

## Relationships and Sexuality Education

RSE In-School Programme:

Infant Classes / First and Second Classes

Myself:

- I Am Unique
- As I Grow I Change
- New Life
- Keeping Safe
- Feelings and Emotions
- Making decisions

Myself and Others:

- Myself and My Family
- Myself and My Friends
- Special People in My life (Infs.) Other People ( 1st & 2nd)
- Relating to Others

Third and Fourth Classes

Myself:

- Accepting Myself
- Growing and Changing
- Feelings and Emotions
- Personal Hygiene
- Personal Safety
- Making Decisions

Myself and Others:

- Roles and Responsibilities in Families
- Friendship
- Portrayal of Sexuality and Relationships
- Roles of Males and Females in Society
- Relating to Others

Fifth and Sixth Class

## Myself

- Accepting Myself
- Becoming an Adult (independence, responsibilities etc)
- Feelings and Emotions
- Personal Hygiene
- Personal Safety
- Making Decisions

## Myself and Others

- Changing Relationships in Families and Friendships
- Group Affiliation and Loyalty
- Roles of Males and Females in Society
- Relating to others

## RSE Supplementary Programme:

### Content:

- Physical and Emotional Development in Adolescence
- Influences on Values and Responsibilities during Adolescence
- Good Hygiene Practices
- Hormones: what they are and how they affect us
- Male and Female Reproductive Organs
- Menstruation
- Sexual Intercourse
- Pregnancy
- Birth of a Baby

Pupils are mixed for all topics with the exception of the topic on Menstruation which is offered separately to girls.

All information is given in a caring and supportive way and in age related language.

Parents/guardians are encouraged to be open and supportive with their child. The pupils are given a number of worksheets to take home after the workshop.

### Session A: Presentation to the Parents

A presentation is made to the 6th Class Parents by a guest speaker to familiarise them with the above content.

### Session B: Presentation to the Children

Shortly afterwards, the same presentation is made to 6th Class boys and girls during school time

#### Parent Nights

The Supplementary Programme occasionally includes 'Parent Nights' when guest speakers present on topics such as:

1. Bullying
2. Drug Awareness
3. Transition to Secondary School

...or topics that are deemed relevant at particular times throughout the school year