

St Patrick's Primary School and
Nursery Unit
Loughguile



PASTORAL CARE
Policy on Relationships
and Sexual Education

(Reviewed and updated 2018)

Relationships and Sexuality Education (RSE) is a life-long learning process which involves the acquisition of knowledge, understanding and skills and the development of attitudes, beliefs and values about personal and social relationships and gender issues.

The learning process begins in the home with our parents/guardians and we cannot over-emphasise enough the bearing this has already on children and young people before they come to school.

RSE is a statutory element of the NIC and is delivered through PDMU, Health Education, World Around Us and Religious Education.

During RSE lessons, children will be taught in an atmosphere of mutual respect where the values of a stable family life, marriage and responsible parenthood will be presented.

As they mature pupils will be taught to appreciate the benefits of self-discipline, dignity, respect for themselves and others. They will also learn about changes in their bodies and feelings to help them prepare for the physical and emotional changes they can expect to experience.

In Primary 7, our children take part in a diocesan programme called "What's Inside?". The workshops explore

the theme of relationships through drama, role play, prayer and fun activities all of which have moral messages and corresponding values.

Teaching will always be appropriate to the age and level of understanding of the pupils. Teachers will take into account the variety of existing knowledge, attitudes, beliefs and capacity to understand issues.

Teaching RSE may enable pupils to

- Form values and establish behaviour within a moral, spiritual and social framework
- Examine and explore various relationships in their personal lives
- Learn how to develop and enjoy personal relationships and friendships which are based on trust, responsibility and mutual respect
- Build the foundations for the development of more personal relationships in later life
- Make positive, responsible choices about themselves and others and the ways in which they lead their lives

The aims of RSE are to

- Enhance the personal development, self-esteem and well-being of the child
- Help the child develop healthy and respectful friendships and relationships

- Foster an understanding of a healthy attitude to human sexuality and relationships in a moral, social and spiritual framework
- Promote responsible behaviour and the ability to make informed decisions
- Help the child to value family life and marriage
- Appreciate the responsibilities of parenthood
- Promote an appreciation of the value of human life and the wonder of birth

Learning Objectives

The RSE curriculum should enable pupils to

- Acquire and develop knowledge and understanding of self
- 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 with family and friends and in a wider context
- Develop an awareness, acceptance and understanding of different family patterns
- Develop strategies to make decisions, solve problems and apply these in various personal, social and health contexts

- Become aware of the variety of ways in which individuals grow and change and understand that their developing sexuality is an important part of self-dignity
- Develop personal skills which help them establish and sustain healthy personal relationships and friendships
- 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 appropriate vocabulary to discuss feelings, sexuality, growth and development
- Develop a critical understanding of external influences on lifestyles and decision making

Skills the RSE curriculum should enable pupils to

- Develop skills necessary to form and maintain solid, healthy relationships
- Make informed choices about own health and well-being
- Critically evaluate a range of information, opinions, attitudes and values
- Develop practical skills for everyday life, for supporting others and for future parenting
- Develop communication skills, learn to listen to other points of view, give own opinions, give and receive

feedback, handle and resolve conflict peacefully and be assertive when necessary

- Make sensible choices and decisions based on relevant information, make moral judgements and act responsibly

Morals and Values

RSE should enable pupils to clarify what they believe and why. Alongside this goes the strand of also developing a respect for the beliefs of others. Pupils need opportunities to explore values and attitudes and to consider how they themselves and others are affected by such.

Documents used in the forming of this policy were

- Guidance Circular 1987/45
- Relationships and Sexuality Education 2001/15
- Guidance for Primary Schools 2001/15-2
- Guidance on Relationships and Sexuality Education 2010/01
- Relationships and Sexuality Education Policy in School 2013/16
- Relationships and Sexuality Guidance 2015/22

(This policy will be reviewed and updated on a regular basis taking account of any new guidance or advice)

