

### **1...SCHOOL ETHOS**

This is a Roman Catholic school and its ethos will therefore reflect the values of its denominations (i.e. love of god and love of every other human being). We will openly accept and respect other denominations and beliefs. The aim of this school is to provide a high standard of education while promoting respect for selves, others and the environment. Children are encouraged to develop, in preparation for life, healthy attitudes towards responsibility, Christian morality, and interpersonal skills. The school promotes co-operation and healthy interaction among teachers, parents, pupils and Board of Management with a view to creating a healthy work ethic. Each Child is valued as a person and is made to feel part of a friendly learning environment.

### **2...WHAT IS RELATIONSHIPS & SEXUALITY EDUCATION (RSE)?**

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.

People need people. Being part of a family and having friends give us opportunities to love and be loved, to share thoughts and feelings, to belong. But just because we need to get on with others does not mean we automatically know how to. At primary level, RSE aims to help children learn, at home and in school, about their own development and about their friendships and relationships with others. This work will be based on developing a good self-image, promoting respect for themselves and others and providing them with appropriate information.

### **3...WHAT THE SCHOOL CURRENTLY PROVIDES:**

1. The Stay Safe Programme: a personal safety skills curriculum suitable for children from infants upwards.
2. Walk Tall Programme. this programme gives confidence in dealing with the area of substance abuse. It arms the child with a confidence, response and knowledge when faced with alcohol, drugs, smoking etc.
3. Social. Environmental Studies.
4. Individual needs: where necessary individual children may be referred to appropriate professionals e.g. (psychologist/counsellors).
5. Growing Up Programmes: presented by a trained professional and given to 5<sup>th</sup> & 6<sup>th</sup> classes only. This programme deals with general health, hygiene, care of our bodies, substance abuse, taking responsibility for our actions, reproductive system new life, conception and birth. The content of the programme is explained to parents prior to presentation in the classroom.
6. Oral Language: fostering verbal communications skills.
7. Published Policies:
  - Anti Bullying Policy
  - Healthy Eating Policy
  - Circle Time Programme
  - Substance Abuse
  - PE Policy
  - Special Needs Policy
  - Child Protection
8. Alive-O Religion Programme.

### **4...THE OBJECTIVES OF OUR RSE PROGRAMME**

- Acquire and develop knowledge and understanding of self.
- Develop a positive sense of self-awareness, self-esteem and self worth.
- Develop an appreciation of the dignity, uniqueness and well-being of others.
- To allow for cultural differences
- Understand the nature, growth and development of relationships within families, in friendships and in wider contexts.
- Develop an awareness of differing family patterns
- Come to value family life and appreciate the responsibilities of parenthood
- Develop strategies to make decisions, solve problems. And implement actions in various personal, social and health contexts.
- Become aware of the variety of ways in which individuals grow and change and understand that their developing sexuality is an important aspect of self-identity.
- Develop personal skills which will help to establish and sustain healthy personal relationships.
- Develop some coping strategies to protect self and others from various forms of abuse.
- Acquire and improve skills of communication and social interaction.
- Acquire and use an appropriate vocabulary to discuss feelings, sexuality, growth and development
- Develop a critical understanding of external influences on lifestyles and decision making.

### **5....GUIDELINES FOR THE MANAGEMENT & ORGANISATION OF RSE IN OUR SCHOOL:**

#### **\* Confidentiality:**

No discussion of personal situations/experiences will be permitted in class.

#### **\* Withdrawal of Children**

Provision will be made for parents who do not wish to have their child participate in this programme or parts thereof.

#### **\* Outside Speakers**

It is proposed to continue to have a "Growing up Programme" delivered by an outside speaker. This programme will be delivered within the Schools' policy.

#### **\* Lessons Material:**

These will be made available to parents who wish to view them. Our library also has a large section of books giving support to children to cope with all aspects of a child's experience through life.

#### **\* Parents Rights & Responsibilities:**

To be the first people to provide sexual education and relationship guidance for their child. Please refer to the enclosed handbook for further information.

#### **\* Teachers Rights:**

Where teachers feel unable to deliver more sensitive issues in this programme, the Board of Management, through the Principal will arrange for the programme to be delivered.

#### **\* Special Duties Post :**

To promote the curriculum of RSE and SPHE throughout the school. The post will also deal with day to day emotional issues of children.

### **6.... SEXUALITY EDUCATION:**

It is proposed not to formally introduce any area of sexual education until the children have reached 5<sup>th</sup> class. However, it is envisaged that prior to this, parents will provide sexual education for their children as they deem appropriate. It is recommended that parents use the correct name when referring to parts of the body. Teachers should use correct name for body parts where necessary during the school day (e.g. following an injury).

### **7...GROWING UP PROGRAMME (Covered in 5<sup>th</sup> & 6<sup>th</sup> Class).**

- Sexual Intercourse – will be presented as an act appropriate to married couples. Care will be taken to ensure that children in other family situations will be treated with sensitivity.
- Pregnancy – accompanying responsibilities.
- Marriage – the RSE programme will consider the value of marriage and the importance of making a lifetime commitment.
- Separation/divorce – these topics will also be considered with particular sensitivity to children who might be affected by those situations.

Media presentations including magazines, television, mobile phones and the internet.

### **8...SPECIAL NEEDS PROGRAMME:**

Many students with special needs lack confidence and need opportunities to develop the following skills through a structured RSE programme. Our aim is to: help the child with the following:

- Development of positive self esteem
- Social and communication skills
- Appropriate expression of feelings
- Safety and protection Skills
- An understanding of their body and the changes that will take place.

## **RELATIONSHIPS & SEXUALITY EDUCATION POLICY.**



**For**

**CARAGH NATIONAL SCHOOL**

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**18654A**

**To present to Board of Management,  
Parents Council and on Website for  
further update in September.**