

Relationships and Sexuality Education Programme Colaiste an Chroí Naofa

Introduction

"The general aim of education is to contribute towards the development of all aspects of the individual, including the aesthetic, creative, critical, cultural, emotional, intellectual, moral, physical, political, social and spiritual development for personal and family life, for working life, for living in the community and for leisure". Relationships and Sexuality Education is clearly a part of this general aim.

Relationships and Sexuality Education 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.

Sexuality education seeks to provide young people with formal opportunities to acquire knowledge and understanding of human sexuality, through processes which will enable them to form values and establish behaviours, within a moral, spiritual and social framework.

National Council for Curriculum and Assessment -
Curriculum and Assessment Towards the New Century
(1993).

Mission Statement

Colaiste an Chroí Naofa, Carraig na bhFear, is a Catholic School of the Missionaries of the Sacred Heart, inspired by the charism of "bringing God's love to all people". It is dedicated to Christian Education.

We aspire to the nurturing and growth of the individual in a pleasant working environment where:

- each student and staff member is involved and individual talents are developed and enhanced ;
- parent and local community involvement is encouraged;
- true community is fostered through open communication and respect for each person ;
- the strong Gaelic tradition (Irish language, culture, and games) is recognised and encouraged;
- an atmosphere of spirituality prevails.

Inspired by these ideals we dedicate ourselves to the continued growth of our school.

Principles of Operation

1. Parents are the primary educators and home is the natural environment in which Relationships and Sexuality Education takes place. The school has a role to play in supporting and complementing the work of the home in this task.
2. The values inherent in the programme are consistent with those of our school mission statement.
3. Education for Relationships and Sexuality is an integral part of a programme of Social, Personal and Health Education. This is a programme which enables pupils to develop an understanding of themselves, helps them to choose and follow a healthy lifestyle and enables them to play responsible roles as individuals and as members of society.
4. RSE Programmes will be carried out in a spirit of appropriate discretion. Sensitive issues such as describing sexual intercourse, teenage pregnancies, separation, divorce, sexual orientation etc. will be dealt with discretely and sensitively, having regard to the age level of the pupils, individual situations and the ethos of the school.
5. Parents have the right not to avail of RSE Programmes. The children of such parents may be withdrawn from RSE classes provided written application has been made by the parents to the Principal.
6. Parents will be informed of any talks from visiting speakers held in connection with RSE. Such information will include the names of the speakers and the topics involved.
7. Class groupings will be subject to the arrangements made by the Principal. Small groups would be the preferred option.
8. RSE must receive the wholehearted support of the school community. That support must be freely available to teachers, pupils, parents and board members. Practically such support will consist of access to in-career development opportunities for teachers, availability of information for parents and adequate school resources.
9. The School RSE Programme will be reviewed on an annual basis in the month of May.

R.S.E: the current situation

R.S.E. related issues are already dealt with in many of the subjects taught in Colaisteán Chroí Nao fa.

Religious Education all years

Texts :
Love one Another (First Year)
Show us the Way (Second Year)
A Time of Love (Third Year)
Lifeways (Senior Level)
The Challenge of God (Senior Level)
The Living Faith series (Senior Level)

Social & Health Education : 5th Year

Texts: Teachers Manual - Social & Health
On your Own Two Feet (Substance Abuse Prevention)

Home Economics : At present 1st & 2nd years

Texts: Home Economics for the Junior Certificate

Social & Scientific : 5th & 6th years

Texts: Food, Home & Society

Career Guidance & Counselling : 1st year

Texts : The Facts of Life (Osborne Publication)

Science: 1st 2nd & 3rd years

Texts: The World of Science

Biology: 5th & 6th years

Texts: Senior Biology

English: literature which deals with all types of relationships

Media Studies : looks at many relevant issues including advertising, exploitation, stereotyping etc.

Individual Guidance is available from the School Chaplain, the Guidance Counsellor & other members of staff.

