

Augustine's School

RSE Policy



This RSE Policy is set by -----

The chairperson of the Board of Management, Ms. Colette McGrath, St. Augustine's School, The Chapel, Sexton Street, Limerick, and the Principal Teacher, _____, St. Augustine's School, Sexton Street, Limerick will be happy to clarify any further matters arising from the policy.

School Name: *Saint Augustine's School*

School Roll Number: *19587Q*

School Address: *The Chapel, Sexton Street, Limerick*

Telephone No: *061-311137*

Denominational Character: *Catholic*

Name of Patron: *Bishop Brendan Leahy*

Total No. of Teachers: *Four*

Range of Classes Taught: *Junior Certificate Classes- First year through to third year*

School Mission Statement/ethos:

Saint Augustine's is a school under the trusteeship of the Diocese of Limerick.

We aim, in partnership with parents, to foster the intellectual, emotional and social development of our students in an atmosphere which is mutually educational and respectful.

We endeavour to:

- Provide a comprehensive, high quality education to address the personal, social and emotional needs of our school community.
- Holistically empower learners to fully participate in society and realise their unique potential.
- Provide a supportive, safe, and healthy teaching and learning environment for our students and staff.
- Promote and enhance the wellbeing, resilience and self-mastery of our students.
- Facilitate our student's self-development and transition to further education.

Definition of RSE

RSE is a lifelong process of acquiring knowledge and understanding of developing attitudes, belief and values about sexual identity relationships and intimacy.

RSE and SPHE

RSE will be taught in the context of SPHE. 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.

The policy will apply to all aspects of teaching and learning about relationships and sexuality. Discussion about relationships and sexuality also take place in classes other than SPHE/RSE

It is therefore important that all teachers are familiar with the RSE Policy.

The policy will apply to school staff, students, Board of Management, parents/guardians, visiting speakers and external facilitators (see circular 0023/2010 – Visiting Speakers Best Practice).

Rationale

Sexuality is a key element of healthy social and personal development. Young people are exposed to a variety of messages about sexuality and sexual activity. Schools, in consultation with parents/guardians, need to reflect on how to provide for the needs of their students.

The Education Act 1998 requires that schools should promote the social and personal development of students and provide health education for them.

Section 4 of the Rules and Programme for Secondary Schools requires schools to have an agreed policy for RSE and a suitable RSE programme in place for all students.

The effectiveness of an RSE Programme is dependent on a collaborative policy process involving teachers, parents/guardians, members of the Board of Management and students.

Aims of RSE Programme

- To enhance the personal development, self esteem and well being of the pupils
- To help the pupil 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 pupil to acquire an understanding of, and respect for, human love, sexual intercourse and reproduction.
- To develop and promote in the pupil a sense of wonder and awe at the process of birth and new life.
- To enable the pupil to be comfortable with the sexuality of oneself and others while growing and developing.

Objectives of RSE Programme

- Develop a positive sense of self-awareness, self esteem and self-worth
- Develop an appreciation of the dignity, uniqueness and well-being of others
- Understand the nature, growth and development of relationships within families, in friendships and in wider contexts.
- Develop an awareness of differing family patterns.
- Come to value family life and appreciate the responsibilities of parenthood.
- Develop strategies to make decisions, solve problems and implement actions in various personal, social and health contexts.
- Help develop pupils' understanding of sexuality.
- Develop a positive attitude to their own sexuality.
- Provide opportunities to learn about relationships.
- To think and act in a moral and responsible way.
- Develop some coping strategies to protect self and others from various forms of abuse.
- Acquire and improve skills of communication and social interaction.
- Acquire and use an appropriate vocabulary to discuss feelings, sexuality, growth and development.

What will be covered in the programme?

In line with best practice 6 weeks of RSE will be allocated to each year group during the SPHE short course.

The RSE programme in St Augustine's School will cover

Year One

Human relationships	Human Growth & Development	Human sexuality
<p><u>Me as unique and different:</u></p> <ul style="list-style-type: none"> ● Self Esteem ● Body Awareness/Body Care ● Common senses <p><u>Friendship</u></p> <ul style="list-style-type: none"> ● Developing ground rules ● Friendship – communication & respect ● Values 	<p><u>Changes at puberty:</u></p> <ul style="list-style-type: none"> ● Puberty ● Hygiene ● Busy Bodies <p><u>The male & Female reproductive systems</u></p> <ul style="list-style-type: none"> ● The words we use ● Human Reproduction 	<p><u>Images of and female</u></p> <ul style="list-style-type: none"> ● Don't box me in ● The influence of the media

Year Two

Human relationships	Human Growth & Development	Human sexuality
<p><u>Managing relationships:</u></p> <ul style="list-style-type: none"> ● Family ties ● Healthy relationships ● Building relationships ● How I relate <p><u>Peer pressure and other influences</u></p> <ul style="list-style-type: none"> ● Peer pressure and the influence of friends 	<p><u>From Conception to birth</u></p> <ul style="list-style-type: none"> ● The miracle of life ● Pregnancy and birth 	<p><u>Recognising and expressing feelings and Emotions</u></p> <ul style="list-style-type: none"> ● Feelings and adolescence ● Saying how I feel <p><u>Health & Personal safety</u></p> <ul style="list-style-type: none"> ● Take care ● The age of consent ● STIs <p><u>Making Decisions</u></p> <ul style="list-style-type: none"> ● Time to reflect ● Making decision ● Teenage pregnancy

Year 3

Human relationships	Human Growth & Development	Human sexuality
<p><u>Relationships – what’s important</u></p> <ul style="list-style-type: none"> • Boy/girl relationships <p><u>The 3 Rs</u> <u>Respect, rights & responsibilities</u></p> <ul style="list-style-type: none"> • Rights and responsibilities <p><u>Conflict</u></p> <ul style="list-style-type: none"> • Relationship pressures • Resisting relationship pressures 	<p><u>Where am I now</u></p> <ul style="list-style-type: none"> • Self esteem • The circle of life 	<p><u>Body image</u></p> <ul style="list-style-type: none"> • The image of me • Respect and tolerance of difference

Inclusion of parents/guardians

Parents/guardians will be made aware of the RSE programme and issued with information via the parent's pamphlet. A copy of this policy and the list of topics covered will be made available for parents to view at any time in the office. If parents wish to withdraw their child from the RSE programme they must notify the school and alternative arrangements can be made. Arrangements regarding the teaching of the programme and the deployment of staff will be made by the principal. All parents/guardians must sign a consent form before their child undertakes this RSE programme.

Ethics & Confidentiality

The RSE policy acknowledges the importance of the SPHE/RSE being taught in the context of a whole school climate that is inclusive and respectful.

The RSE policy reflects the core values and ethos of the school as outlined in the schools mission statement.

Spiritual, moral and ethical issues will arise when teaching RSE. Teachers of RSE understand that their role is to express the views of the whole school community on these sensitive issues and not their own personal views and to use their professional judgement.

While students should not be encouraged to disclose personal or private information in SPHE/RSE classes, there may be times when they do talk about their own lives.

Confidentiality of all our students will be respected unless the teacher/ programme facilitator becomes aware that a child is at risk. In which case the appropriate action should be taken and the procedures set down in the Child Protection Procedures and Guidelines for post primary schools followed.

The policy will be reviewed annually and staff, students and parents will have an opportunity to suggest additions and amendments. The evaluation of the RSE programme will take place annually and will include teachers, student's facilitators and the principal/deputy principal.