

RELATIONSHIPS AND SEXUALITY EDUCATION

Relationships and Sexuality Education (RSE) is an integral part of SPHE.

The lessons related to RSE can be found in the following strands and strand units:

MYSELF - SELF-IDENTITY, TAKING CARE OF MY BODY, GROWING AND CHANGING, SAFETY AND PROTECTION.

MYSELF AND OTHERS – MYSELF AND MY FAMILY, MY FRIENDS AND OTHER PEOPLE, RELATING TO OTHERS.

UNDER THE HEADING ‘TAKING CARE OF MY BODY’:

- **INFANTS AND 1ST/2ND CLASS PUPILS ARE EXPECTED TO BE ABLE TO NAME PARTS OF THE MALE AND FEMALE BODY USING APPROPRIATE ANATOMICAL TERMINOLOGY.**
- **5TH/6TH CLASS PUPILS ARE EXPECTED TO BE ABLE TO IDENTIFY AND DISCUSS PHYSICAL AND OTHER CHANGES THAT OCCUR IN GIRLS AND BOYS AT PUBERTY AND TO UNDERSTAND THE REPRODUCTIVE SYSTEMS OF MALE AND FEMALE ADULTS**

UNDER THE HEADING ‘GROWING AND CHANGING’

- **3RD/4TH CLASS PUPILS ARE EXPECTED TO BE ABLE TO DISCUSS THE STAGES AND SEQUENCE OF DEVELOPMENT OF THE HUMAN BABY FROM CONCEPTION TO BIRTH.**
- **5TH/6TH CLASS PUPILS ARE EXPECTED TO BE ABLE TO UNDERSTAND SEXUAL INTERCOURSE AND BIRTH WITHIN THE CONTEXT OF A COMMITTED LOVING RELATIONSHIP**

IN THE FOLLOWING PAGES YOU WILL FIND;

- **INFORMATION ON THE RSE SUPPORT SERVICE**
- **A SUPPLEMENTARY RSE RESOURCE LIST**
- **AN RSE RESOURCE LIST FOR SPECIAL SCHOOLS**
- **INFORMATION ON RSE POLICY FORMATION**
- **GUIDELINES ON TEACHING RSE**

**RSE SUPPORT SERVICE
DRUMCONDRA EDUCATION CENTRE
DRUMCONDRA DUBLIN 9**

RSE Co-ordinator: Frances Shearer

Administrator:: Grainne Haughney

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Available from the RSE Office:

- Advice and information on all aspects of RSE.
- Contact details of part-time trainers available for evening work with parents/policy groups.
- A limited number of evening/summer courses in RSE
- All the RSE resource materials in English and Irish (see below)

Resource Materials

- Report of the Expert Advisory Group (1995)
- Interim RSE Curriculum and Guidelines for Primary Schools (1996)
- Relationships and Sexuality Education - Policy Guidelines.
Pack containing a step-by-step guide to RSE policy formation.
- Relationships and Sexuality Education – Going Forward Together. Information booklet for parents.
(There is no charge for these materials)

- Resource Materials for Junior and Senior Infants (1998)
- Resource Materials for First and Second Class (1998)
- Resource Materials for Third and Fourth Class (1998)
- Resource Materials for Fifth and Sixth Class (2000)
(There is a charge of €12.00 + €2.00 p+p for each of these Resource Materials)

**SUPPLEMENTARY RESOURCE LIST FOR
RELATIONSHIPS AND SEXUALITY EDUCATION**

**IT IS THE RESPONSIBILITY OF THOSE USING ADDITIONAL
RESOURCE MATERIAL FOR RSE TO SATISFY THEMSELVES THAT
THE CONTENT IS APPROPRIATE TO THE NEEDS OF THEIR STUDENTS,
IN LINE WITH SCHOOL POLICY, AND SUITABLE FOR SCHOOL
PROGRAMMES AS OUTLINED BY THE NATIONAL COUNCIL FOR
CURRICULUM AND ASSESSMENT.**

Videos:

‘Sex Education for Boys’ / ‘Sex Education for Girls’

Both videos are approximately 40 minutes long and consist mainly of Angela McNamara giving information in a lecture type format.

Angela McNamara, ‘Veritas’, 7-8 Lower Abbey Street, Dublin1. Telephone: 01 878 8177

‘Bounty – Growing Up, A Guide to Puberty’

15 minutes long. Puberty is explained simply and clearly using animation.

‘Uniview Worldwide’, PO Box 20, Hoylake, Wirral, L48 7H7. Telephone: 0044 151 625 3453.

‘Sex Education’

Approximately 50 minutes long, but divided into four sections. The first section explains puberty, the second shows the birth of a baby, the third explains sexual intercourse in a cartoon format, the final section provides guidelines and advice for teachers.

(no longer available to buy, but can be obtained on loan for Drumcondra Education Centre)

Books:

‘Boy Talk’ and ‘Girl Talk’

Lucienne Pickering, published by Geoffrey Chapman.

‘Girlfacts/Boyfacts’

Aidan Herron (Ed.) published by Poolbeg Press.

‘Lets Talk About Where Babies Come From’

Walker Books.

‘Understanding the Facts of Life’

Usborne Books.

‘Ready Steady Grow!’

Angela McNamara, Veritas, 7-8 Lower Abbey Street, Dublin 1

RELATIONSHIPS & SEXUALITY EDUCATION
SPECIAL NEEDS RESOURCE LIST

IT IS THE RESPONSIBILITY OF THOSE USING ADDITIONAL RESOURCE MATERIAL FOR RSE TO ENSURE THAT THE CONTENT IS APPROPRIATE TO THE NEEDS OF THEIR STUDENTS, IN LINE WITH THEIR SCHOOL'S POLICY AND SUITABLE FOR SCHOOL PROGRAMMES AS OUTLINED BY THE NATIONAL COUNCIL FOR CURRICULUM & ASSESSMENT.

