

# Oideachas Caidrimh & Gnéasachta

Gné den

Oideachas Sóisialta, Pearsanta agus Sláinte

## Polasaí

Gaelscoil Thaobh na Coille, Cill Tiarnáin, B.Á.C. 18. Fón 01-2950000



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### **Cúlra**

I 1994 bhunaigh an tAire Oideachais Niamh Bhreathnach, coiste oilte comhairleach le treoirlínte a chur ar fáil do scoileanna do thosú Oideachas Caidrimh agus Gnéasachta. Chuir an Chomhairle Náisiúnta um Curaclaim agus Measúnú (NCCA) curaclam agus treoirlínte idirlinne do bhunscoileanna ar fáil i 1995/6. Iarradh ar scoileanna uile na tíre polasaí ar Oideachas Caidrimh agus Gnéasachta a dhréachtadh dá scoileanna féin. Mar scoil a bhí ag forbairt, ba thráthúil dúinne i nGaelscoil Thaobh na Coille, tabhairt faoin a leithéid de pholasaí don scoil. Tháinig fochoiste comhdhéanta de bheirt ionadaí ón mBord Bainistíochta, beirt ón bhfoireann teagaisc agus beirt thuismitheoir de chuid na scoile le chéile leis an obair seo a dhéanamh. I mí Bealtaine 2002 seoladh cóip den pholasaí OCG a dhréachtaigh an seo seo chuig thuismitheoirí agus múinteoirí uile na scoile mar eolas agus i gcomhair tuairimí. Tugadh cuireadh do thuismitheoirí chuig cruinniú OCG chun tuairimí a phlé I dtreo go bhféadfaí an doiciméad polasí a chríochnú. Tugadh an polasí chun críche agus d'fhaomhaigh Bord Bainistíochta na scoile é sa bhliain scoile 2003/2003. Cuireadh an clár OCG I bhfeidhm I nGaelscoil Thaobh na Coille sa bhliain 2003/2004.

### **Réamhrá**

Bunscoil chomhoideachais chaitliceach lán-Ghaeilge í, Gaelscoil Thaobh na Coille. Bunaíodh an scoil sa bhliain 1995. Tá Gaelscoil Thaobh na Coille faoi phátrúnacht Foras Pátrúnachta na Scoileanna Lán-Ghaeilge agus feidhmíonn an scoil faoi ghnáthrialacha na Roinne Oideachais. Cuirtear fáilte roimh gach páiste sa scoil cuma cén cúlra teanga, sóisialta, creidimh nó náisiúntachta atá acu. Meon Caitliceach atá ag an scoil ach cuirtear fáilte roimh dhaltaí ó chreideamh eile freastal ar an scoil.

### **Fealsúnacht na Scoile.**

Tá sé mar aidhm againn i nGaelscoil Thaobh na Coille timpeallacht shuaimhneach a chruthú ina ndéanfar cúram d'fhorbairt intleachtúil, fhisiciúil, shóisialta, mhothúchánach agus spioradálta an pháiste.

Aithnímid gurb iad na thuismitheoirí príomhsholáthraithe oideachas caidrimh agus gnéasachta agus dá bhrí sin go dtosaíonn an t-oideachas seo sula dtosaíonn an pháiste ar an scoil agus go leanann sé ar feadh a saoil. Tá sé mar aidhm ag an scoil tacú agus comhoibriú leis na thuismitheoirí chun oideachas caidrimh agus gnéasachta a thabhairt dá bpáistí.

Déanaimid ár ndícheall an dalta a spreagadh le bheith neamhspleách, caoinfhulangach, cineálta, muinéach agus comhoibritheach.

Agus an clár O.C.G. á chur i bhfeidhm againn glacaimid treoir mhorálta ó shainmheon Chaitliceach na scoile.

Múinfear an clár OCG trí mheán na Gaeilge mar a dhéantar obair iomlán na scoile.

# Relationships & Sexuality Education

an aspect of

Social, Personal and Health Education

## Policy

Gaelscoil Thaobh na Coille, Cill Tiarnáin, B.Á.C. 18. Fón 01-2950000

### **Background**

In 1994, the Minister for Education Niamh Bhreathnach, established an expert advisory group to provide school guidelines on the introduction of Relationships and Sexuality Education. The National Council for Curriculum and Assessment (NCCA) then introduced an interim curriculum and guidelines in 1995/6. Every school in the country was requested to draw up a policy on Relationships and Sexuality Education for their school. As a developing school it is timely that such a policy be drafted for Gaelscoil Thaobh na Coille. A committee comprising of 2 parents, 2 teachers and 2 board members, was set-up to undertake the task of drafting a policy statement for our school. In May 2002 the RSE policy drafted by the RSE Policy Committee was submitted for information and comment to all parents and teachers. Parents were invited to a RSE meeting to discuss parents' opinions with a view to finalising the policy document. The policy document was finalised and ratified by the school's Board of Management during the academic year 2002/2003 and the RSE programme was implemented in Gaelscoil Thaobh na Coille in the academic year 2003/2004.

