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# Patrician Presentation Secondary School

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*"Our mission is to encourage all pupils to reach their potential in a caring and Christian environment"*

## **Policy Statement on Social, Personal and Health Education and Relationships and Sexuality Education.**

Patrician Presentation is a voluntary secondary school, under the trusteeship of the Le Chéile Schools Trust embracing the Christian ethos and values of our founding congregations, the Patrician Brothers and the Presentation Sisters. We aim to create a healthy environment which will allow and encourage students to grow in mutual respect. Each individual student's gifts and talents are of paramount importance. It is our hope that our students will develop into mature, responsible adults capable of taking their place in society. Through the Social, Personal and Health Education programme, the school aims to support the personal development, health and well-being of our students and help them create and maintain supportive relationships, including self-management in difficult and challenging situations. The aims of RSE contribute to the overall ethos of Patrician Presentation Secondary School in promoting the holistic development of our students. The RSE programme is an integral part of the SPHE programme. All aspects of the RSE curriculum, including sexual orientation, contraception and sexually transmitted infections, will be taught. Teachers of RSE will facilitate students in discussing a range of views in relation to topics within the RSE programme.

### **The Aims of SPHE**

- To enable the students to develop skills for self-fulfilment and living in communities.
- To promote self-esteem and self-confidence.
- To enable the students to develop a framework for responsible decision-making.
- To provide opportunities for reflection and discussion.
- To promote physical, mental and emotional health and well-being.

SPHE is made up of ten modules. These modules are revisited each year as the student matures and their needs and abilities change. The emphasis will be on building skills and understanding attitudes and values important in all these areas.

### **Modules in SPHE**

- Belonging and Integrating
- Self-Management
- Communication Skills
- Physical Skills
- Friendship
- Relationship and Sexuality (RSE)
- Emotional health
- Influences and Decisions
- Substance use
- Personal safety

### **What the school currently provides.**

SPHE will be allocated one class period per week for all junior cycle students. Senior cycle students will receive SPHE through their religion programme. Aspects of the SPHE programme may be addressed in other subject areas such as Religion, Home Economics, Science, CSPE, PE. The programme will be supported by Senior and Junior Heads, Class teachers, Guidance Counsellor, H.S.L and S.C.P. officers. At times other agencies/personnel may be used to support the programme eg. The Harmony Programme, voluntary work in local Day Care Centre etc.

### **Relationships and Sexuality Education**

In line with Department of Education and Skills, an RSE programme is available to our students as an integral part of their educational formation and is situated within the overall SPHE programme. RSE contributes to the overall ethos of our school in promoting the holistic development of our students. All aspects of the RSE curriculum, including sexual orientation, contraception and sexually transmitted infections will be taught. Teachers of RSE will facilitate discussions on a range of views in relation to topics within the RSE programme.

RSE is a life-long process of acquiring knowledge and understanding, and promoting the development of responsible attitudes, values and beliefs about our relationships and intimacy.

The school recognises that the primary responsibility for RSE rests with the parents/guardians and the school acknowledges that much of the information and influences that students are exposed to, come from peers and social media, sources which may conflict with responsible values, attitudes and beliefs.

The programme shall develop and contribute to the objectives of the school, which are to promote the physical, mental, moral, spiritual and vocational development of each student in a Christian context.

The school management shall promote a commitment to the programme by facilitating its implementation through teacher recruitment and training, resourcing, co-ordination, timetabling and consultation.

### **The Aims of RSE**

- To help young people understand and develop friendships and relationships.
- To promote an understanding of sexuality.
- To promote a positive attitude to one's own sexuality and in one's relationship with others.
- To promote knowledge of and respect for reproduction.
- To enable young people to develop attitudes and values towards their sexuality in a moral, spiritual and social framework.
- To increase awareness of healthy boundaries within relationships.

### **Guidelines for the management and organisation of SPHE and RSE in the school.**

- The role of SPHE/RSE co-ordinator will rotate each year between the SPHE teachers.
- In organising the learning environment the teacher will be careful to create an atmosphere which respects the privacy of each individual student and treats all students with due sensitivity and care. To this end, ground rules/class contract are established and agreed upon at the start of each school year.
- Active learning methodologies will be used to ensure that students actively participate in their own learning.
- SPHE is not a timetabled class for Senior Cycle students, TY, 5<sup>th</sup> and 6<sup>th</sup> year, but these students receive at least five to six classes of RSE a year during Religious Education classes. Teachers who are allocated SPHE classes in their timetable teach the class from 1<sup>st</sup> year until 3<sup>rd</sup> year where possible. All SPHE teachers should have their SPHE class for another subject due to the importance of the teacher-student relationship. This is **critical**. SPHE should preferably not be timetabled in the afternoon due to the nature of the subject.
- The sexuality classes of RSE are conducted during the two weeks immediately following February mid-term break to all year groups.
- Parents are informed that sexuality related classes are happening at this specific time by letter and text.
- The relationship classes are woven into the SPHE programme throughout the year for junior students, and at senior cycle they are incorporated into the RE programme.
- Parents/guardians have the right to withdraw their children from RSE classes, notice of such withdrawal to be given to the principal in writing.