Junior Cycle Post-Primary

A: Conceptual Outline

(1) Human Growth and Development

Male/female reproductive organs - structure and function and appropriate vocabulary. (Teachers to be aware of slang terms)

Human fertility.

Sexual intercourse, conception, pregnancy and birth.

Miscarriage, still births, cot deaths, and information on available support

Process of puberty / emotional changes, emotional well-being.

Positive self-image, relationships, varying rates of maturation.

Child care and development from infancy to school-going age.

2. **Parenting, Families, Life Cycles**

Family roles and responsibilities

Parent roles

Changing family patterns, effects of unemployment

3. Relationships
 - The changing relationship of the adolescent within the family
 - Growing towards independence
 - Personal choice in friendships
 - Responsibility in relationships
 - Friendship, love and marriage
 - Respect for self and others, tolerance of difference
 - Privacy and personal space, child sexual abuse

4. Sexuality, Sexual Identity, Self Esteem
 - Positive self-image, including body language
 - Positive attitude to sexuality
 - Sexuality - moral / spiritual attitudes and behaviour
 - Interpersonal relationships and responsibility at home, school and work
 - Sexual stereotyping
 - Concepts of modesty and virginity
 - Decision making

5. Personal and Social Skills
 - Giving and receiving compliments
 - Affirmation of self and others
 - Informed and responsible decision making
 - Critical thinking skills
 - Analysis of the media and advertising world's presentation of sexuality
 - Anorexia
 - Assertiveness
 - Conflict resolution

6. Moral Development
 - Respect for self and others
 - Moral and spiritual values, respect for life
 - Social responsibility, fostering of trust

- B:
- Possible Themes:
 - The skills of working in groups
 - Self-esteem
 - Puberty, growing and changing
 - Moods, feelings and confusions
 - Hygiene
 - Sexual intercourse, conception, pregnancy and birth
 - Child care: infancy to school going age
 - Responsible decision making
 - Negotiations and setting limits within the family
 - Friendship, infatuation, romance, love and hero worship
 - Assertiveness
 - Bullying
 - Gender roles and pressures
 - Dating
 - Male and female physiology

Fertility awareness
Sexuality-moral/spiritual values, attitudes and behaviour
Community living and social responsibility especially towards the elderly and handicapped. Responsible driving

Senior Cycle Post-Primary

A: Conceptual Outline

1» Human Growth and Development

Reproduction, ethical issues (I.V.F. etc)
Pregnancy, self care and health issues
Rubella
Life stages at physiological and emotional levels

(2) Parenting, Families, Life Cycles

Child Care
Family planning, information on, but not promotion of, all forms of contraception
Changing family patterns

(3) Relationships

Partnership, marriage, separation, bereavement and divorce
Pressure to be in a relationship
Sexuality and relationships. Love and relationships
Friendship and group relationships
Making, keeping and ending relationships
Marriage and commitment

(4) Sexuality, Sexual Identity, Self-Esteem

Gender stereotyping
Media and self-image
Self-appraisal, preparation for career choices
Sexuality and personality
Sexual harassment
Sexuality, morality and the law
Legislation and sexual behaviour
Positive self-esteem
Moral opinions and actions
Sexual orientation, tolerance
Rape and sexual violence
Sexually transmitted diseases and AIDS

(5) Personal and Social Skills

Giving and getting help
Decision making
Problem solving, including acceptance and tolerance at work
Managing emotions
Assertiveness
Parenting skills
Conflict resolution

Stress management, existence of support groups

- (6) **Moral Development**
Respect for self and others.
Moral and spiritual values:
Social responsibility

B: Possible Themes

Gender stereotypes
Relationships and personal decisions
Reproduction and fertility awareness
Conception and pregnancy
The importance of relationships
Understanding emotions
Loving
Marriage and commitment
Dealing with sexual harassment
Sexual rights and responsibilities
Family Law
Female Fertility
Male Fertility
Family Planning
Conflict resolution/negotiation
Sexually transmitted diseases and AIDS
Family and society
Sexuality-moral/spiritual values, attitudes and behaviour
Community living and social responsibility