### **Introduction**

Gaelscoil Thaobh na Coille is a co-educational catholic All-Irish school. The school was established in 1995. Gaelscoil Thaobh na Coille is under the Patronage of Foras Pátrúnachta na Scoileanna Lán-Ghaeilge and functions in accordance with the rules of the Department of Education. All children, irrespective of linguistic, social, religious background or nationality are welcome in the school. The school has a Catholic ethos. However, we welcome children of other beliefs to our school.

### **School Philosophy**

In Gaelscoil Thaobh na Coille we strive to create a positive learning environment in which due regard is paid to the intellectual, physical, social, emotional and spiritual development of the child.

We recognise that parents are the prime providers of Relationship and Sexuality Education and that this education begins before the child enters the school and continues throughout life. The function of the school is to play a supportive role in this area by implementing the schools R.S.E. programme.

We encourage our pupils to be considerate, confident and co-operative and to have respect for themselves and others.

In implementing our R.S.E. Programme we take moral guidance from the Catholic Ethos of the school.

The R.S.E. programme will be taught through the medium of Irish as is the norm for all other subjects taught in the school.

### **Sainmhíniú ar Oideachas Caidrimh agus Gnéasachta**

Déantar iarracht san oideachas caidrimh agus gnéasachta, deiseanna a chur ar fáil do pháistí, eolas agus tuiscint a ghnóthú ar chaidreamh agus gnéasacht an duine, trí phróisis a chuirfidh ar a gcumas luachanna a chruthú agus iompraíocht a bhunú laistigh de chreat morálta, spioradálta agus sóisialta.

Is é cuspóir OCG ná deiseanna a sholáthar do pháistí foghlaim faoi chaidreamh agus gnéasacht ar shlí a chabhraíonn leo smaoineamh agus gníomhú ar shlí atá mórálta, carthanach agus freagrach.

### **An Gaol idir OCG agus OSPS**

Cuireann oideachas sóisialta, pearsanta agus sláinte (OSPS) deiseanna ar fáil do dhaltáí scileanna bunúsacha pearsanta agus sóisialta a fhoghlaim a chomhaíonn ionracas, féinmhuinín agus féinmheas agus íogaireacht do mhothúcháin agus do chearta daoine eile.

Tá Oideachas Caidrimh agus Gnéasachta (OCG) ina chuid dílis den oideachas sóisialta, pearsanta agus sláinte agus ní mór é a mhúineadh sa chomhthéacs seo.

### **A bhfuil á sholáthar ag an scoil faoi láthair**

I dtreoirínte na Roinne Oideachais & Eolaíochta maidir le OCG cuirtear béim ar na páistí féin, a sábháilteacht phearsanta, a gcairde, a gclann agus a dteaghlaigh. Leagann an clár béim ar fhorbairt an fhéinmheasa agus na féinmhuiníne sna páistí.

Tá gnéithe den clár OCG á múineadh sa scoil cheana féin mar chuid d'ábhair curaclaim nó mar shnáthaonaid laistigh díobh.

Déantar déileáil le cuid de na hábhair

- sa chomhrá foirmiúil agus neamhfhoirmiúil Gaeilge agus Béarla
- san Eolaíocht
- sa Teagasc Creidimh (mar a leanar an clár 'Beo go Deo' agus 'Páistí Dé')
- san OSPS (go speisialta agus an clár Fan Slán á mhúineadh)

Is féidir a rá dá bhrí sin go gclúdaítear cuid mhaith den chlár cheana féin agus leanfar le comhtháthú na n-ábhar i gcur i bhfeidhm an chlár.

### **Aidhmeanna an Oideachas Caidrimh agus Gnéasachta**

Is éard atá i gceist againn i nGaelscoil Thaobh na Coille le hOideachas Caidrimh agus Gnéasachta ná clár a chur i bhfeidhm a thabharfaidh eolas cuí agus aois-oiriúnach don pháiste ar chaidreamh agus gnéasacht. Beidh sé mar aidhm againn atmaisféar sona nádúrtha agus oscailte a chothú, ionas gur féidir na haidhmeanna seo a leanas a bhaint amach:

- Cur le forás pearsanta, féinmheas agus folláine an pháiste.
- Cabhrú leis an bpáiste cairdeas agus caidreamh folláin a fhorbairt.
- Tuiscint chruinn a chothú agus dearcadh folláin faoi ghnéasacht agus caidreamh an duine laistigh de chreat morálta, spioradálta agus sóisialta.
- A chur ar chumas an pháiste teacht ar thuiscint agus urraim i gcás grá daonna, caidrimh chollaí agus giniúna.
- Mothú iontais agus uamhain a fhorbairt agus a chothú sa pháiste i leith an phróisis a bhaineann le breith agus le beatha nua.
- A chur ar chumas an pháiste a bheith compordach lena g(h)néasacht féin agus le gnéasacht daoine eile, fad a bhíonn sé/sí ag fás agus ag forbairt.
- A chur ar chumas an pháiste deacrachtaí le daoine nó le háiteanna baolacha a sháru.

## **Definition of Relationships and Sexualaity Education**

Relationships and sexuality education seeks to provide children with opportunities to acquire knowledge and understanding of relationships and human sexuality, through processes which will enable them to form values and establish behaviours within a moral, spiritual and social framework.