- Parents/guardians are welcome to view the programme content by appointment with the principal.
- Visiting speakers may be invited where appropriate to supplement the SPHE programme.

## **Training and Resources**

All resources needed in terms of time, finance and personnel, will be made available to develop and support the SPHE/RSE programme in the school. Teacher training is seen as an essential element in delivering the programme. The objectives of this training are to enhance the personal growth of teachers and to enable them to acquire the knowledge, understanding and skills necessary to teach the programme. The programme will be supported by the PDST Health and Wellbeing support service. Teachers will engage in C.P.D as relevant and appropriate.

## **Ethical and Moral Considerations**

### Answering Questions

Class discussion will be of a general nature, and will not be personally directed, in accordance with the previously agreed class ground rules. Inappropriate questions will not be answered in class by a teacher, or from student to student. Teachers may not be able to answer all questions asked by students and will set appropriate limits. Students may ask questions about issues which are not included in the curriculum, such as masturbation or abortion. Only questions directly pertinent to the lesson content will be addressed in class. Teachers will use their professional judgement on these, and all questions, guided by the age of the students, the RSE curriculum and the RSE Policy. If a teacher becomes concerned about a matter that has been raised he/she should seek advice from the Guidance Counsellor or the Principal without identifying the pupil.

### Confidentiality

While an atmosphere of trust is a pre-requisite of RSE, the following limits of confidentiality must be observed. These limits are:

- Child abuse – physical, emotional, sexual, neglect
- Intention to harm self or others
- Substance misuse
- Underage sexual intercourse

Any disclosure will be reported to the Designated Liaison Person in compliance with the Child Protection Policy.

RSE teachers will inform students of the limits of confidentiality at the beginning of the year, remind them at necessary points throughout the year and where possible before making a disclosure.

### Sexual Activity/Contraception/Sexually Transmitted Infections/Sexual Orientation/

The school provides a general education about sexual matters and issues and does not offer individual advice, information or counselling on aspects of sexual behaviour, contraception and sexually transmitted infections. However, sources of professional information and advice will be identified when appropriate. Teachers may provide pupils with education and information about where and from whom they can receive confidential sexual advice and treatment, e.g. their doctor or other suitable agency. Advice offered should not be directive and should be appropriate to the age of the pupil.

RSE classes will inform students of the age of consent which, following the passage of the Criminal Law (Sexual Offences) Act, 2006, is 17 years of age for both males and females.

Contraception will be dealt with in an age appropriate, open manner, looking at all sides of the issues in a non-directive way.

STIs will be discussed in an age appropriate manner.

Teachers do not promote any one sexual orientation as the only acceptable one for society and therefore it is inevitable and natural that homosexuality will be discussed during a programme of sex education. One of the advantages of exploring issues concerning homosexuality is the opportunity to correct false ideas, assumptions and address prejudice. Discussion of homosexuality will be appropriate to the age of the pupils.

### Visitors

In accordance with Circular 0023/2010 & 0043/2018 visiting speakers are rarely used when teaching the RSE programme. If outside speakers are used teachers inviting these speakers must:

- Inform the Principal in advance
- Make the speaker aware of the ethos of the school and the SPHE and RSE Policies
- Agree the content of the presentation
- Do preparatory and follow up work where possible
- Remain with the class group during the visit

### Students with Special Needs

Children with special needs may need more help than others in coping with the physical and emotional aspects of growing up; they may also need more help in learning what sorts of behaviour are and are not acceptable, and in being warned and prepared against abuse by others.

