

# Bunscoil na Toirbhirte Mitchelstown, Co Cork



## Relationships and Sexuality Education (RSE) Policy

# Relationships and Sexuality Education

This policy is an approved approach to the teaching of Relationships and Sexuality Education (RSE) in Bunscoil na Toirbhirte. It was developed by the staff of Bunscoil na Toirbhirte in conjunction with the Board of Management. It was developed to inform teachers and parents as to what material is covered in the RSE programme within SPHE.

This policy was developed and will be implemented in ways which are in keeping with the ethos of the school. The ethos of the school is characterised by the following:

- Sensitive to the reality of our children's lives in a rapidly changing world.
- Mutual respect between all partners in education.
- Child-centred.
- Aims to ensure each child reaches full potential in the holistic sense.
- Hopes that children are equipped with high self-esteem to enable them to go to live happy and fulfilled lives

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

RSE 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.

## **Relationship of RSE to SPHE (Social, Personal and Health Education)**

SPHE 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.

## **Current Provision included in the school curriculum is:**

- SPHE lessons (provided through discrete curricular time and integration)
- Use of the RSE Manuals and Busy Body resources
- Stay safe Programme / Walk Tall Programme
- Religious Education

## **Vision and Aims**

### **Vision**

Bunscoil na Toirbhirte is a Catholic school and the development of this policy (under the umbrella of the SPHE curriculum) will be influenced by this ethos and spirit.

### **Aims of our RSE programme**

We aim to meet the needs of all of our pupils in Bunscoil na Toirbhirte in a holistic manner. The children of Bunscoil na Toirbhirte should be enabled to achieve the aims of the RSE programme, which include:

- To help young people develop healthy friendships and relationships
- To promote a healthy attitude to sexuality and to relationships
- To enhance the personal development, self-esteem and well-being of the child
- 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 and reproduction- Fifth and Sixth Class

- To understand the physical changes taking place with the onset of puberty- Senior Classes
- 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.

We support the aims on which RSE is modelled. We encourage good behaviour, open communication, understanding and tolerance of differences, and respect for self and others. We recognise that both pupils and staff have rights and responsibilities in our school. A sense of responsibility is fostered and attention is paid to the wellbeing of all of the members of the school community.

#### **Policies which support SPHE/RSE**

- Child Protection Policy
- Code of behaviour and discipline
- Anti-Bullying Policy
- Enrolment Policy
- Healthy Eating Policy
- Acceptable Use Policy

#### **Child Protection**

This policy is cognisant of all aspects of our current Child Protection Policy. The school follows the DES child protection guidelines and has a child protection policy with the Principal, Michael Mc Carthy as Designated Liaison Person (DLP) and the Deputy Principa, Patricia Lambe, as the Deputy DLP. Where a child protection concern is raised, the procedures outlined in the schools Child Protection Policy will be followed.

#### **Guidelines for the Management and Organisation of RSE in our School**

##### **Curriculum Matters**

- Curriculum content: The curriculum by NCCA will be followed as published, and will be taught from Junior Infants to 6th class. All resources used will be in keeping with the ethos of the school and the whole school plan for SPHE. Each class teacher will teach the content for their class level.
- Where an outside speaker is used, the class teacher will remain in the classroom, as per circular 22/2010. The speaker will be made aware of the school's RSE policy.
- The Stay Safe programme will be implemented throughout the school. The class teachers will coordinate the teaching of Stay Safe during the school year (carefully consider time of year for teaching Stay Safe and the sensitive elements of the RSE programme)

##### **Topics covered up to 2nd class include:**

- Bodily changes during growth and birth (birth to 9 months)
- 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/ female body using appropriate anatomical terms (Junior/ Senior Infants)
- Naming the parts of the male/ female body using appropriate anatomical terms and identify some of their functions (1st/2nd)

**Topics from 3rd to Sixth include:**

- Bodily changes
- Healthy eating, personal hygiene, exercise
- Keeping Safe
- Expressing Feelings
- Family relationships
- Making healthy and responsible decisions
- Forming Friendships
- Discuss the stages and sequence of development of the human baby in the womb (Fourth class)
- Changes that occur in boys and girls with the onset of puberty (Fifth and Sixth Class)
- Reproductive system of male/female adults (Fifth and Sixth Class)
- Understanding sexual intercourse, conception and birth within the context of a committed loving relationship. (Fifth and Sixth Class)

**Organisational Matters:**

- Parents will be informed in advance of lessons on the sensitive areas of the RSE programme.
- If children are withdrawn from the lessons pertaining to the sensitive elements of the RSE programme, they must give a notice in writing to the school that they are withdrawing their child. The child will be accommodated in another teacher's classroom in the school.
- Parents have a responsibility to become involved, to inform themselves of the programme content and to prepare children for the information they will acquire around the sensitive areas and discuss areas covered in RSE/SPHE. Parents are invited/welcome to view the curriculum and may speak to the class teacher if they have any concerns.
- In the class situation children will be encouraged to recognise that certain information is for them only and it would be inappropriate to discuss this with younger siblings/children for example.
- With regard to matters of a confidential nature, the school cannot take any responsibility for what is discussed in the yard or classroom.
- If a Teacher has concerns about teaching the sensitive elements in RSE they should consult with the Principal. Any teacher has the right to opt out of teaching the sensitive elements of RSE. It is the responsibility of the B.O.M. to ensure content is covered by another teacher or an outside speaker.
- Special consideration will be taken to ensure that the needs of children with SEN are met. Taking into account the pupil's social and emotional development, instruction will be based on individual needs where possible. Parents will be consulted around sensitive issues.

## Parental Involvement

Parents are welcome to view the curriculum and resources if they wish. Parents will be informed in advance when formal lessons on the sensitive areas of the programme and will be asked to discuss these issues with their child prior to the lessons in school. The school acknowledges that parents have the primary responsibility for educating their children in sexual matters. The school RSE programme acts as a support to parents, and parents retain the right to withdraw their children from classes.

## Resources

Relationships and Sexuality Education Manuals (DES).

Stay Safe programme

Walk Tall Programme.

Busy Bodies DVD and booklet. This DVD and booklet were developed to support the teaching of the 5th and 6th class component of RSE within the context of SPHE. It is available for download at [www.healthpromotion.ie](http://www.healthpromotion.ie)

All resources are available for parents/guardians to view if they so request prior to the delivery of the lesson.

## Provision of Ongoing Support

- Opportunities provided by our Education Centre will be brought to the attention of staff members. Teachers will be encouraged to attend CPD in RSE
- Application for in-school support from PDST sought when necessary.
- Staff meetings utilised as a platform for discussion and development of RSE materials.

## Review

The policy will be reviewed yearly. The policy may also be reviewed at an earlier time should a need arise. Parents and staff will be informed of any amendments made.

## Ratification and Communication

This plan was ratified by the Board of Management at a meeting on: 8<sup>th</sup> February 2023

Date: \_\_\_\_\_

Signed: \_\_\_\_\_

(Chairperson)

Date: \_\_\_\_\_

Signed: \_\_\_\_\_

(Principal)

\*This policy is available to view at the school by the parents on request