



# Relationships and Sexuality Education

## Whole School Plan

### Introductory Statement and Rationale

#### Introductory Statement

Aspects of SPHE have been taught in Carbury N.S. for many years through various programmes and initiatives such as Stay Safe, Walk Tall, Weaving Well Being, Mindful Matters, Welcome to Well Being and the Relationships and Sexuality Education Programme. It has also been taught through integration with other subject areas such as Physical Education, Religion, Geography, etc.

#### *How the policy was developed:*

All schools are required to have an RSE policy to detail how RSE is taught in the school, including the sensitive aspects. This policy was devised by the ISM and is an approved approach to the teaching of Relationships and Sexuality Education (RSE). It was developed to inform teachers and parents as to what material is covered in the RSE programme within SPHE both formally and informally.

### School Philosophy

We recognise that SPHE is intrinsic to the teaching and learning that occurs both formally and informally in school and in the classroom. Through our SPHE programme and subsequently through RSE, we wish to assist children to develop feelings of self-worth and self-confidence while encouraging their ability to relate to others in a positive way. The curriculum also encourages children to be aware of their rights as an individual while at the same time accepting responsibility for their actions as members of the school and the wider community. Our school values the uniqueness of all individuals within a caring school community. Our ethos means that we value respect, tolerance and openness through the lived experience of the children and school community. Parents have the primary role in the social, personal and health education of their children so their involvement will be encouraged as much as possible. SPHE and RSE are key components in supporting our school and children to develop into healthy young adults.

### Definition of RSE

Relationships and Sexuality Education is an integral part of SPHE and must be taught in this context. It provides structured opportunities for pupils to acquire knowledge and understanding of human sexuality and relationships through processes which will enable them to form values and establish behaviours within a moral, spiritual and social framework. In particular, it addresses the meaning of human sexuality, relationships, growth and development, relevant to personal and social skills.

### 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.

SPHE:

- Is a lifelong process and consequently RSE is a continual process throughout primary school and is not confined to once off inputs or lessons
- Is a shared responsibility between family, school, health professionals and the community RSE education should include an input from all, and collaboration can be fostered through the teaching and delivery of materials
- Is a generic approach. It is not so much about the specific content of RSE but rather the relationship with a child's skills, attitudes, values and understanding relevant to a range of social, personal and health issues
- Is based on the needs of the child, therefore RSE education should prioritise the needs of the child and his/her environment, with appropriate adaptations made within the curriculum to suit individual requirements and individual school situations
- Is spiral in nature. RSE is revisited at different stages throughout the child's time in school, this will provide opportunities to consolidate and build on previous learning. This allows for issues and topics to be explored and treated in a manner appropriate to the children's needs, abilities and levels of maturity
- Engages children to be involved in activity based learning. RSE should provide a range of learning opportunities that include working together, learning about one's own feelings and those of others, developing a sense of empathy and experiencing and supporting healthy relationships.

Through SPHE and RSE, members of the school community should be enabled to enhance their self-esteem and wellbeing through;

- A sense of identity
- A sense of purpose
- A sense of belonging
- A sense of security
- A sense of competence.

In an ever changing world, RSE encourages children through consistent messages that are taught in line with SPHE. The school has a responsibility to ensure that its curriculum is free of bias and that issues of inequality in any form are addressed and dealt with (SPHE Teacher guidelines, p25). In learning about cultures and traditions of others, children can develop a sense of respect for difference and appreciate the contribution that such has to offer. It will encourage children to be inclusive with each other, challenge prejudice and learn how to live in an intercultural society.

#### **Current Provision Included in the School Curriculum is:**

- SPHE lessons (provided through discrete curricular time and integration)
- Use of the RSE Manuals and Busy Bodies resources
- Stay Safe Programme
- Walk Tall Programme
- Weaving Well Being
- Mindful Matters
- Welcome to Well Being.
- Webwise resources
- Adapted resources for SEN from [www.pdst.ie](http://www.pdst.ie)
- Religious Education.