RSE aims to provide opportunities for children to learn about relationships and sexuality in ways that help them think and act in a moral, caring and responsible way.

## **Relationship of RSE to SPHE**

Social, personal and health education (SPHE) provides opportunities for pupils to learn basic personal and social skills which foster integrity, self-confidence and self-esteem while nurturing sensitivity to the feelings and rights of others.

Relationships and sexuality education (RSE) is an integral part of social, personal and health education and must be taught in this context.

## **What the school currently provides**

The main tenet of the RSE programme as set out in the Department of Education and Science guidelines is on the children themselves, their personal safety, their friends, their families and relations. The programme emphasises the development of self-respect and self-confidence.

Many aspects of the R.S.E. programme are already being covered in school as part of other curricular areas and as modular topics within them.

Some of the topics are dealt with

- in oral language programmes in Irish and English
- in science
- in religious education (where we follow the ‘Alive O’ and ‘Children of God’ programmes)
- in SPHE (especially in implementing the ‘Stay Safe’ programme)

It can therefore be said that much of the programme matter is already being covered and this type of cross curricular integration will be a feature of implementation.

## **Aims of Our Relationships and Sexuality Education Programme**

In implementing the RSE programme in Gaelscoil Thaobh na Coille we wish to provide our pupils with accurate and age-appropriate information with regard to relationships and sexuality. By creating an environment of ease and openness within the school and the classroom, we aim :

- to enhance the personal development, self-esteem and well-being of the child
- to help the child to develop healthy friendships and relationships
- to foster an understanding of, and a healthy attitude to, human sexuality and relationships in a moral, spiritual and social framework
- to enable the child to acquire an understanding of, and respect for, human love, sexual intercourse and reproduction
- to develop and promote in the child a sense of wonder and awe at the process of birth and new life
- to enable the child to be comfortable with his or her sexuality and that of others, while growing and developing
- to enable the child to overcome difficulties with people or situations in which they might be endangered

## **Treoracha maidir le heagrú an chláir OCG sa scoil**

- Múinfean an OCG mar chuid dílis den OSPS
  - Leanfar an clár Oideachas Caidrimh & Gnéasachta atá leagtha amach thíos.
  - Tá na hábhair teagaisc ar fad ar fáil do na tuismitheoirí lena chíoradh.
  - Coinneofar na tuismitheoirí ar an eolas ar bhonn rialta maidir leis an ábhar a bheidh á chlúdach sa rang le ‘bileoga eolais baile’ a sheolfar abhaile chuig gach teaghlach.
  - Tá sé de cheart ag tuismitheoirí a bpáistí a choinneáil amach as na ranganna ina mbeidh
  - snáthaonaid íogaire an chláir á múineadh nó ón gclár ina iomláine má chuireann siad ina choinne ar bhonn coinsiasa nó móralta. Is gá dóibh é seo a chur in iúl don Phríomhoide i scríbhinn sula dtosaítear ar an gcúrsa a mhúineadh gach bliain.
  - Déanfar socrúithe oiriúnacha do na daltaí sin nuair a bhíonn an ceacht OCG á mhúineadh ina rang féin - d’fhéadfaí mar shampla feighlíocht a dhéanamh ar na daltaí sin i rang eile nach mbeidh OCS á mhúineadh ann ag an am nó am ar leith a leagadh síos ina múinfean an Clár OCG.
  - Tá sé de cheart ag múinteoir gan snáthaonaid áirithe den chláir OCG a mhúineadh. Is gá dóibh é seo a chur in iúl don phríomhoide ag tús na scoilbhliana.
  - Déanfaidh an príomhoide i gcomhar leis an mBord Bainistíochta socrúithe oiriúnacha do mhúineadh an OCG do rang an mhúinteora sin – d’fhéadfaí mar shampla iarraidh ar mhúinteoir eile na snáthaonaid OCG sin a mhúineadh nó d’fhéadfaí duine oile ón bpobal níos leithne a fhostú.
  - Déanfar cailíní agus buachaillí rang a 5 agus a 6 a mhúineadh ina n-aonar i gcás snáthaonaid íogaire an chláir (atá ainmnithe thíos).
  - Beifear ag súil go gclúdóidh na tuismitheoirí na hábhair atá le clúdach ‘sna snáthaonaid íogair sula múintear iad sa rang. Cuirfear achoimre d’ábhair na snáthaonaid sin abhaile roimh ré mar chúnaimh do na tuismitheoirí.
  - Sa chás go gcuireann dalta ceist nach mbaineann le hábhar nó nach bhfuil in oiriúnt d’aois nó do leibhéal an ranga/dalta molfar don dalta an cheist a chur sa bhaile, agus más gá déanfaidh an scoil teagmháil leis na tuismitheoirí faoin gceist chéanna.
  - Ní fhreagróidh múinteoirí aon cheist phearsanta fúthu féin nó faoi dhaoine ar leith agus ní ghlacfar le ceisteanna scríofa gan ainm.
  - Déanfar gach iarracht a chinntiú nach gcuthaítear suíomh ina mbeidh náire ar pháiste.

