

RELATIONSHIPS & SEXUALITY EDUCATION

SENIOR CYCLE LESSON THEMES

HUMAN GROWTH AND DEVELOPMENT

- + AWARENESS OF FERTILITY
- + METHODS OF FAMILY PLANNING
- + PREGNANCY AND DEVELOPING FOETUS
- + HEALTH CARE DURING PREGNANCY
- + HUMAN EMOTIONS
- + RELATIONSHIP BETWEEN SAFE SEXUAL
PRACTICE AND STIS

HUMAN SEXUALITY

- + WHAT IT MEANS TO BE MALE OR FEMALE
- + MALE AND FEMALE ROLES IN RELATIONSHIPS
AND IN SOCIETY
- + AWARENESS AND UNDERSTANDING OF
SEXUAL ORIENTATIONS
- + ISSUES PERTAINING TO EQUALITY, SEXUAL
HARASSMENT, SEXUAL ABUSE AND RAPE
INCLUDING LEGAL ISSUES AND HELP AGENCIES
- + SKILLS FOR MAKING SEXUAL CHOICES RE
SEXUAL ACTIVITY, ATTITUDES, VALUES AND
BELIEFS REGARDING SEXUAL BEHAVIOUR IN
MODERN SOCIETY.

HUMAN RELATIONSHIPS

- + UNDERSTANDING THE NATURE OF PEER
PRESSURE
- + SKILLS FOR RESOLVING CONFLICT
- + COMPLEX NATURE OF LOVE AND LOVING
RELATIONSHIPS
- + MARRIAGE AS A LOVING COMMITMENT
- AWARENESS OF IMPORTANCE OF FAMILY LIFE

We recognise that parents have the primary responsibility for the personal development of their children, and it is our wish to complement that role. With the school and the family working together, the programme can have greater success. You can support the SPHE programme at home by encouraging and praising the efforts of your teenager, by communicating with them about their own growth, development, friendships, decisions and health.

In Junior Cycle, RSE is generally taught in Term 2 as part of the SPHE programme.

In Senior Cycle RSE is taught on an ongoing basis in accordance with our school RSE policy.

The primary resources used in the delivery of RSE in Coláiste/Gaelcoláiste Choilm are:

- On My Own Two Feet
- Busy Bodies DVD
- You Can Talk to Me
- B4U Decide Pack
- Resource Materials for RSE Junior Cycle and Senior Cycle (DES)
- TRUST Resource for Senior Cycle

Web site: www.sphe.ie

[SPHE Curriculum, RSE Curriculum, RSE Resources]

Dear Parents/Guardians,

We would welcome any comments you might have on the programme. If you would like to examine the materials used in SPHE, or discuss the programme further, please contact the school or check the school website www.colaistechoilm.ie



RELATIONSHIPS & SEXUALITY EDUCATION

PARENT INFORMATION



Relationships and Sexuality Education (RSE) is a lifelong process of acquiring knowledge and understanding and of developing attitudes, beliefs and values about sexual identity, relationships and intimacy. This education is delivered consciously and unconsciously by parents, teachers, peers, adults and the media.

This approach gives opportunities to children and young people to learn about relationships and sexuality in ways that help them think and act in a moral, caring and responsible manner.

At post-primary level, this means building on the primary programme and providing young people with information and skills to critically evaluate the wide range of information, opinions, attitudes and values offered today, and so make positive, responsible choices about themselves and the way they live their lives.

In the school setting, RSE will be taught in the context of Social, Personal and Health Education.

Social, Personal and Health Education

Social, Personal and Health Education (SPHE) contributes to developing the work of the school in promoting the health and well-being of children and young people. This happens in the context of their emotional, moral, social and spiritual growth, as well as their intellectual, physical, political, religious and creative development. A supportive school climate, where the needs and well-being of all members of the school community are considered, is essential to the best possible provision for SPHE.

Social, Personal and Health Education looks at issues such as relationships at home and in school, building self-esteem, and learning skills of communication, decision-making and expressing feelings in an appropriate way. It also includes giving clear information on a range of topics, including healthy eating, alcohol, drugs, human growth and development, safety and social responsibility, and environmental issues.

Relationships & Sexuality Education

The content of RSE at post-primary level is described under three themes. These themes are neither sequential nor discrete; they merge and overlap with each other. Teaching strategies should reflect this relationship.

The three themes of RSE at post-primary level are;

1. Human Growth and Development

The theme consists of an age-appropriate understanding of the biology and psychology of the human life cycle from conception through birth and growth and death. This is accompanied by a rationale for responsible behaviour in relationships and sexual activity. It includes insights into physical well being, infection and disease. The theme of human growth and development provides a vocabulary for understanding and functioning of all parts of the human body and a psychological understanding of feelings and their appropriate expression.

2. Human Sexuality

This theme deals with human sexuality as including all aspects of the human person that relate to being male and female and being subject to change throughout life. Sexuality is an integral part of the human personality and has biological, psychological, cultural, social and spiritual dimensions. The theme offers opportunities for holistic understanding of sexuality as contributing to the personal well being, enhancing personal and family relationships and ultimately contributing to the well being of society.

3. Human Relationships

This theme focuses on the importance of relationships for health and well being. It examines how one relates to self and others – family, friends (significant and incidental) – and stresses the importance of self esteem as a basis for worthwhile friendships and relationships. It looks at rights and responsibilities and how patterns and expressions of relationship change with time.

RELATIONSHIPS & SEXUALITY EDUCATION

JUNIOR CYCLE LESSON THEMES

HUMAN GROWTH AND DEVELOPMENT

THE HUMAN LIFECYCLE & PHYSICAL AND EMOTIONAL CHANGES AT PUBERTY

+ HYGIENE AND PUBERTY

+ SEXUAL ORGANS AND THEIR FUNCTION

+ EMOTIONS AND MOODS CHARACTERISTIC OF ADOLESCENCE.

+ LANGUAGE FOR EXPRESSING EMOTIONS

+ FERTILITY, CONCEPTION, PREGNANCY AND BIRTH

+ IMPLICATIONS OF SEXUAL ACTIVITY

+ SEXUALLY TRANSMITTED INFECTIONS

HUMAN SEXUALITY

+ WHAT IT IS TO BE MALE AND FEMALE

+ STEREOTYPING AND ITS INFLUENCE

+ EQUALITY AND DIFFERENCE

+ SEXUAL ORIENTATION

+ DISCRIMINATION

+ RESPECT FOR SEXUALITY

+ SKILLS FOR PERSONAL SAFETY

HUMAN RELATIONSHIPS

+ SKILLS FOR SELF AWARENESS AND BUILDING AND MAINTAINING SELF ESTEEM

+ FRIENDSHIP

+ SKILLS FOR ESTABLISHING AND MAINTAINING RELATIONSHIPS

+ ROLES AND RESPONSIBILITIES IN RELATIONSHIPS AND FAMILIES

+ AWARENESS OF PEER PRESSURE