#### **Aims of our RSE Programme**

- To enhance the personal development, self-esteem and wellbeing 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.
- 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.

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

- Child Safeguarding Statement and Risk Assessment
- Substance Use Policy
- Code of Behaviour
- Anti-Bullying Policy (Bí Cineálta Policy)
- Admissions Policy
- Acceptable Use Policy
- Healthy Eating Policy

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

##### **Curriculum Content**

The curriculum by NCCA will be followed as published, and will be taught from infants to 6th class. All resources used will be in keeping with the ethos of the school, the whole school plan for SPHE and the RSE policy. Each class teacher will teach the content for their class level each year as laid out in the curriculum, and utilising the RSE manuals to complement their teaching.

##### **Management of RSE**

- The strands Growing and Changing, and Taking Care of my Body are covered in Year One of a 2 year SPHE plan.
- The sensitive lessons are covered as part of these broad topics (as outlined below and see appendix 1)
- Special arrangements exist for the delivery of the sensitive elements from 4th class up (see below)
- 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 informed of teaching around sensitive issues.

##### **Parental Involvement**

The school acknowledges that parents have the primary responsibility for educating their children about growing and changing.

- Parents will be informed that the school fully implements the RSE strands of the SPHE programme including sensitive aspects of the programme at enrollment.

- Parents will be informed in advance of lessons on the sensitive areas of the RSE programme, with a letter relevant to what will be taught at their child's class level, example of letter see Appendix 1.
- The letter will be issued in advance, giving parents an opportunity to meet with relevant class teachers if they so wish, to discuss or clarify what is covered and to prepare their children, it also gives parents an opportunity 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 welcome to view the curriculum and may speak to the class teacher if they have any concerns at any time during the year.
- Following discussion with Class Teacher and SPHE co-ordinator, if a parent wishes to withdraw their child from the sensitive lessons it should be given in writing stating their reasons for doing so and this will be centrally filed.
- If a child has been withdrawn from the sensitive RSE lessons, the school takes no responsibility for what the child may hear following on from the teaching of the lessons. eg. What they may hear from other pupils.

### **Organisation and Curriculum Planning**

RSE forms part of the national curriculum for SPHE and will be taught from infants to 6th class. RSE will be covered under the following strands and strand units of the SPHE curriculum:

Myself

Growing and changing

Taking care of my body

The RSE programme is divided into two main parts:

1) The general programme which contains content covered through SPHE strands and strand units and compliment the aims and objectives of RSE

- Friendship
- Self-identity
- Family
- Self-esteem
- Growing up

2) The second section will deal with any sensitive / specific content covered through RSE strands and strand units.

Topics covered from Infants to 2nd class include:

- Keeping safe
- Bodily changes from birth (birth-9)
- Making age-appropriate choices
- Appreciating the variety of family types and the variety of family life that exists in our school and community
- 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 6th include:

- Bodily changes
- Healthy eating, personal hygiene and exercise
- Keeping safe
- Expressing feelings
- Appreciating the variety of family types within our school and community and how these family relationships shape us
- Making healthy and responsible decisions
- Forming friendships
- Discuss the stages and sequence of development of the human baby in the womb(3rd, 4th class)
- Introduction to puberty and changes (3rd, 4th, 5th and 6th class)
- \*Introduction to menstruation for 4<sup>th</sup> class girls (see Appendix 2)
- Changes that occur in boys and girls with the onset of puberty ( 5th and 6th Class)
- Reproductive system of male/female adults (5th and 6th class)
- Understanding sexual intercourse, conception and birth within the context of a committed loving relationship (5th, 6th class).