### **Na Snáthaonaid Íogaire**

Seo a leanas na snáthaonaid a múintear i rang a 5 agus a 6 a aithnímid gur gá aire faoi leith a thabhairt orthu ina múineadh:

- Ag Fás agus ag Athrú
- Íontas an Bheatha Nua
- Gaolta agus Beatha Nua

### **Soláthar a dhéanamh do thacaíocht, forbairt agus athbhreithniú leanúnach**

Cuirfear treanáil agus in-seirbhís ar fáil do na múinteoirí, nuair a bhíonn deiseanna ann chuige.

Rinne an Coiste Polasaí OCG athbhreithniú iomlán ar an bPolasaí OCG i mí Bealtaine 2004 agus d’fhaomhaigh an Bord Bainistíochta na hathraithe a moladh ar an bpolasaí a i Meitheamh 2004.

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

- R.S.E. will be treated as an integral part of S.P.H.E.
- We will follow the Relationships & Sexuality Education Programme as set out below.
- All resource materials are available for viewing by parents.
- Parents will be informed on an ongoing basis of the material covered in class by means of the ‘Homelink’ information which will be sent to each family.
- Parents have the right, if they have conscientious or moral objections to withdraw their child from the more sensitive modules of the Programme or from the Programme as a whole. The principal must be informed of this in writing before the commencement of the programme each year.
- Appropriate arrangements will be made for the children who are withdrawn from the RSE Programme – such arrangements may include the children being facilitated in another class for the duration of the lesson or specific times being assigned to the teaching of RSE Programme.
- Teachers have a right to opt out of teaching parts of the RSE Programme. They must inform the principal of this at the beginning of the school year.
- The principal in consultation with the Board of Management will make alternative arrangements for that teacher’s class – such arrangements may include teacher exchange/ the employment of other qualified personal from the wider community.
- Girls and boys in 5th and 6th class will be taught separately for the sensitive modules of the programme (as defined below).
- It is expected that parents will have covered the topics raised in any sensitive modules prior to them being taught in class. To facilitate this, a summary of the module contents will be sent home to parents prior to being covered in class.
- In the event of pupils asking questions deemed too far advanced for that level/year, teachers will use their discretion and may advise the pupil to ask the question at home, and if necessary the school will contact parents with regard to same.
- Teachers will not answer personal questions about themselves or specific individuals nor will anonymous written questions be entertained.
- Care will be taken to avoid embarrassment to any pupil.

### **Sensitive Modules**

The following modules, taught in 5th and 6th class are recognised as requiring particular sensitive treatment:

- Growing and Changing
- The Wonder of New Life
- Relationships

### **Providing for ongoing support, development and review**

Where opportunities arise, in-career development will be sought for teachers.

The RSE Programme was reviewed by the Policy Committee in May 2004 and the changes made to the policy were ratified by the Board of Management in June 2004.

## Scéim Oideachas Caidrimh agus Gnéasachta

### Ábhar do Naíonáin Shóisearacha

**T1: Seo Mise**

Aidhm: Chun cabhrú le páistí a thuiscint go bhfuil siad speisialta agus chun a chur ar a gcumas mothú dearfach féinfheasachta a fhorbairt.

**T2: Cé Tusa?**

Aidhm: Chun cabhrú le páistí a thuiscint go bhfuil gach duine speisialta. Forbraítear an téama seo i gcomhthéacs an chairdis atá idir na páistí.

**T3: Is Cairde Sinn**

Aidhm: Chun cabhrú le páistí cairdeas a thuiscint ag díriú ar phiarchairdeas. Cairde a aithint agus gnéithe éagsúla den chairdeas a phlé (*Ag caint, ag caitheamh ama, ag cabhrú agus ag roinnt lena chéile*)

**T4: Seo Iad mo Theaghlach**

Aidhm: Chun cabhrú le páistí a dteaghlach a aithint (*sibliní, tuismitheoir(í), caomhnóir(í) seantuismitheoir(í) & gaolta*), chun scrúdú a dhéanamh ar nithe a dhéanann teaghlaigh agus chun róil a bhíonn ag baill an teaghlaigh a aithint

**T5: Daoine a Mhúineann Sábháilteacht Dúinn**

Aidhm: Chun cabhrú le páistí na daoine ina dteaghlaigh, ar scoil (*múinteoirí & Príomh Oide*) agus sa phobal (*Garda, banaltra, fear dóiteán*) a mhúineann sábháilteacht dóibh a aithint. Na páistí a chur ag smaoineamh ar cé a d'fhéadadh cabhrú i suíomhanna faoi leith (*liathróid ar an mbóthar, bréagáin thuas ar chófra ard*).

