

RSE Policy ratified by BOM 24th September 1998

RELATIONSHIP AND SEXUALITY EDUCATION POLICY

AIM OF EDUCATION

The National Council for Curriculum and Assessment has defined the aim of education as:

“Contributing towards the development of all aspects of the individual, including 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 & SEXUALITY EDUCATION (RSE), WHAT IS IT?

RSE is a lifelong process of acquiring knowledge, understanding and skills, which enable us to develop attitudes, beliefs and values about sexual identity, relationships and intimacy.

As a Community School we wish to support you as parents/guardians in this important aspect of your child’s education and preparation for life. In keeping with our Mission Statement:

“Through an integrated and challenging curriculum and a wide variety of extra-curricular activities we hope to foster in each student a healthy self-image, a confidence which allows each to take her/his place in society and a certain independence of mind and spirit”.

Thus we believe we have a complementary role in preparing young people for their place in society. RSE will be taught within the framework of Social, Personal and Health Education (SPHE).

AIMS OF AN RSE PROGRAMME

The overall aim is to promote healthy behaviour based on respect for oneself, respect for others and responsibility for one’s choices.

OBJECTIVES

RSE should enable students to:

- Acquire the understanding and skills necessary to form healthy friendships and relationships.
- Develop a positive sense of self-awareness, and skills for building and maintaining self-esteem.
- Become aware of the variety of ways in which individuals grow and change especially during adolescence and to develop respect for difference between individuals.
- Understand human physiology with particular reference to the reproductive cycle, human fertility and sexually transmitted diseases.
- Understand sexual development and identity and explore aspects of sexuality including sex roles, stereotyping, gender issues and cultural influences on sexuality.

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- Value family life and appreciate the responsibilities of parenthood.
- Develop skills for coping with peer pressure, conflict and threats to personal safety.

These objectives will be supported by other elements of the Health Education programme at Junior and Senior cycle, by the broader curriculum, for example, Home Economics, Religious Education, and Science and also by the whole school climate.

Topics and issues dealt with in the RSE programme are supported by relevant and up to date materials, resources and external speakers.

THE ROLE OF THE PARENT/GUARDIAN

The school actively encourages Parents/Guardians to ensure that the child participates in this programme as a way of supporting you as the primary health educators of your children.

**A committee consisting of parent and staff representatives originally drafted the RSE Policy. The Board of Management in September 1998 ratified it. It will be reviewed and evaluated at regular intervals by the SPHE co-ordinator of Ashbourne Community School.