*Sensitive content is taught as per 2 year SPHE plan*

### **Approaches & Methodologies**

When implementing the programme, staff at Carbury National School will endeavour to display respect for and sensitivity towards the different cultural and family backgrounds experienced by the children. The curriculum will be taught in an age-appropriate manner at all times. The curriculum will be taught from Junior Infants to 6th class. It will be taught through a spiral curriculum (key topics will be revisited in a developmental manner at regular intervals). The materials taught will reflect the needs of the children. Active Learning Methodologies are an integral part of teaching of SPHE and RSE. Any or all of the following techniques will allow the child to play an active part in the learning process:

- Discussion
- Role play
- Interviewing friends, or other school pupils, family members
- Surveys of attitudes
- Hosting visitors
- Projects
- Designing advertisements
- Writing captions
- Ranking statements
- Describing photographs
- Viewing and discussing videos
- Stories and poems
- Pair work and group work
- Games
- Art activities
- Reflection
- Circle time
- Guest speaker (The class teacher will stay in the room at all times in accordance with Department of Education and Science Circular 22/2010).

## **Differentiation**

Teachers use assessment and professional judgment to differentiate the programme and content to suit the needs of the class. Some techniques used:

- ensuring that objectives are realistic for the students
- ensuring that the learning task is compatible with prior learning
- providing opportunities for interacting and working with other students in small groups and spending more time on tasks
- organising the learning task into small stages and ensuring that the language used is pitched at the student's level of understanding
- understanding of the activity using task analysis, outlining the steps to be learned/completed in any given task, posing key questions to guide students through the different stages/processes, and to assist in self-direction and correction
- having short and varied tasks creating a learning environment through the use of concrete, and where possible every day materials, and by displaying word lists and laminated charts with pictures.
- Sometimes the stage of development in a class can vary widely and strategies to differentiate in class can support gradual and appropriate teaching
- group work and discussion
- higher and lower order questioning in groups
- moderated whole class discussions through use of a Question Box.

## **Pupils with Special Educational Needs**

Adaptions to the way in which the content is delivered will be made for children with Special Educational Needs. Consultation with parents/ guardians in advance and anticipation of the children's needs will be central to ensuring learning is meaningful.

- Children may be pre-taught language or concepts in anticipation of whole class work
- Children may work in smaller groups or 1:1 on adapted and suitable material
- Any different or specific objectives related to the pupils own learning needs should be detailed in their IEP or IPLP in consultation with parents/guardians.

## **Answering pupil questions**

We use some simple principles when fostering discussion and questioning

- No personal questions of the teacher
- The Question Box will be availed of by the children
- The teacher will be mindful of their reaction to any questions
- Questions do not have to be answered straight away

Sample responses;

- I'll do my best to answer your questions but I may not be able to answer all of them
- That's something you'll learn about as you get older
- Is that something you could talk to your parents / guardians / family about?
- We agreed in our contract that we wouldn't ask anyone personal questions
- Somebody asked a question and the language they used was slang language, what they meant to ask was....
- A question was asked, and we cannot talk about that particular topic.

For older children a 'question box' will be used as part of a structured RSE lesson. Teachers can follow up on the written questions at a later date, thus allowing time to prepare suitable answers, consult with colleagues, etc.

### **Question Box**

During the delivery of each section of the sensitive lessons– children will be encouraged to place their questions into a box in the classroom. These questions will then be monitored and screened with the teacher answering the questions in the following lesson taking into account the following;

- Questions arising from lesson content will be answered in an age-appropriate manner
- The class teacher cannot answer questions which do not relate to the particular curriculum objectives for a class.
- Pupils will be informed if a question/issue is not on the programme and they will be advised to talk with their parents.
- Teachers may exercise discretion to contact parents themselves if they feel that a question is very inappropriate or needs to be communicated with home because of other reasons
- No personal questions will be answered and children will be reminded not to share personal information about their families or others – but can share with teacher after the lessons.

