects	Religion, Tutorial, all subjects
Feelings & how to express and manage them	Religion, SPHE, School Ethos, all subjects	Religion, SPHE, School Ethos, all subjects	Religion, School Ethos, all subjects
Being able to say how I feel	Religion, SPHE, Tutorial, School Ethos	Religion, SPHE, Tutorial, School Ethos,	Religion, Tutorial, School Ethos,
Body Awareness – Body Care – Ways to improve relationship with it	SPHE, PE, Religion, Home Economics, Extra curricular activities, Outside Speaker	SPHE, PE, Religion, Home Economics, Extra –curricular activities	SPHE, PE, Religion, Home Economics, Extra-curricular activities, Outside Speaker
Personal Hygiene	Science, PE, Home Economics, Outside Speaker	Science, PE, Home Economics	Science, PE, Home Economics, Outside Speaker
Expression through the five senses	Music all subjects	Music, all subjects	Music, all subjects
Image of Me – who influences my body image?	SPHE, Religion, Home Economics, English	SPHE, Home Economics, English	SPHE, Home Economics, English
The words we use	Religion, SPHE, Tutorial,	All Subjects, Tutorial	All Subjects Tutorial

	all subjects		
An understanding of their own development	Science, Tutorial, Home Economics, All subjects	Science, Tutorial, Home Econ. All subjects	All subjects, Tutorial, Outside Speaker
Understanding of human reproduction	Science , Home Economics, Outside Speaker	Science, Home Economics	Science , Home Economics, Outside Speaker
Miracle of Life	Outside Speaker	Science, Religion, Home Ec.	Science, Home Economics, Outside Speaker
Pregnancy & Birth	Outside Speaker	Science, Home Economics	Outside Speaker Home Ec. Science
Nature of their relationships	SPHE, Religion	SPHE Religion	SPHE Religion
Deeper appreciation of Family Life	Religion	Religion Home Economics	Religion Home Economics
Qualities and changing nature of Friendship	SPHE, Religion	SPHE, Religion	SPHE, Religion
Boy/Girl relationships	SPHE	SPHE	SPHE
Stereotyping		SPHE, English	SPHE, English
Self Esteem	Religion, SPHE, School Ethos, all subjects	SPHE, School Ethos, all subjects	SPHE, School Ethos, all subjects
Effect of Peer Pressure	Religion, SPHE, Home Economics Tutorial, All subjects	Religion, SPHE, Home Economics Tutorial, All subjects	Religion, SPHE Tutorial, All subjects
Personal Safety	SPHE, I.T., Tutorial	SPHE, Tutorial	SPHE, Tutorial
Reflection on (sexual) behaviour	None	None	Outside Speaker
Teenage Pregnancy	None	None	Outside Speaker
Respect and tolerance for difference	SPHE, Tutorial, School Ethos	SPHE, Tutorial, School Ethos	SPHE, Tutorial, Outside Speaker School Ethos

RELATIONSHIPS AND SEXUALITY PROGRAMME

SENIOR CYCLE

<u>TOPIC</u>	<u>4th Year</u>	<u>5th Year</u>	<u>6th year</u>
Effective Communication	Tutorial, all subjects	English, all subjects	All subjects
Assertive communication	Tutorial, all subjects	Tutorial, all subjects	Tutorial, all subjects
Dealing with feelings	SPHE, Tutorial, School Ethos	Religion, Tutorial, School Ethos	Tutorial, School Ethos
Dealing with conflict	Tutorial, Religion, History, School Ethos	Religion, History, School Ethos	Religion, History, School Ethos
Living with Loss	Religion	Religion	Religion
Human reproduction	Biology, SPHE Outside Speaker	Biology, Outside Speaker	Biology, Outside Speaker
Understanding human sexuality	SPHE Outside Speaker	Biology Outside Speaker	Biology, Outside Speaker
Family planning methods	SPHE Outside Speaker	Religion, Outside Speaker,	Religion, Outside Speaker
Responsible parenthood	SPHE, Religion	Home Economics, Religion	Home Economics
Sexually transmitted diseases	SPHE, Biology, Outside Speaker	Outside Speaker, Biology	Outside Speaker, Biology
Implications of sexual activity	SPHE, Outside speaker	Outside Speaker	Outside Speaker
Loving relationships	SPHE	Religion / Home Economics	Religion Home Economics
Marriage	SPHE	Religion / Home	Religion / Home

		Economics	Economics
Family Life	SPHE	Religion / Home Economics	Religion / Home Economics
Challenging roles for men and women	SPHE, Religion	Home Economics, Religion	Home Economics, Religion
Accepting sexual Orientations	Visitor from Gay Community		
Sexual Harassment	Visitor from Gay community		
Sexual Assault	SPHE	Religion	Religion
Sexual activity without consent	SPHE	Religion	Religion
Sexual Abuse	SPHE	Religion	Religion