



## **Kilkeary N.S.**

**School Roll no. 17712G**

**Under the Patronage of the Bishop of Killaloe.**

### **Relationships and Sexuality Education Policy.**

#### **Introduction**

Kilkeary National School is a co-ed mainstream primary school catering for pupils from infants to sixth class. The school is a catholic primary school under patronage of Dioceses of Killaloe. The ethos of our school is founded on Christian principles where tolerance and respect for others is paramount. It is our intention that everyone feels valued and our pupils are encouraged to develop to their full potential in a caring and supportive environment. Relationships and Sexuality Education (R.S.E.) encompassed the acquisition of knowledge and relationships, sexual identity and intimacy. In Kilkeary N.S. we seek to promote the overall development of the child which involves the integration of Relationships and Sexuality into personal into personal understanding, growth and development within the context of our catholic ethos.

#### **What is Relationships and Sexuality Education?**

Relationships and Sexuality Education is an integral part of Social, Personal and Health 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 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 moral, caring and responsible manner.

#### **RSE as part of the SPHE Curriculum**

In the school setting, RSE will be taught in the wider contest 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, safely 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 to adolescence and adulthood.

### **What the school currently provides**

- At present Kilkeary N.S. is implementing the social Personal Health Education Programme. The primary resources used are:
- The Stay Safe Programme
- The Walk Tall Programme
- Be Safe
- Prim Ed 'Health Education'
- Visitors to school – Fire Brigade
- RSE materials
- Busy Bodies

### **The aims of the RSE Programme**

- To promote the personal development, self-esteem and well-being of the child
- To help the young people develop healthy friendships and relationships
- To promote the 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 sexuality of oneself and others while growing and developing.

### **Guidelines for the management and organisation of RSE in our school**

- RSE will be provided throughout our primary school from infants to 6<sup>th</sup> class. All content objectives will be covered by the time the children leave 6<sup>th</sup> class.
- It is the duty of the Board of Management to ensure the implementation of the RSE Programme.
- It is the responsibility of the Board of Management to provide alternative arrangements should a teacher/teachers wish to opt out of teaching a specific unit.
- 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.
- Lessons on sensitive issues will be taught over ¾ 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 5<sup>th</sup> or 6<sup>th</sup> boys and girls may be split up for further discussion if deemed necessary by the teacher.
- 4<sup>th</sup> class will be withdrawn for the sensitive lesson on Growing Up (body changes, hormones, changes in shape, increase in body hair, pubic hair) 4<sup>th</sup> class girls will be withdrawn for a lesson on menstruation). This lesson may be taught in 5<sup>th</sup> or 6<sup>th</sup> 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 multi-classes and to avoid repetition, the lessons will be taught on a 2 year basis alternating with the Stay Safe Programme.

**Sensitive Issues:**

**Content:**

**Junior or 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 the appropriate anatomical terms.

**Strand: Myself**

**Strand Unit:** Growing and Changing

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

**First or 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 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.

**3<sup>rd</sup> or 4<sup>th</sup> 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.

**4<sup>th</sup> Class**

**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)

**5<sup>th</sup> or 6<sup>th</sup> Class**

**Strand: Myself**

**Strand Unit: Taking Care of my Body**

**Objective:** to enable 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 onset of nocturnal emissions (wet dreams)

Understand the reproductive system of both male and female adults

**Strand: Myself**

**Strand Unit: Growing and Changing**

**Objective:** to enable 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

**Review:**

- Our RSE Policy will be reviewed every two years. All parents will be informed of any amendments necessary after such a review.
- 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: \_

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(Principal)

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(Chairperson, Board of Management)

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