***If issues arise which might be seen to contravene Children First Guidelines, the teacher will notify the Designated Liaison Person in the school.***

### **Assessment**

Assessment in RSE is important to enable the teacher to pitch the lessons correctly to their respective class group

The teacher may use;

- Observation and questions to assess the children's engagement and interest
- Use of teacher-designed tasks such as worksheets, quizzes or games
- Use of reflection or learning log

### **Confidentiality**

- The school adheres to the Children First Act 2015, Children First: National Guidance for the Protection and Welfare of Children 2017, the Addendum to Children First (2019), and the Child Protection Procedures for Primary and Post-Primary Schools (revised 2023).
- If a child is withdrawn from the teaching of sensitive issues, we cannot guarantee that the other children will not tell or inform him/her about what happened.

### **Resources**

Relationships and Sexuality Education Resource Materials (DES) - Each class teacher has a copy of the appropriate manual or access to it in online / pdf format. Other resources that support the broader aims of RSE include:

- Stay Safe programme
- Walk Tall Programme

- Anatomical Dolls and Story books
- Busy Bodies DVD and Booklet. This DVD and booklet were developed to support the teaching of the 3rd, 4th, 5th and 6th class component of RSE within the context of SPHE.

#### **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
- Staff meetings utilised as a platform for discussion and development of RSE materials
- Support from a PDST Advisor
- Promotion and communication of resources available from [www.pdst.ie](http://www.pdst.ie).

#### **Review**

##### **Roles and Responsibilities:**

It will be necessary to review this plan on a regular basis to ensure optimum implementation of the RSE curriculum in the school. Ruth Hunter ( Post Holder) is responsible for co-ordinating this review.

Those involved in the review will include:

*Teachers*

*Pupils*

*Parents*

*Post holders/plan co-ordinator*

*BoM/DES/Others*

##### **Timeframe:**

This plan will be reviewed as necessary.

#### **Ratification and Communication**

This Policy will be given to the Board of Management for ratification 30<sup>th</sup> January 2025.

Signed: Linda McMahon Date: 30<sup>th</sup> January 2025

Principal

Derek Whitely

Chairperson of the Board of Management

This policy is available to view on the school website.

## Appendix 1

3<sup>rd</sup> March 2025

### Relationships and Sexuality Education (R.S.E.)

Dear Parents,

As outlined in our S.P.H.E. policy, we will be implementing the R.S.E. programme from the (date)

#### **What is R.S.E.?**

*“Relationships and Sexuality Education (R.S.E.) is a lifelong process of acquiring knowledge and understanding and developing attitudes, beliefs and values about sexual identity, relationships and intimacy.”* Dept. of Education and Science Guidelines.

This education is already being delivered, both consciously and unconsciously, by parents, teachers, peers, other adults and the media. Within the school setting, RSE will provide structured opportunities for pupils to acquire a knowledge and understanding of human relationships and sexuality through processes that will enable them to form valued and established behaviours within a moral, spiritual, and social framework in an age appropriate manner.

Please remember that R.S.E. is primarily the responsibility of parents and the school is merely a support in this subject area.

If you have any questions regarding the RSE programme, you can speak to the class teachers or the SPHE co-ordinator, Ruth Hunter. Copies of the SPHE policy are available from the school office.

Yours sincerely,

Ruth Hunter  
SPHE Co-ordinator

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I have received notification that the RSE Programme will commence in Carbury School from (date)

Child/children name(s): \_\_\_\_\_

Parent's/Guardian's Signature: \_\_\_\_\_

**Appendix 2**  
**RSE Programme**

3<sup>rd</sup> March 2025

Dear Parent(s)/Guardian(s),

In accordance with best practice, Fourth Class girls will receive a lesson on puberty and menstruation.

The aim of this lesson is to provide them with opportunities to understand the changes that take place as they grow into adulthood in an age appropriate manner.

Parents are regarded as the primary educators in this area and your support and involvement is necessary.

Yours sincerely,

Ruth Hunter  
S.P.H.E. Co-ordinator

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I have been notified that the lesson on puberty and menstruation will be implemented.

Name of child: \_\_\_\_\_

Parent's/Guardian's signature: \_\_\_\_\_

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