For learning activities to be made meaningful, relevant and achievable for all students, it is important that the teacher finds ways to respond to students' diversity by using differentiated approaches and methodologies. In consultation with the JCSP Co-ordinator and the Special Needs Co-ordinator the following strategies will be adopted:

- Interacting and working with other students in small groups
- Spending more time on tasks and organising the learning task into small stages
- Language used is pitched at the students' level of understanding

- Outlining the steps to be learned/completed in any given task
- Posing key questions to guide students through the different stages/processes
- Modelling task analysis by talking through the steps of a task as it is being done
- Having short and varied tasks
- Displaying word lists and laminated charts with pictures

### Participation

SPHE at Junior Cycle and RSE at Senior Cycle is a core curricular subject. Each parent has the right to withdraw their child from some or all RSE classes but parents are encouraged to provide alternative RSE at home. The school will respect this choice as their right. It will be necessary for parents of any student opting out of RSE to make suitable arrangements with school management for the welfare of their child at these times. Where students are withdrawn from RSE the school cannot take responsibility for any versions of class content passed on to them by other students. **Parents must meet with the Principal in person to discuss their decision to withdraw their child from the RSE module in September of each year.**

### **Text Books:**

#### **Junior Cycle:**

1<sup>st</sup> Year: Minding Me 1 - Fiona Chambers/Anne Jones/Anita Stackpoole

2<sup>nd</sup> Year: Minding Me 2 – As above

3<sup>rd</sup> Year: Minding Me 3 – As above

Junior Cycle SPHE Syllabus

Junior Cycle SPHE guidelines.

#### **Senior Cycle: (Incorporated into RE class as time permits)**

Ways to Well Being – John Doran

Love Needs Learning

Developing myself and Others – Brian McAuley - NWHB

Planning the Future – Brian McAuley – NWHB

It's Your Life – Fiona Chambers/Anita Stackpoole

Senior Cycle SPHE NCCA guidelines

#### **Additional Resources:**

On My Own Two Feet: Substance Abuse Prevention Programme- Dept. of Education & Science, Dept of Health & Children, Mater Dei Counselling Centre(1994).

- Resource Materials for Relationships & Sexual Education, Junior Cycle, Dept. of Education & Science(1998)
- Resource Materials for Relationships & Sexuality Education, Senior Cycle, Dept. of Education & Science(1998).
- #UP2US – anti-bullying kit.
- //:Be SAFE Be WEBWISE://
- TRUST – Talking Relationships Understanding Sexuality Teaching Resource.
- b4udecide.ie - RSE
- Healthy Times – NWHB resource

- Healthy Living - “ “
- Healthy Choices - “ “
- On My Own Two Feet: Substance Abuse Prevention Programme- Dept. of Education & Science, Dept of Health & Children, Mater Dei Counselling Centre(1994).
- On Your Own Two Feet – Drugs Pack
- Smoke-Free Module: Post-Primary Schools-Teachers Workbook.
- Under the Influence – Alcohol Awareness
- Exploring Masculinities.
- Changes – Always DVD
- ‘BusyBodies’ Adolescent Development – DVD
- Puberty, Well Woman & S.T.I Lectures – DVD
- On\_ track – direction in your life
- Crash – On Drink Driving(seniors)
- Don’t Turn Away – HIV/Aids
- My Best Friend – A Drug Education Story
- Cura – I Don’t Believe It – Stories of Teenage Pregnancy
- Social & Health Education – A One Yr. Programme for Senior Cycle Pupils.
- Silent Witnesses – DVD on Bullying
- Youtube – video clips
- Music – various artists
- Guest Speakers e.g. Cura
- Newspaper/Magazine Articles
- In-Service Resources
- Internet

**Websites:**

- [www.sphe.ie](http://www.sphe.ie)
- [www.pdst.ie](http://www.pdst.ie)
- [www.drugs.ie](http://www.drugs.ie)
- [www.reachout.com](http://www.reachout.com)
- [www.crisispregnancy.ie](http://www.crisispregnancy.ie)
- [www.spunout.ie](http://www.spunout.ie)
- [www.headsup.ie](http://www.headsup.ie)
- [www.kidshealth.org](http://www.kidshealth.org)
- [www.webwise.ie](http://www.webwise.ie)
- [www.jigsaw.ie](http://www.jigsaw.ie)

**RELATED POLICIES**

- SPHE Policy
- Child Protection Policy/Safeguarding statement
- Anti-Bullying Policy
- Substance Use Policy
- Acceptable Use Policy

### CROSS CURRICULAR LINKS

- P.E.
- Science
- R.E.
- CSPE
- I.T.
- Home Economics


### MONITORING AND REVIEW

The RSE programme and policy will be reviewed and evaluated on an annual basis by the SPHE team.

The opinions of students will be included and SPHE teachers will liaise with the Student Council. The opinions of parents will also be included and SPHE teachers will liaise with the Home School Community Liaison Officer and the Parents Association. The opinions of management will be included and the SPHE co-ordinator will liaise with the Principal and the Board of Management.

Ratified by the BoM on the 19/03/2019

Policy effective from 19/03/2019

Signed  Principal

Signed:  Chairperson of the Board