



## Rathdown School

### **Relationships and Sexuality Education (RSE) – module outline**

The Relationships and Sexuality Education (RSE) module of Junior Cycle Social, Personal and Health Education (SPHE) as outlined in the syllabus, will be taught in the summer term. These classes will reflect the RSE policy of our school. It will be taught within a moral, spiritual and social framework. A positive attitude to sexuality will be expressed with responsible and respectful attitudes and behaviour towards oneself and others.

The topics covered in 1<sup>st</sup> Year will give students:

- an appreciation of their personal talents and those of others
- a chance to explore some aspects of sex stereotyping
- a knowledge of the physical, emotional and psychological changes related to adolescence
- a clear understanding of the male and female reproductive systems
- a sensitivity to the need for respect for one's own sexuality and the sexuality of others.

2<sup>nd</sup> Year students should:

- have a knowledge of the developmental stages from conception to birth
- have a heightened awareness of the emotional aspects of a range of relationships
- have analyzed some of the influences that shape views of sexuality
- have developed their skills for communicating in relationships
- have further developed their decision-making skills
- be aware of the potential for danger in forming new relationships
- have a basic knowledge of sexually-transmitted disease
- have a knowledge of some help agencies and their role

As a result of this module, 3<sup>rd</sup> Year student should:

- Have practised communication skills and skills for enhancing self-esteem
- Have reviewed their understanding of the adolescent stage of human growth and development
- Have identified and recognized the importance of respect, rights and responsibilities in relationships
- Be aware of the causes of conflict in relationships
- Be prepared to deal with such situations of conflict

The overall aim is that topics should be treated seriously and answered honestly. The detail given will be in keeping with the pupils' age and stage of maturity, with a commitment to the holistic development of the person.