



Relationship and Sexuality Education Policy

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.

Current Provision

- SPHE curriculum followed as per DES recommendations
- Use of RSE Manuals, Busy Bodies DVD, Busy Bodies booklets and Same Love/Different Families
- Ethical Education taught through the Learn Together Programme
- The teachers cover all aspects of RSE with their classes on an annual basis

Aims of our RSE programme

- To help young people develop healthy friendships and relationships
- To foster an understanding of and healthy attitude to, human sexuality and relationships in a moral, spiritual and social framework
- To promote knowledge of and respect for human love, sexual intercourse and reproduction
- To understand the physical changes taking place with the onset of puberty
- To promote a sense of wonder and awe at the process of birth and new life
- To enable the pupil to feel comfortable with their sexuality and that of others

Guidelines for the Management and Organisation of RSE in our School

[1] Organisational Matters

- Guidelines as laid down by the Department of Education and Skills and as discussed in this document will be followed.
- It is envisaged that the programme will be taught in an integrated manner where possible.

Parents

- Parents are to be informed in advance of the programme content. (*See Appendix 2 for sample letter*) They will also be informed in advance of the formal lessons on the sensitive areas of the programme eg. Puberty, sexual intercourse.
- Parents will be offered a chance to view any DVDs/ link being used in the teaching of RSE e.g. Busy Bodies <https://www.healthpromotion.ie/hp-files/docs/HPM00478.pdf>
- Parents have the responsibility to become involved, to inform themselves of the programme content, to prepare pupils for the information they will acquire around the sensitive areas and to discuss areas covered in school in RSE/ SPHE with their pupils.
- If a parent has a particular concern/ issue in relation to the teachings of the RSE programme, they are encouraged to discuss same with the class teacher or the principal.
- As always, parents are requested to inform teachers of special family situations. These will be

dealt with in confidence. It is the experience of the teachers that it is to everyone's benefit and particularly to the pupil's benefit if they are kept informed.

[2] Curriculum Matters

- The Curriculum by NCCA will be followed as published and will be taught in all classes from Infants to 6th class. All resources used will be in keeping with the ethos of the school and the policy. Each class teacher will teach the content for their class level.
- Pupils will be encouraged to discuss material being covered in class with their parents or guardians. Where possible hand-outs, worksheets etc. will be provided to facilitate this; e.g. Home-School Links pages of the RSE manuals.
- In a class situation, pupils will be encouraged to recognise that certain information is for them only i.e. that it is inappropriate for them to discuss information received about puberty, intercourse and birth with younger siblings, friends from outside school etc. It will be explained that other pupils will be given this information by their own parents and teachers when it is developmentally appropriate for them to receive it. However, the school cannot take any responsibility for what is discussed outside of the school, on social media or in the school playground.
- A respect for personal privacy and information will be emphasised. Teachers will neither give nor request personal information. Pupils will also be taught to recognise that certain personal disclosures are inappropriate within a group setting.

Topics covered up to 2nd class include:

- Keeping Safe
- Bodily changes during growth and birth
- Making age-appropriate choices
- Appreciating family life
- Recognising and expressing feelings
- Self-care, hygiene, diet, exercise and sleep
- Expressing opinions and listening to others
- *Naming the parts of the body using appropriate anatomical terms (Junior/Senior Infants)*
**See Appendix 1 for details*
- *Naming the parts of the body using appropriate anatomical terms and identify some of their functions (1st/ 2nd) *See Appendix 1 for details*

Topics covered up to sixth class include:

- Bodily changes
- Healthy eating, personal hygiene, exercise
- Keeping Safe
- Expressing feelings

- Family relationships- Same Love/ Different Families (INTO Resource)
- Making healthy and responsible decisions
- Forming and maintaining relationships and friendships
- *Discuss the stages and sequence of development of the human baby in the womb (Fourth class)*
- *Changes that occur with the onset of puberty (Fourth class)*
- *Reproductive system of adults (Fifth & Sixth Class) *See Appendix 1 for details*
- *Understanding sexual intercourse, conception and birth (Sixth Class) *See Appendix 1 for details*

- Sensitive issues (in italic above) may be dealt with in the following class groupings;

Puberty:

All pupils mixed together in fourth class for main lessons. * See Appendix 1 3rd /4th Theme 8 for details

Mini separate lessons for girls and the boys in the following days to allow them additional time to answer more specific questions / concerns

Puberty, Intercourse & Birth:

Mini separate lessons for girls and the boys in 5th Class followed by whole class lesson.

All pupils mixed in sixth class.

