

Relationships & Relationship and Sexuality Education (R.S.E.) to Social, Personal and Health Education (S.P.H.E.)

S.P.H.E. provides students with the unique opportunity to develop skills and competence to learn about themselves. It aims to empower students, to care for themselves and others, to make informed decisions about their health, personal lives and social development. The skills, attitudes, knowledge and understanding taught in S.P.H.E. will assist in the development of the R.S.E. programme.

There will be six to eight periods of S.P.H.E. devoted to R.S.E.

What the school currently provides:

The school provides Social Education – one period a week for all students. The topics covered include: Personal Hygiene, Health & Safety, Bullying, Personal Development, Study Skills and Time Management.

Home Economics, Science and Religious Education also cover relevant S.P.H.E. topics. Childcare and Sexual Relationships are focused on as part of our Transition Year Course.

Aims of Relationships and Sexuality Education (R.S.E.)

Relationships and Sexuality Education (R.S.E.) which is located in the overall framework of Social, Personal and Health Education (S.P.H.E.) has as its specific aims:

- ❖ To help young people to understand and develop friendships and relationships.
- ❖ To promote an understanding of sexuality.
- ❖ To promote positive attitude to one's own sexuality and in one's relationships with others.
- ❖ To promote knowledge of and respect for reproduction.
- ❖ To enable young people to develop attitudes and values towards their sexuality in a moral, spiritual and social framework.

In accordance with Children's First Policy Guidelines every effort will be made to safeguard the confidentiality of each child. Complete confidentiality cannot be guaranteed in every situation.

The school will inform the parents/guardians of 1st Years during the first term (annually) of the topics to be covered in the R.S.E. It is the responsibility of the parents to notify the school if they wish to withdraw their daughter from a particular topic.

Generally R.S.E. will be taught within the class grouping. Outside speakers may be invited to speak on their topic of expertise. Any such speaker will be requested to reflect the school ethos in their presentation.

In line with R.S.E. Policy guidelines, we will ensure that all teachers and policy committee will have opportunities for in-career development.

The R.S.E. Committee, in consultation with representative parents, will review the policy annually.