**T6: Tá Mothúcháin Againn**

Aidhm: Chun cabhrú le páistí mothúcháin a bhraitheann siad a ainmniú, suíomh ina mbraitear na mothúcháin sin a aithint agus an chaoi a nochtar iad a scrúdú. (*Áthas, brón sceitimíní, uaigneas, fearg, eagla & srl.*)

**T7: Beatha Nua**

Aidhm: Tuiscint áirithe a thabhairt do pháiste faoi bheatha nua sa saol (*an t-earrach, fás nua sa ghairdín, peataí nua, ainmhithe feirme, teacht leanbh nua*) Feasacht a fháil ar bhreith an duine go bhfásann leanbh agus go mbeathaítear é i mbroinn na máthar go dtí go mbíonn sé réidh chun breithe.

**T8: Fásaim**

Aidhm: Chun cabhrú le páistí eolas a fháil faoin bhfás fisiceach ón mbáibín go dtí anois.

**T9: Ag Déanamh Roghanna**

Aidhm: Chun cabhrú le páistí a thuiscint go ndéanann siad rogha ina ngáthshaol.



## Relationships and Sexuality Education Scheme

### Topics for Junior Infants

**T1: This is me**

Aim: To help children appreciate that they are special and unique and enable them develop a positive sense of self-awareness.

**T2: Who are you?**

Aim: To help children appreciate that all children are special. This topic is developed in the context of friendships between children.

**T3: We are friends**

Aim: To help children appreciate friends with a focus on peer friendship. Children are given opportunities to help them understand and discuss the nature of friendships (talking, spending time together, helping & sharing).

**T4: This is my family**

Aim: To help children identify the people who constitute their family (siblings, parents, guardians, grandparents, relations) to explore things that families do together and to recognise the roles played by family members.

**T5: People who teach us about keeping safe**

Aim: To help children identify the people in their family, school (teachers & Principal) and community (garda, nurse, doctor, fire man) who teach them about keeping safe.

**T6: We have feelings**

Aim: To help children name emotions they experience, to identify situations in which these emotions are experienced and to explore how they are expressed (happy/sad/angry/frightened/excited/lonely etc.)

**T7: New Life**

Aim: To help children to become aware of new life in the world (spring, new growth in the garden, new pets, farm animals, a new baby). To help the children understand the growth of a baby in its mothers womb until it is ready to be born.

**T8: I Grow**

Aim: To help children become aware of physical growth from a baby to the age they are now.

**T9: Making Choices**

Aim: To help children become aware that they make choices in their everyday lives.

## Scéim Oideachas Caidrimh agus Gnéasachta

### Ábhar do Naíonáin Shinsearacha

**T1: Féach cad is féidir liomsa a dhéanamh**

Aidhm: Chun cabhrú le páistí a fháil amach faoina láidreachtaí pearsanta chun go mbeidh siad cinnte iontu féin. Tá sé seo mar chuid de chothú féinmheas na bpáistí.

**T2: Seo iad mo Chairde**

Aidhm: Chun cabhrú le páistí tuiscint a fháil ar luach cairdis ina saol agus conas an cairdeas sin a fhorbairt.

**T3: Seo iad mo Theaghlach**

Aidhm: Chun cabhrú le páistí foghlaim faoi ról na mball éagsúil de theaghlaigh agus chun tuiscint a fháil ar an gcaoi is féidir leis na roil sin athrú.

**T4: Is Féidir liom a bheith Sábháilte**

Aidhm: Chun cabhrú le páistí foghlaim conas a bheith sábháilte i suíomhanna aithnidiúla agus daoine a aithint a mhúineann stráitéisí sábháilteachta dóibh.

**T5: Tá Mothúcháin ag Daoine eile chomh maith**

Aidhm: Chun cabhrú le páistí mothúcháin ar féidir iad a bhrath a aithint agus a ainmniú, agus a thuiscint go bhfuil mothúcháin ag daoine eile chomh maith.

**T6: Ag Tabhairt aire do Bheatha Nua**

Aidhm: Chun cabhrú le páistí fios a fháil ar bheatha dhaonna, maidir le haire a thabhairt do leanbh nuashaolaithe.

**T7: Mo Chorp**

Aidhm: Chun cabhrú le páistí foghlaim faoina gcoirp faoi aire a thabhairt dár gcoirp agus sa chomhthéacs sin na téarmaí cearta do chodanna an choirp a fhoghlaim.

**T8: Fásaim agus Athraím**

Aidhm: Chun cabhrú le páistí fios a fháil go mbíonn athrú i gceist le fás agus go mbíonn rátaí fáis difriúil ag gach duine.

**T9: Ag Déanamh Cinntí**

Aidhm: Chun cabhrú le páistí fios a fháil faoi thosca a mbíonn tionchar acu ar a roghanna.

## Relationships and Sexuality Education Scheme

### Topics for Senior Infants

**T1: Look What I Can Do**

Aim: To help children to discover their personal strengths so as to be affirmed in them. This is part of building children's self-esteem.

**T2: These are my friends**

Aim: To help children develop an appreciation of the value of friendship in their lives.

**T3: This is My Family**

Aim: To help children learn about the roles of different members of families and to understand how these roles may vary.

**T4: I Can Be Safe**

Aim: To help children to learn how to keep safe in a variety of familiar situations and to recognise people who teach them safety strategies.

**T5: Other People Have Feelings Too**

Aim: To help children identify and name feelings which can be experienced and to understand that other people have feelings too.

