



Information for Parents

Senior & Junior Cycle

Relationship and Sexuality Education

The Relationships and Sexuality Education (RSE) Programme in Donabate Community College aims to provide opportunities for our students to learn about relationships and sexuality in a way that helps them think and act in a moral, caring and responsible way.

In our school, RSE is taught as part of the SPHE course and is informed by our ethos and Mission statement. Our school's RSE policy is available on our school website if you wish to see it.

RSE has been a key aspect of the curriculum since 1995 when schools were asked to begin the process of developing a school policy in collaboration with parents, teachers and management. We are very aware of your role as your child's first educator and each parent has a right to withdraw their child from some or all RSE classes.

Please see below the topics that will be covered in an age appropriate manner to each year group. We would appreciate your support by talking to your son/daughter about the RSE programme and helping alleviate any concerns they may have.



Junior Cycle RSE

SPHE teachers will start to deliver a 6 week Relationships and Sexuality Education (RSE) Programme to your son/daughter during March 2020.

The Junior Cycle RSE programme used in Donabate Community College has been designed by b4udecide.ie in partnership with the Department of Education and Skills, the National Youth Council of Ireland and Parent Line. The handbook and lesson plans we will use are available at www.b4udecide.ie.



	Human Relationships	Human Growth and Development	Human Sexuality
1st Year	<p>Me as unique and different:</p> <ul style="list-style-type: none"> • Self-esteem • Body Awareness / Body Care • Common Senses <p>Friendship</p> <ul style="list-style-type: none"> • Developing Ground Rules • Friendship • Communication and Respect • Values 	<p>Changes at puberty:</p> <ul style="list-style-type: none"> • Puberty • Hygiene Hints • 'Busy Bodies' HSE booklet <p>The male and female reproductive systems</p> <ul style="list-style-type: none"> • The words we use • Human reproduction 	<p>Images of male and female</p> <ul style="list-style-type: none"> • Don't box me in! <p>The influences of the media</p>
2nd Year	<p>Managing Relationships</p> <ul style="list-style-type: none"> • Managing Relationships • Family ties • Healthy Friendships • Building a relationship • How I relate <p>Peer pressure and other influences</p>	<p>From conception to birth</p> <ul style="list-style-type: none"> • The Miracle of New Life • Pregnancy and Birth 	<p>Recognising and expressing feelings and emotions</p> <ul style="list-style-type: none"> • Feelings and adolescence • Saying how I feel <p>Health and personal safety</p> <ul style="list-style-type: none"> • Take care • The age of consent • STIs and contraception
3rd Year	<p>Relationships</p> <p>What's important?</p> <ul style="list-style-type: none"> • Respect, Rights & Responsibilities <p>Conflict</p> <ul style="list-style-type: none"> • Relationship Pressures • Resisting Relationship Pressures 	<p>Where am I now?</p> <ul style="list-style-type: none"> • Self-esteem • The 'circle of life' 	<p>Body Image</p> <ul style="list-style-type: none"> • The image of me • Respect and Tolerance for Difference

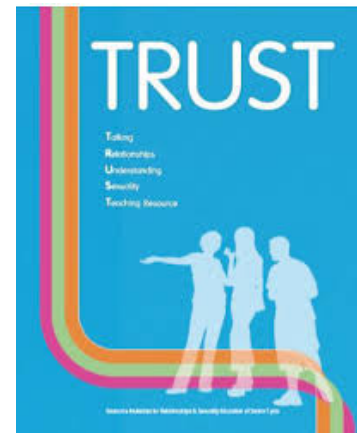
Senior Cycle RSE

Senior Cycle RSE builds on the learning of the Junior Cycle and is taught as an 8 week module. In Donabate Community College, teachers use the TRUST Resource, developed through a partnership between the Department of Education and Science, the Health Service Executive and the Crisis Pregnancy Agency.

The resource includes a 40 minute DVD and set of 21 lesson plans covering topics on the Senior Cycle RSE curriculum such as communication, decision making, safety, self-esteem, contraception, sexually transmitted infections, and unplanned pregnancy.

Senior Cycle RSE focuses on three main areas:

- Human Growth and Development:
- Human Sexuality
- Human Relationships



	Human Relationships	Human Growth and Development	Human Sexuality
TY	Values and Relationships Personal Integrity Personal Rights and Personal Safety Making, Keeping and Ending Relationships	Human Reproduction and Fertility Contraceptive Methods 1	Sexual Orientation Consent Gender equality LGBTQ+
5th Year	Decision Making When we feel hurt Fertility Awareness Family Planning	Contraceptive methods 2 Hygiene	Gender Orientation Consent LGBTQ+
6th Year	Sexual Health Values Understanding Boundaries	Sexual Intercourse Male / female reproductive organs The menstrual cycle	Consent Contraception STIs LGBTQ+

Should you have any queries or concerns, the following websites may be useful :

www.b4udecide.ie

www.sexualwellbeing.ie

www.belongto.org

Alternatively, please feel free to contact the school office or the SPHE Coordinator at achaloner@donabatecc.ie and we will endeavour to support you in any way possible.