[3] Dealing with Questions

- A question box may be used throughout lessons where appropriate
- Teachers will previously decide upon specific language and concepts for each class level in line with the SPHE curriculum and school ethos. *See Appendix 1 for details
- Pupils' questions will be dealt with, taking into account the following criteria when relevant
 - By being aware of circumstances in which the question has arisen
 - By clarifying what information is required?
 - By deciding, if the issue is relevant, who is it relevant to
 - By giving a developmentally or age- appropriate answer
 - By deferring the question as one which will be answered in the next lesson, one which should be answered at home or one which will be answered more fully in the future

[4] Pupils with AEN

- Taking into account pupil's cognitive, social and emotional development and their class level (4th, 5th & 6th Class), instruction on the sensitive aspects of RSE, will be based on individual needs and decided together by parents, mainstream teachers and support teachers during the pupil's support meeting. The support teachers will aid the mainstream teacher with the facilitation of appropriate and agreed RSE provision for the pupil with AEN. Careful consideration will be given to the NCCA Guidelines for Moderate and Severe and Profound General Learning Disabilities for RSE provision.

- There will be ongoing assessment of the programme through observation by and feedback from parents, teachers and pupils.

Provision of Ongoing Support

- Parents welcome to view the curriculum and resource materials if they so wish.
- Regular contact with parents prior to the teaching of lessons involving “sensitive issues” in the form of the home/school link page accompanying such lessons in the RSE Resource Books. Parents have the primary responsibility for educating their pupils in sexual matters. The school RSE programme acts as a support only to parents, and parents retain the right to withdraw their pupils from classes. Should a parent decide to withdraw their pupil from RSE lessons in school, a meeting will be facilitated with the principal to address concerns, following this meeting if parents still wish to withdraw their child from RSE lessons they will be asked to put this in writing with reasons for doing so. They will also be asked to include a sentence stipulating that they will take full responsibility to teach RSE to their child instead. This matter will be brought to the attention of the Board of Management. The school are obliged to inform the Department of Education school Inspector and the Education Welfare officer of such decisions.

Links to other Policy Areas

- SPHE Policy

Pupil Protection: The school follows the DES pupil protection guidelines and has a Child Safe Guarding Policy with the Principal as Designated Liaison Person.

In cases of a disclosure, the DLP will follow the procedures as set out by the Department of Education.

Review

- This policy will be reviewed every two years.

Date of ratification: 11/09/2025

Signed: 
Principal, Maura O' Riordan

Signed:
Chairperson of Board of Management, Claire Coleman





Dear Parent/ Guardian,

Date: _____

Relationships and Sexuality education is an integral part of the Social, Personal, and Health Education (S.P.H.E) curriculum as per Department of Education & Skills guidelines. The sensitive elements of the Relationships & Sexuality education programme that will be covered with your pupil in the forthcoming weeks are summarised in the box below. It is important that you talk to your pupil about these topics so that they will feel prepared for the content of the programme. During all lessons the anatomically correct names for body parts will be used.

JUNIOR INFANTS TO SECOND CLASS

MYSELF:

Taking Care of My Body: Caring for one's body, respect for one's body and that of others, diet, hygiene, being able to name parts body using appropriate anatomical terms. (penis/ vulva)

Growing and Changing: Understanding growth and change, exploring feelings, becoming aware of new life and birth, understanding a baby's needs.

THIRD CLASS TO SIXTH CLASS

Taking Care of My Body: Understanding health, dangers of substance misuse, personal hygiene, nutrition. For 4th Class: understanding physical changes for children (puberty). For 5th/6th class pupils: understanding physical and other changes at puberty, understanding both reproductive systems.

Growing and Changing: Identifying and discussing feelings, having a positive sense of self. For 3rd/4th class pupils: recognising how feelings are influenced by puberty, being able to discuss the development of the human baby during pregnancy, For 5th /6th Class pupils: understanding sexual intercourse, conception and birth.

Appendix 1

Lesson Content – Sensitive Issues

| Class | Lesson | Strand Unit | Language | Date |
|------------------------------------|---|--|---|-------------------|
| J.I. S.I. | Theme 6 Caring for new life p.137 Theme 7 My Body p.147 | Growing and changing Taking care of my body | Penis/ Vulva Naming parts of male and female body using appropriate anatomical terms | Term 2 every year |
| 1 st 2 nd | Theme 6 The wonder of new life p.59/p.151 Theme 7 How my body works p67 When my body needs special care p.161 Theme 8 Growing means changing p. 77/p.171 | Growing and changing Taking care of my body | As above: introduce womb, breast, breast feeding, urethra. Naming as above and identify some of the functions. | Term 2 every year |
| 3 rd 4 th | Theme 6 Preparing for new life p.69 Theme 6 from 4th class The wonder of new life p.169 Theme 8 As I grow I change p.93 Theme 8 (girls only in 4th class) Growing and changing p.195 | Growing and changing | Discuss the stages and sequence of development of human baby in the womb. Umbilical cord. Any questions as to how the baby got there cannot be answered by the teacher and will be redirected to their parent/Guardian. | Term 2 every year |
| 5 th 6 th | Theme 6 My body grows and changes p.81 Theme 7 The wonder of new life p.93 Theme 8 Caring for new life p.103 Theme 2 Different kinds of love p.141 | Growing and changing Taking care of my body | Changes that occur at the onset of puberty. Reproductive system of male/female adults. Understand sexual intercourse, conception and birth. | Term 2 every year |