**T6: Caring For New Life**

Aim: To help children become aware of human life, in relation to the care of a newborn baby.

**T7: My Body**

Aim: To help children learn about their bodies and in this context to learn correct names for body parts.

**T8: I Grow and I Change**

Aim: To help children become aware that growth involves change and that rates of growth are unique for each individual.

**T9: Making Decisions**

Aim : To help children become aware of factors which influence choices.

## Scéim Oideachas Caidrimh agus Gnéasachta

### Ábhar do Rang a hAon

**T1: Rudaí is maith liom a dhéanamh**

Aidhm: An deis a thabhairt do pháistí tosaíochtaí pearsanta a nochtadh go muiníneach.

**T2: Mo Chairde**

Aidhm: Deiseanna breise a thabhairt do pháistí scrúdú a dhéanamh ar chairdeas agus ar an rud a chiallaíonn sé a bheith cairdiúil.

**T3: Mo Theaghlach**

Aidhm: Na deiseanna a thabhairt do pháistí bealaí inar féidir le baill an teaghlaigh cabhrú le chéile a aithint agus a thuiscint nach mar a chéile gach teaghlach.

**T4: Sábháilteacht**

Aidhm: Deiseanna a thabhairt do pháistí daoine, áiteanna agus rudaí a aithint a chuireann an tsábháilteacht phearsanta i mbaol agus straitéisí sábháilteachta a fhorbairt.

**T5: Ag léiriú ár mothúchán**

Aidhm: Deiseanna a thabhairt do pháistí roinnt geasachta a fhorbairt faoin mbrí agus mothú a léirítear trí dhreach gnúise, geistir, gluaiseacht agus tuin chainte.

**T6: Íontas Beatha Nua**

Aidhm: Deiseanna thabhairt do pháistí iontas beatha nua i ndomhan an dúlra a thuiscint agus a cheiliúradh (beatha nua san Earrach).

**T7: An chaoi a bhfeidhmíonn mo chorp**

Aidhm: Deiseanna a thabhairt do pháistí foghlaim faoi na céadfaí agus a bhfeidhmeanna.

**T8: Leis an bhfás tagann athruithe**

Aidhm: Deiseanna a thabhairt do pháistí a aithint de réir mar a fhásann siad go mbíonn freagrachtaí breise agus malartacha orthu féin agus ar dhaoine eile.

**T9: Cinntí agus a nIarmhair**

Aidhm: Deiseanna a thabhairt do pháistí a fheiceáil go mbíonn iarmhairtí ag cinntí maidir lena dtionchar orthu féin agus ar dhaoine eile.

## Relationships and Sexuality Education Scheme

### Topics for First Class

**T1: Things I Like To Do**

Aim: To provide children with opportunities to express personal preferences with confidence.

**T2: My Friends**

Aim: To provide children with further opportunities to explore what being friends and returning friendship can mean.

**T3: My Family**

Aim: To provide the children with opportunities to identify ways in which family members can help one another and to understand that all families are not the same.

**T4: Keeping Safe**

Aim: To provide the children with opportunities to identify people, places and things which threaten personal safety and to develop strategies for keeping safe.

**T5: Showing our Feelings**

Aim: To provide children with opportunities to develop some awareness of meaning and emotion conveyed through facial expression, gesture, movement and tone of voice.

**T6: The Wonder of New Life**

Aim: To provide children with opportunities to appreciate and celebrate the wonder of new life in the world of nature (new life in Spring).

**T7: How My Body Works**

Aim: To provide children with opportunities to learn about the senses and their functions.

**T8: Growing Means Changing**

Aim: To provide children with opportunities to recognise that growing up brings increased and changing responsibilities for oneself and others.

**T9: Decisions and their Consequences**

Aim: To provide children with opportunities to see that decisions have consequences in terms of their effect on themselves and other people.

## Scéim Oideachas Caidrimh agus Gnéasachta

### Ábhar do Rang a Dó

**T1: Tá daoine eile speisialta**

Aidhm: Deiseanna a thabhairt do pháistí tuiscint níos fearr a fháil ar dhaoine eile agus a thuiscint go bhfuil daoine eile speisialta chomh maith.

**T2: Cairdeas**

Aidhm: Deiseanna a thabhairt do pháistí scrúdú a dhéanamh ar théama an chairdis mar a bhaineann sé le taithí na bpáistí féin.

**T3: Mo Theaghlach**

Aidhm: Deiseanna a thabhairt dos na páistí scrúdú a dhéanamh ar a ról agus áit féin laistigh den teaghlach agus a bhfreagrachtaí indibhidiúla féin i leith ball eile den teaghlach a aithint, ag cuimhneamh i gcónaí ar na patrúin éagsúla teaghlach i measc na bpáistí.

**T4: Sábháilteacht**

Aidhm: Deiseanna a thabhairt do pháistí daoine, áiteanna agus rudaí a aithint a chuireann sábháilteacht phearsanta i mbaol agus straitéisí sábháilteachta a fhorbairt ( a bheith cailte, ag fulaingt maistíneacht).