*Many of the resource materials on this list are available to buy or borrow from:
Drumcondra Education Centre, Tel: 01-8576400*

Resource Materials for Mainstream Schools, which could be adopted for use in Special Schools

Department of Education & Science Materials

- Report of the Expert Advisory Group (1995)
- Interim Curriculum & Guidelines for Primary Schools (1996)
- Interim Curriculum & Guidelines for Post Primary Schools (1996)
- Relationships & Sexuality Education – A Partnership Between Home & School (1997) (Parent Booklet & Guidelines on Drawing up a Policy)

There is no charge for the above materials

- Resource Materials for Junior & Senior Infants (1998)
- Resource Materials for 1st & 2nd Class (1998)
- Resource Materials for 3rd & 4th Class (1998)
- Resource Materials for 5th & 6th Class (2000)
- Resource Materials for Junior Cycle Post Primary (1998)
- Resource Materials for Senior Cycle Post Primary (1999)

There is a charge of €12.00 & €2.00 p&p for the Resource Materials

Other Materials

Videos:

- Bounty - Growing Up – A Guide to Puberty, *Uniview Worldwide, P.O. Box 20, Hoylake, Wirral, L48 7H7, Tel: 0044 151 6253453*

Books:

- Let's Talk About Where Babies Come From, *Walker Books*
- Let's Talk About Sex, *Walker Books*
- Understanding the Fact of Life, *Usborne Books*

Resource Materials for Visually Impaired Students

- Sexual Health Resources for Young People who are Blind or Partially Sighted, *Royal National Institute for the Blind, London (2001) also available in Braille*
- Sex Education for Visually Impaired Children with Additional Disabilities, Developing School Policies & Programmes, *Royal National Institute for the Blind, London (1996)*

Resource Materials for Use with Students with Learning Disabilities

Books:

- Exploring Sexuality & Disability: Walk Your Talk, George McCormick & Margaret Shevlin, Irish Family Planning Association, Tel: 01-4740944
- Talking Together About Growing Up: A Workbook for Parents of Children with Learning Disabilities, Irish Family Planning Association, Tel: 01-4740944

Videos:

- Janet Got Her Period, *Boulton Hawker Films Ltd, Hadleigh, North Ipswich, Suffolk, IP7 5BG, Tel: 0044 1473 822235*

RSE Related Materials

- Developing Personal Safety Skills in Children with Disabilities, *Freda Briggs, J. Kingsley, London (1995)*
- Personal Safety Skills for Children with Learning Difficulties, *Rose Cullen, Child Abuse Prevention Programme, Tel: 01- 6206347*
- Stay Safe: A Parents Guide, *Child Abuse Prevention Programme, Tel: 01- 6206347*
- All About Me, *C. Bruzzane & L. Morton, Swindon Early Learning Centre*

- Personal Social & Health Education Scheme for Students with Mild or EBD(set of 5) *Chalkface Project Ltd, P.O. Box 1, Milton Keynes, MK5 6JB, England, ISBN 180625/201/205/208/199, Tel: 0044 1908 340342, e-mail: sales@chalkface.com*

RSE POLICY DEVELOPMENT

It is the responsibility of the Board of Management to initiate the process of developing an RSE policy.

A policy committee will generally consist of representatives of parents, teachers and Board of Management. Policy committees are often made up of six people – two from each group. The job of each member is to consult with the group that they represent and to express the views of that group as accurately as possible.

The Policy Pack, available from the RSE office, gives detailed guidelines on how the policy committee should do its work

One of the key roles of the policy committee is to provide guidelines for the management and organisation of RSE in its school. 'By its nature, RSE explores issues which give rise to differing views and sensitivities. Schools, depending on their characteristic spirit, may differ from each other in the way in which they wish to deal with issues such as describing sexual intercourse, teenage pregnancies, separation and divorce. It will fall to your RSE policy committeewith the fullest co-operation possible within the school community, to decide how you wish to deal with such issues in RSE' (Policy Pack P. 10)

The ethical and moral guidelines provided by the process of consultation, and by the completed policy document, must inform and direct the work of the teacher in his or her classroom.

Schools are strongly advised to have an RSE policy prior to delivering an RSE programme; it can be a stand - alone policy or part of a wider SPHE policy.

GUIDELINES FOR SCHOOLS

It is the responsibility of the Board of Management to ensure that a school has an RSE Policy

It is helpful if parents are informed about the RSE element of SPHE prior to the subject being taught in the classroom.

GUIDELINES FOR TEACHERS

Familiarise yourself with the school's RSE Policy.

If there are areas that you are still unsure about, discuss these with your Principal and/or colleagues.

Teach within the guidelines agreed by the school community, as expressed in the Policy Document.

Use the Department of Education and Science resource materials.

Additional information can be obtained, if needed, from the books on the resource list.

Anticipate difficult questions in advance and plan how to answer them.

Try to answer as many questions as you can, but don't be afraid to set boundaries: it may not be appropriate to answer all questions in class because of the age or maturity level of the students.

It is possible to say that you can't answer a question in a pleasant and affirming way by saying, for example 'that's something that we might discuss when you're a bit older', or 'I won't be able to answer all your questions in class, but maybe you could talk to your mum and dad about that'.

If you don't know the answer to a question say that you will find out and tell them next time.

Keep a sense of humour!