

## Relationship and Sexuality Education

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

- In Junior Cycle R.S.E. is taught in Term 2 (January and February) as a part of the S.P.H.E Programme.
- In Senior Cycle R.S.E is taught in R.E. class in Term 2 (January and February).

Resources used in the delivery of our R.S.E. programme in Coláiste Muire Cobh.

- My Life 1, My Life 2 Textbook
- S.P.H.E. 3-Textbook
- Resource Materials for R.S.E. Junior and Senior Cycle (D.E.S.)
- B4U Decide [www.b4udecide.ie](http://www.b4udecide.ie)
- TRUST Resource for Senior Cycle
- Website [www.sphe.ie](http://www.sphe.ie)

We would welcome any comments you might have on the programme. If you would like to examine the materials used in S.P.H.E. or discuss the programme further, please contact the school to make an appointment.

Thank you for your continued support.

S.P.H.E Dept and R.E. Dept

## Coláiste Muire Cobh



### R.S.E. Relationship and Sexuality Education

### Information Booklet for Parents



### **Our Mission Statement:**

*"Our school is a Christian community of students, staff, parents, chaplaincy and management who work together towards the common goal of preparing young people for living life to the full, as committed Christians, as concerned and loving people and as responsible members of society."*

*"We foster in our pupils' attitudes and skills which may help them to cope more effectively with change and challenge in society."*

*"We build upon home/school links for the benefit of our pupils and value the dignity of each individual and her/his background, tradition and beliefs."*

### **Relationships and Sexuality Education (R.S.E.):**

R.S.E. 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 and the media.

At post primary level, this means building on the primary programme and providing young people with information, opinions, attitudes and values offered today and as a result make positive, responsible choices about themselves and the way they live their lives. R.S.E. is taught in the context of Social, Personal and Health Education.

### **Social, Personal and Health Education (S.P.H.E):**

S.P.H.E. 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 S.P.H.E. 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 and Sexuality Education:**

The content of R.S.E. at post-primary level is described under three themes.

#### **1: Human growth and development:**

This theme consists of an age appropriate understanding of the biology and psychology of the human life cycle from conception to birth and growth to 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.

#### **2: Human sexuality:**

Sexuality is an integral part of the human personality and has biological, psychological, cultural, social and spiritual dimensions. This theme offers opportunities for a holistic understanding of sexuality. It also offers opportunities to contribute to the personal well-being of the individual. It also enhances the 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). It also stresses the importance of self-esteem as a basis for worthwhile relationships. It looks at rights and responsibilities and how patterns and expressions of relationship change with time. It also addresses issues such as communication, influence, intimacy, sexual attraction and sexual expression in relationships consistent with personal and moral integrity.