**T5: Ag Déileáil leanár Mothúcháin**

Aidhm: Deiseanna a thabhairt do pháistí mothúcháin agus an chaoi a ndéileálaimid leo a aithint.

**T6: Iontas Beatha Nua**

Aidhm: Deiseanna a thabhairt do pháistí iontas na breithe nua a thuiscint agus a cheiliúradh (nuair a bhí mé i mo naíonán, cúram naíonáin nuashaolaithe).

**T7: Nuair a theastaíonn aire speisialta ó mo chorp**

Aidhm: Deis a thabhairt do pháistí dul siar ar na téarmaí ar baill seachtracha an choirp fhirinn agus bhaininn agus ar roinnt feidhmeanna gaolmhara i gcomhthéacs riachtanas ócáidiúil an choirp le haire speisialta (an croí, na scamhóga, an goile, cuairt ar an dochtúir).

**T8: Fás agus Athrú**

Aidhm: Deiseanna a thabhairt do pháistí a thuiscint go n-athraíonn a gcáidreamh leis an teaghlach agus le cairde de réir mar a fhásann agus a athraíonn said.

**T9: Cinntí Pearsanta**

Aidhm: Deiseanna a thabhairt do pháistí plé a dhéanamh ar na toscaí a bhféadfadh tionchar bheith acu ar a gcinntí agus a roghanna pearsanta.

## Relationships and Sexuality Education Scheme

### Topics for Second Class

**T1: Other People Are Special**

Aim: To provide children with opportunities to become more aware of other people and to appreciate that other people are special too.

**T2: Being Friends**

Aim: To provide children with opportunities to explore the theme of friendship as it relates to children's own experience.

**T3: My Family**

Aim: To provide the children with opportunities to examine their own role and place within the family and to identify their own individual responses towards other family members, being sensitive to the differing family patterns experienced by the children.

**T4: Keeping Safe**

Aim: To provide the children with opportunities to identify people, places and things with threaten personal safety and to develop strategies for keeping safe (getting lost, being bullied, etc.)

**T5: Coping With Our Feelings**

Aim: To provide children with opportunities to identify feelings and ways of coping with their feelings.

**T6: The Wonder of New Life**

Aim: To provide children with opportunities to appreciate and celebrate the wonder of new babies (when I was a baby, looking after new babies).

**T7: When My Body Needs Special Care**

Aim: To give children an opportunity to revise the names of the external parts of the male and female body and some associated functions in the context of the body's occasional need for special care (heart, lungs, stomach, visiting the Doctor).

**T8: Growing and Changing**

Aim: To provide children with opportunities to realise that as they grow and change their relationships with family and friends change.

**T9: Personal Decisions**

Aim: To provide children with opportunities to discuss the factors which may influence personal decisions and choice.

## Scéim Oideachas Caidrimh agus Gnéasachta

### Ábhar do Rang a Trí

**T1: Buanna Speisialta**

Aidhm: Deiseanna a thabhairt do na páistí meas a bheith acu ar a dtréithe indibhidúla, a gcumas agus a ngaiscí mar aon leo siúd a bhaineann le daoine eile.

**T2: Uaireanta Troideann Cairde**

Aidhm: Deiseanna a thabhairt do na páistí scrúdú a dhéanamh ar an rud a thárlaíonn nuair a thiteann cairde amach lena chéile.

**T3: Mo Chlann**

Aidhm: Deiseanna a thabhairt do na páistí an gaol atá idir baill an teaghlaigh a aithint agus tuiscint a fháil ar conas mar a dhéanann siad caidreamh lena chéile.

**T4: Sábháilteacht**

Aidhm: Deiseanna a thabhairt do na páistí daoine a bhfuil sábháilteacht páistí mar chúram acu a aithint. (*Garda, Oifigeach Ceangail Pobail, Bardach Scoile, Garda Coirp etc.*)

**T5: Mothúcháin a Chur in Iúl**

Aidhm: Deiseanna a thabhairt do na páistí mothúcháin éagsúla a aithint agus foghlaim conas iad a chur in iúl i mbealach oiriúnach. (*sonas, brón, fearg, éad, díomá, cúthail, etc.*)

**T6: Ag Ullmhú do Bheatha Nua**

Aidhm: Deiseanna a thabhairt do na páistí foghlaim faoin gcúram is gá do mháthair a thabhairt di féin agus í ag fanacht le breith a linbh.

**T7: Ár gCéadfaí**

Aidhm: Deiseanna a thabhairt do na páistí foghlaim faoi na céadfaí agus a bhfeidhmeanna.

**T8: Athraim de réir mar a Fhásaim**

Aidhm: Deiseanna a thabhairt do na páistí tuiscint a fháil ar na hathraithe fisiciúla, siceolaíoch agus sóisialta a mhothaíonn siad i rith a n-óige. (*forbairt scileanna, forbairt intinneach, athraithe mothúcháin, forbairt feasa, caidreamh*)

**T9: Cinntí a Dhéanamh**

Aidhm: Deiseanna a thabhairt do na páistí cinntí a dhéanamh agus plé a dhéanamh ar fhactóirí a théann i bhfeidhm ar chinntí agus ar roghanna pearsanta. (*toil agus dúil phearsanta, luachanna mórála, cad atá ceart is mí-cheart, srianta sóisialta an tionchar a bhíonn ag ár gcairde agus ag na meáin cumarsáide orthu féin agus ar dhaoine eile*)



## Relationships and Sexuality Education Scheme

### Topics for Third Class

**T1: Special Gifts**

Aim: To provide the children with opportunities to value their individual characteristics, abilities and achievements and those of others.

