

Scoil Naomh Bríde,
Blackwater,
Enniscorthy,
Co. Wexford.
053-9127314

- **HOW THE PLAN WAS DEVELOPED :**

Blackwater N.S. plan for relationships and sexuality education (R.S.E.) has been developed in collaboration with parents, teachers and members of the Board of Management and members of the Parents' Association.

- **RATIONALE FOR INCLUDING R.S.E. IN SCHOOL PROGRAMME :**

There is a broad agreement in Irish society on the need for R.S.E. in the formal education system. Research in Ireland indicates that a great majority of parents welcome the support of schools in helping them to fulfil their obligation regarding R.S.E.

- **WHAT IS THE MAIN IDEA OF THE R.S.E PROGRAMME ? :**

R.S.E. helps and encourages children to examine and explore the various relationships which are based on responsibility and mutual respect. Children build the foundation for developing more intimate relationships in later life.

- **SCHOOL PLAN FOR R.S.E. IN THE CONTEXT OF THE PHILOSOPHY AND ETHOS OF THE SCHOOL :**

R.S.E. aims to provide opportunities for children and young people to learn about relationships and sexuality in ways that help them to think and act in a moral, caring and responsible way.

THE AIMS OF R.S.E. ARE:

- to enhance the personal development, self-esteem and well being of the child.
- to help the child to develop healthy friendships and relationships.

- 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 / Sixth 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.

SEX EDUCATION PROGRAMME

This programme aims to help children learn about their own development and about their friendships and relationships with others. As a result of the programme, it will be hoped that children will develop a good self-image, promoting respect for themselves and others and providing them with appropriate information.

Throughout all classes there will be ongoing communication between parents and school through Home-School pages, as many parents will wish to discuss these with their children before they learn about them in school. Education in relationships and sexuality is an ongoing process throughout a child's development.

Consequently, parents will be a very important agent in the successful implementation of the R.S.E. Programme.

RELATIONSHIPS AND SEXUALITY EDUCATION (R.S.E.)

Junior Infants - Themes and aims.

1. This is me - To help children appreciate that they are special and unique and enable them develop a positive sense of self-awareness.
2. Who Are You? - To help children appreciate that all people are special...
3. We Are Friends - To help children appreciate friends with a focus on peer friendships.
4. This Is My Family - To help children identify the people who constitute their family, to explore things that families do together and to recognise the roles played by family members.

5. People Who Teach Us About Keeping Safe - To help children identify the people in their family, school and community who teach them about keeping safe.
6. We Have Feelings - To help children name emotions they experience, to identify situations in which these emotions are experienced and to explore how they are expressed.
7. New Life - To help children to become aware of new life in the world.
8. I Grow - To help children become aware of physical growth.
9. Making Choices - To help children become aware that they make choices in their everyday lives.

RELATIONSHIPS AND SEXUALITY EDUCATION (R.S.E.)

Senior Infants - Themes and aims.

1. Look what I can do - To help children discover their personal strengths so as To be affirmed of them.
2. These are my friends - To help children develop an appreciation of the value of friendship in their lives.
3. This is my family - To help children to learn about the roles of different members of families and to understand how these roles may vary.
4. I can be safe - To help children to learn how to keep safe in a variety of familiar situations and to recognise people who teach them safety strategies.
5. Other people have feelings too - To help children identify and name feelings which can be experienced and to understand that other people have feelings Too.
6. Caring for new life - To help children become aware of human life, in relation to the care of a new-born baby.
7. My body - To help children learn about their bodies. (Omit body parts)
8. I grow and change - To help children become aware that growth involves change and that rates of growth are unique for each individual.
9. Making decisions - To help children become aware of factors which influence choices.

RELATIONSHIPS AND SEXUALITY EDUCATION (R.S.E.)

First Class - Themes and aims.

1. Things I like to do - To provide children with opportunities to express Personal preference with confidence.
2. My friends - To provide children with opportunities to explore what being Friends and returning friendship can mean.
3. My family - To provide children with opportunities to identify ways in which family members can help one another and to understand that all families are Not the same.
4. Keeping safe - To provide the children with opportunities to identify people, places and things which threaten personal safety and to develop strategies for Keeping safe.
5. Showing our feelings - To provide children with opportunities to develop some awareness of meaning and emotion conveyed through facial expression, Gesture, movement and tone of voice.
6. The wonder of new life - To provide children with opportunities to appreciate and celebrate the wonder of new life in the world of nature.
7. How my body works - To provide children with opportunities to learn about The senses and their function. (omit body parts)
8. Growing means changing - To provide children with opportunities to recognise that growing up brings increased and changing responsibilities for oneself and Others.
9. Decisions and consequences - To provide children with opportunities to see that decisions have consequences in terms of their effect on themselves and Other people.

RELATIONSHIPS AND SEXUALITY EDUCATION (R.S.E.)

Second Class - Themes and aims.

1. Other people are special - To provide children with opportunities to become more aware of other people and to appreciate that other people are special too. Identifying similarities and differences will be part of this process.
2. Bring friends - To provide children with opportunities to explore the theme of friendship as it relates to children's own experience.
3. My family - To provide children with opportunities to examine their own role and place within the family and to identify their own individual responses towards other family members, being sensitive to the differing family patterns experienced by the children.
4. Keeping safe - To provide the children with opportunities to identify people, places and things which threaten personal safety and to develop strategies for Keeping safe.
5. Coping with our feelings - To provide children with opportunities to identify feelings and ways of coping with their feelings.
6. The wonder of new life - To provide children with opportunities to appreciate And celebrate the wonder of new babies.
7. When my body needs special care - To provide children an opportunity to revise the names of the external parts of the male and female body and some associated functions in the context of the body's occasional need for special care.
8. Growing and changing - To provide children with opportunities to realise that as they grow and change their relationships with family and friends change.
9. Personal decisions - To provide children with opportunities to discuss the factors which may influence personal decisions and choices.

