



Scoil Mhuire Gan Smál, Ballygar N.S.

Relationships and Sexuality Policy (RSE)

Our School Ethos

We are a Catholic school.

What is Relationships and Sexuality Education?

Relationships and sexuality Education is an integral part of Social, Personal and Health Education (SPHE). It is a lifelong process of acquiring knowledge and understanding and developing attitudes beliefs and values about sexual identity, relationships and intimacy. RSE will provide structured opportunities for pupils to acquire knowledge and understanding of human relationships and sexuality through processes which will enable them to form values and establish behaviours within a moral, spiritual and social framework. In particular, this approach gives opportunities for children to learn about relationships and sexuality in ways that help them think and act in a moral, caring and responsible manner.

RSE as part of the SPHE Curriculum

In the school setting, RSE will be taught in the wider context of Social, Personal and Health Education. It looks at issues such as relationships at home and in school, building self-esteem, learning skills of communication, decision-making and expressing feelings in an appropriate way. It also gives clear information on a range of topics including healthy eating, alcohol, drugs, human growth and development, safety and social responsibility and environmental issues. RSE encourages children to examine and explore the various relationships in their lives and to learn how to develop and enjoy friendships which are based on responsibility and mutual respect. Children build the foundation for

developing more intimate relationships in later life. They learn about themselves as sexual human beings, about their spiritual, social, emotional and physical growth and about the various changes that occur as they progress through adolescence and adulthood.

What the school currently provides

At present Ballygar NS is implementing the Social, Personal and Health Education programme. The primary resources used are:

- The Stay Safe Programme.
- The Walk Tall Programme.
- Resource Materials for Relationships and Sexuality.
- Visitors to school- for example The Fire Brigade, local Garda

The aims of the RSE Programme

- To promote the personal development, self-esteem and well-being of the child.
- To help young people develop healthy friendships and relationships.
- To promote an understanding of sexuality.
- To promote a healthy attitude to sexuality and to relationships.
- To promote knowledge of and respect for reproduction.
- To develop and promote in the child a sense of wonder and awe at the process of birth and new life.
- To provide children with proper accurate information.
- To enable the child to be comfortable with the sexuality oneself and other while growing and developing.

Guidelines for management and organisation of RSE in our school:

- RSE will be provided throughout our primary school from infants to 6th class. All content objectives will be covered by the time the children leave 6th class.
- It is the duty of the Board of Management to ensure the implementation of the RSE programme.
- It is the right of parents to withdraw their child/children from the sensitive issues lessons. It is the responsibility of the parent to inform the school in writing of this decision.

- Lesson on sensitive issues will be taught over 3-4 weeks in term 2 every other year. Parents will be notified before this and will receive information on the content of lessons and language which will be used.
- Boys and girls will be taught together for all lessons. However in 5th or 6th class boys and girls may be split up for further discussion if deemed necessary by the teacher.
- 4th class will be withdrawn for the sensitive lesson on growing up (body changes, hormones, changes in shape, increase in body hair, pubic hair and 4th class girls will be withdrawn for a lesson on menstruation. This lesson may be taught in 5th or 6th class at the discretion of the class teacher and parents.
- Teachers will only answer questions on the lesson. Children will be asked to talk to their parents about anything else that may come up.
- Because we teach in a multi-grade setting and to avoid repetition, the lessons will be taught on a 2 year basis alternating with the Stay Safe Programme.
- RSE resources will be kept up to date. Relevant information will be provided for all members of the school community.
- Ongoing support and training will be provided to all members of the school staff.

Signed: Claire O Connor (Principal)

Fr. Michael Breslin
(Chairperson, Board of Management)

Date: 26th April 2018

APPENDIX A: CONTENT

Junior and Senior Infants:

Strand: Myself

Strand Unit: Taking Care of My Body

Objective: To enable the child to name parts of the male and female body, using appropriate anatomical terms.

Strand: Myself

Strand Unit: Growing and Changing

Objective: To enable the child to develop and awareness of human birth ie that the baby grows and is nurtured in the mother's womb until ready to be born.

First and Second Class:

Strand: Myself

Strand Unit: Taking Care of My Body

Objective: To enable the child to name parts of the male and female body, using appropriate anatomical terms and to identify some of their functions.

Strand: Myself

Strand Unit: Growing and Changing

Objective: To enable the child to begin to understand that reproduction, birth, life, growth and death are all part of a life cycle.

Third and Fourth Class:

Strand: Myself

Strand Unit: Growing and Changing

Objective: To enable the child to discuss the changes and sequence of development of the human body from conception to birth.

Strand: Myself

Strand Unit: Growing and Changing

Objective: To enable the child to understand the physical changes taking place in both male and female during growth to adulthood including menstruation (girls only).

Fifth and Sixth Class

Strand: Myself

Strand Unit: Taking Care of My Body

Objective: To enable the child to:

- Identify and discuss the physical and other changes that occur in boys and girls with the onset of puberty and understand that these take place at different rates for everyone.

FEMALE: Hormonal changes, changing body shape, development of breasts, appearance of pubic hair, onset of menstruation (periods).

MALE: Hormonal changes, physical growth, enlargement of testicles and penis, appearance of pubic, underarm and facial hair, breaking of the voice, beginning of sperm production and onset of nocturnal emissions.

