

Aims of RSE/SPHE

This programme aims to provide opportunities for students to learn about relationships and sexuality in ways that help them think and act in a responsible way.

Aims of RSE

- RSE is a lifelong process of acquiring knowledge and understanding and of developing attitudes, beliefs and values, about sexual identity, relationships and intimacy.
- The RSE programmes are conducted in a spirit of confidentiality (in keeping with the Child Protection Guidelines) and respect for the student.
- Sexuality includes all aspects of the human person that relate to being male or female and is subject to change and development through life.
- Sexuality is an integral part of the human personality and has biological, psychological, cultural, social and spiritual dimensions.
- A holistic understanding of sexuality will enhance personal relationships and will have implications for the student, family and ultimately for society.
- To help students develop healthy friendships and relationships in a moral, spiritual framework.

Guidelines on our Present Course

Themes at Junior Cycle

Human Relationships

- Developing skills for building and maintaining self-esteem
- Fostering an awareness of qualities valued in friendship
- Awareness of roles and responsibilities in relationships
- Identifying groups to which students belong, their behaviour in these groups and their response to peer pressure
- Safety.

Human Growth and Development

- Awareness of changes in the human life cycle
- An understanding of the physical and emotional changes that take place in males and females at puberty and an appreciation of their differences
- Knowledge of sexual organs and their function
- Body Image
- An awareness of the sometimes-conflicting feelings, moods and emotions that are characteristic of adolescence
- Developing skills for personal safety which will include instruction on cyber safety
- Development of the language for the expression of emotions
- An understanding of fertility, conception, pregnancy, birth and contraception
- Awareness of implications of sexual activity
- Understanding of sexually-transmitted infections

Human Sexuality

- An awareness of what it is to be male and female
- An awareness of stereotyping and its influences on attitudes and behaviour
- An appreciation of equality and difference
- A sensitivity to sexual orientation and a respect and tolerance for a person's sexuality