RELATIONSHIPS AND SEXUALITY EDUCATION (R.S.E.)

Third Class - Themes and aims.

1. Special gifts. - To provide the children with opportunities to value their individual characteristics, abilities and achievements and those of others.
2. Sometimes friends fight - To provide children with opportunities to explore what happens when friends fall out.
3. My family - To provide children with opportunities to see how family members are related and relate to one another.
4. Keeping safe - To provide the children with opportunities to identify the people whose job includes child safety.
5. Expressing feelings - To provide children with opportunities to identify feelings and emotions and to learn how they may be expressed in an appropriate manner.
6. Preparing for new life - To provide children with opportunities to learn about the care that needs to be taken by a mother who is waiting for her baby to be born.
7. Our senses - To provide children with opportunities to learn about their sensory organs and their functions.
8. As I grow I change - To provide children with opportunities to understand the physical, psychological and social changes they experience throughout childhood.
9. Making decisions. - To provide children with the opportunities to make decisions and to discuss the factors which influence personal decisions and choices?

RELATIONSHIPS AND SEXUALITY EDUCATION (R.S.E.)

Fourth Class - Themes and Aims.

1. Myself and others - To provide children with the opportunities to develop and to appreciate the importance of interacting with others.
2. Bullying behaviour - To provide the children with the opportunities to learn about bullying, why it occurs and ways of dealing with it.
3. My Family - To provide the children with opportunities to value family differences.
4. Reasons for rules - To provide the children with opportunities to recognise that rules exist for a reason, and to understand the consequences of breaking them.
5. Feelings and Emotions - To provide the children with opportunities to understand and learn how to cope with feelings particularly those which they find difficult to manage.
6. The wonder of new life. - To provide the children with opportunities to recognise and learn to sequence the stages of development of the human baby from conception to birth.
7. Being clean –keeping healthy - To provide the children with opportunities to learn about the importance of good personal hygiene.
8. Growing and changing - To provide the children with opportunities to understand the changes that take place in both males and females during growth to adulthood.
9. Problem solving - To provide the children with opportunities to discuss how problems can be solved.

RELATONSHIPS AND SEXUALITY EDUCATION (R.S.E.)

Fifth Class - Themes and Aims.

1. The person I am - To provide children with opportunities to increase awareness of their own identity and the factors that influence it.
2. Different kinds of friends - To provide the pupils with opportunities to increase awareness of different types of friendship, and the way friendship is portrayed in the media.
3. My family - To provide the children with opportunities to discuss how family members communicate and express their feelings towards one another – to compare and contrast the media’s view of the family with the children’s experience of family.
4. Keeping safe - To provide pupils with opportunities to realise that as they grow their responsibility for personal safety increases and their responsibility towards others increases also.
5. Feelings and emotions - To provide the children with opportunities to increase awareness of how feelings and emotions are expressed.

**** Themes 6 , 7 and 8 will be taught with Sixth Class - guest speaker.

- *6. Growing and changing. - To provide the children with opportunities to increase awareness of responsibilities that accompanies growing up.
- *7. The wonder of new life. - To provide the children with opportunist to increase their knowledge and understand of the changes that take place during puberty. (Sixth class programme).
- *8. Caring for new life - To provide the children with opportunities to learn about (caring for a new baby in the womb – Sixth class) the responsibility that a baby brings, especially to parents.
9. Making healthy decisions - To provide children with opportunities to consider personal health and hygiene practice.

RELATONSHIPS AND SEXUALITY EDUCATION (R.S.E.)

Sixth Class - Themes and Aims.

1. Me and my aspirations - To provide children with opportunities to reflect on themselves as they are now and to consider how they would like to be in the future.
2. Different kinds of love - To provide the pupils with opportunities to discuss And develop awareness of different types of love.
3. Families - To provide pupils with opportunities to discuss how family units Differ and how conflict in families can be resolved.
4. Keeping safe and healthy - To provide pupils with opportunities to develop a Personal health and safety code.
5. Feelings and emotions - To enable the children express and manage feelings In an appropriate manner.

***** Themes 6 , 7 and 8 will be taught with Fifth Class - guest speaker.

- *6. My body grows and changes.
- *7. Relationships and new life.
- *8. A baby is a miracle.
9. Choices and decision-making - Provide pupils with opportunities to develop decision-making skills and to examine critically the factors which influence personal decisions and choices.

RELATIONSHIPS AND SEXUALITY EDUCATION (R.S.E.)

Pupils from 5th and 6th class are given a talk on the following aspects of the R.S.E. course by a guest speaker every second year.

1. Parts of the body
2. Growing and changing
3. Sexual intercourse, Respect and Relationships.
4. Birth and new life
5. New beginnings (secondary school).

Boys and girls are divided into two separate groups for the talk. The class also includes a question and answer session where appropriate questions in relation to the programme content are answered.

Guest speaker will deliver ‘talk’ to parents/guardians of boys and girls in Fifth/Sixth classes before it is presented to the boys and girls.

Implementation	January 2005
Review	May / June 2010
Review	October 2014

Monitor, review and evaluate

Ongoing review and evaluation will take cognisance of developments of in-school based programme and feedback from parents/guardians, teachers and pupils. Review will take place periodically, unless legislative or other policy changes necessitate an earlier review. The latest review took place during October 2014. Involved in the review were all teachers, members of Board of Management and members of Parents’ Association.

Ratification and communication

This plan was ratified by the Board of Management of Scoil Naomh Bríde, Blackwater, on

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Parents may view this plan, at any time, by appointment with the Principal.

Signed :
(Chairperson B.O.M.)