- Understand the reproductive system of both male and female adults.

Strand: Myself

Strand Unit: Growing and Changing

Objective: To enable the child to:

- Understand sexual intercourse, conception and birth within the context of a committed, loving relationship.
- Discuss and explore the responsibilities involved in being a parent and the emotional and physical maturity required to be a parent.

APPENDIX B: OUTLINE OF LANGUAGE

Sensitive Issues Language:

Junior and Senior Infants:

My Body: Identify the parts of the male and female body- head, eyes, nose, ears, nipple, breast, skin, hips, navel, private parts, penis, bottom, vagina.

New Life: A baby grows and is nurtured in the mother's womb until ready to be born.

First and Second Class:

My Body: How my body works, name and identify external parts of the male and female body and their associated function.

Navel: The proper name for the part of the body where a baby was joined to his/her mother before being born.

Penis: The proper name for the part of the body of a boy that passes urine.

Urethra: The proper name for the part of the girl that passes urine.

Vagina: Opening where a baby leaves a mother's womb.

New life: Caring for a new-born baby.

Third and Fourth Class

My Body: As I Grow I Change (ref. p.95-101 RSE 3rd Class resource materials).

New Life:

- Caring for a new baby.
- Nutrition in the womb and the function of the umbilical cord.
- Before a baby is born it spends 9 months in the mother's womb and gets food through a tube called the umbilical cord.

- Stages of growth of a baby from conception to birth.
- Develop an appreciation of the wonder of the birth of a new baby.
- (ref. p.73/74 RSE 3rd class resource materials)
- (ref. The Wonder of Life p.170-181 RSE 4th class resource materials)

Fourth Class (withdrawn lesson):

My Body: Growing and changing- body changes, hormones, changes in shape, increase in body hair, pubic hair, menstruation (girls only).

Fifth and Sixth Class:

Physical Development: Puberty

Changes for boys: Growth spurt, testicles, scrotum, penis enlargement, pubic, facial and other body hair, voice deepens, nocturnal emissions, perspiration, oily skin, pimples.

Changes for girls: Breasts develop, menstruation/period begin, growth spurt, underarm and pubic hair, hips broaden, perspiration, oily skin, pimples, male/female reproductive organs, ovulation/menstruation,.

Psychological, Emotional and Social changes.

New Life: How new life begins, ova/egg, sperm, ovaries, conception, sexual intercourse in the context of marriage.

Appendix C: lessons to be taught to each class level

New Life: What is taught and how?

All of the following are taught on a two year cycle in term 2.

Junior and Senior Infants

Lesson 1: Theme 7- New Life: New babies p.71, read poem, talk about new babies.

Lesson 2: Theme 8- I grow p.78-84 Look at pictures of a newborn up to a four year old. Discuss changes and what a baby can do at different stages. Mime p82. Children started off like a seed in their mother's womb and grew until they were ready to be born.

Lesson 3: Theme 6- Caring for new Life- Story- 'Conor's Baby Sister' p.139. Talk about new babies and what they need.

Lesson 4: Theme 7- My Body: Body Parts p.150. Bath a doll. Use correct anatomical body terms- penis, vagina, bottom, breast, nipple, navel.

First and Second Class

Lesson 1: Theme 7- When My Body Needs Special Care- How Our Bodies Work p.166. Talk about how our bodies work (Use anatomical names for body parts. Also discuss their function. Penis/urethra- pass urine, womb- baby grows and develops, breast- can be used to feed baby, umbilical cord- used to feed baby, navel- where cord was attached.

Lesson 2: Theme 8- Growing means Changing- Growing and Changing. Story 'Maeve Does Some Growing Up' p.79. Discuss changes from baby/toddler/4 year old/6 year old. What ways will you have changed by the time you are in 6th class?

Lesson 3: Theme 6: The Wonder of New Life- New Life- Discuss new life/signs of new life in Spring p.155, talk about when the children were born, what date? What did they weigh? What hospital? What was their favourite toy etc. Talk about where babies grow and how they develop once they are born. Teach that babies grow in the womb for 9 months then when ready to be born

they leave their mother through the vagina or sometimes an operation is needed to take the baby out.

Third and Fourth Class

Lesson 1: Theme 8- As I Grow I Change p.95/96 and p.200- what you could do as a baby, when you started school and what you can do now in 3rd/4th class.

Lesson 2: Theme 7- Being Clean Keeping Healthy p.185- How to take care of teeth, hands, clothes, nose, ears, whole body.

Lesson 3: Theme 6 Preparing for New Life (poem 'It's Me'), Nutrition in the womb, function of the umbilical cord.

Lesson 4: Theme 6- The Wonder of New Life- sequence the development of baby in the womb.

Fifth and Sixth Class

Theme 6- My Body Grows and Changes. P.81

Lesson 1: Puberty- boys only/girls only.

Lesson 2: Physical changes that occur in male and females- puberty worksheet p.202

Lesson 3: Emotional changes- emotional changes worksheet.

Theme 7: Relationships and New Life p.200

Lesson 4: The Wonder of New Life- sequence the development of baby in the womb p.98 or p.173-178 in 3rd/4th class book.

Lesson 5: Sexual Intercourse

Lesson 6: Relationships