**T2: Sometimes Friends Fight**

Aim: To provide the children with opportunities to explore what happens when friends fall out.

**T3: My Family**

Aim: To provide the children with opportunities to appreciate how family members are related and relate to one another.

**T4: Keeping Safe**

Aim: To provide the children with opportunities to identify the people whose job includes child safety. (*Garda, Community Liaison Officer, School Warden, Lifeguard etc.*)

**T5: Expressing Feelings**

Aim: To provide the children with opportunities to identify feelings and emotions and to learn how they may be expressed in an appropriate manner. (*happy, sad, angry, jealous, disappointed, shy, etc.*)

**T6: Preparing for New Life**

Aim: To provide the children with the opportunity to learn about the care that needs to be taken by a mother who is waiting for her baby to be born.

**T7: Our Senses**

Aim: To provide the children with opportunities to learn about their sensory organs and their functions.

**T8: As I Grow I change**

Aim: To provide the children with the opportunities to understand the physical, psychological and social changes they experience throughout childhood. (*skills development, mental development, emotional changes, cognitive development, relationships*)

**T9: Making Decisions**

Aim: To provide children with the opportunities to make decisions and to discuss the factors which influence personal decisions and choices. (*personal wishes and desires, moral values, what one knows is right, social constraints, peer and media influence*)

## Scéim Oideachas Caidrimh agus Gnéasachta

### Ábhar do Rang a Ceathair

**T1: Mé Féin agus Daoine Eile**

Aidhm: Deiseanna a thabhairt do na páistí scileanna a fhorbairt agus meas a bheith acu ar an tábhacht a bhaineann le caidreamh le daoine eile.

**T2: Iompar Maistíneachta**

Aidhm: Deiseanna a thabhairt do na páistí foghlaim mar gheall ar mhaistíneacht, cén fáth go dtarlaíonn sí agus na bealaí le déileáil léi.

**T3: Mo Theaghlach**

Aidhm: Deiseanna a thabhairt do na páistí meas a bheith acu ar éagsúlacht teaghlaigh.

**T4: Cúiseanna le Rialacha**

Aidhm: Deiseanna a thabhairt do na páistí a aithint go bhfuil cúis le rialacha, agus tuiscint a bheith acu ar an toradh a bheidh ann má bhristear na rialacha sin.

**T5: Mothúcháin**

Aidhm: Deiseanna a thabhairt do na páistí tuiscint a fháil ar mhothúcháin éagsúla agus foghlaim conas déileáil le mothúcháin, go speisialta iad siúd a chruthaíonn deacrachtaí dóibh.

**T6: Iontas na Beatha Nua**

Aidhm: Deiseanna a thabhairt do na páistí céimeanna forbartha an linbh ó ghiniúint go breith, a thuiscint.

**T7: Glaine agus Sláinte**

Aidhm: Deiseanna a thabhairt do na páistí foghlaim faoi thábhacht shláinteachais phearsanta.

**T8: Réiteach Fadhbanna (T9)**

Aidhm: Deiseanna a thabhairt do na páistí plé a dhéanamh ar conas is féidir fadhbanna a réiteach.

## Relationships and Sexuality Education Scheme

### Topics for Fourth Class

**T1: Myself and Others**

Aim: To provide the children with the opportunities to develop skills and to appreciate the importance of interacting with others.

**T2 Bullying Behaviour**

Aim: To provide the children with opportunities to learn about bullying, why it occurs and the ways of dealing with it.

**T3: My Family**

Aim: To provide the children with opportunities to value family difference.

**T4: Reasons for Rules**

Aim: To provide the children with opportunities to recognise that rules exist for a reason, and to understand the consequences of breaking them.

**T5: Feelings and Emotions**

Aim: To provide the children with opportunities to understand and learn how to cope with feelings particularly those which they find difficult to manage.

**T6: The Wonder of New Life**

Aim: To provide the children with opportunities to recognise and learn to sequence the stages of development of the human baby from conception to birth.

**T7: Being Clean – Keeping Healthy**

Aim: To provide the children with opportunities to learn about the importance of good personal hygiene.

**T8: Problem Solving (T9)**

Aim: To provide the children with opportunities to discuss how problems can be solved.

## Scéim Oideachas Caidrimh agus Gnéasachta

### Ábhar do Rang a Cúig

**T1: Mise, Mé Féin**

Aidhm: Deiseanna a thabhairt do na páistí tuiscint níos fearr a bheith acu ar a bhféiniúlacht agus ar na nithe a imríonn tionchar ar an bhféiniúlacht sin.

**T2: Cineálacha Éagsúla Cairde**

Aidhm: Deiseanna a thabhairt do na páistí tuiscint níos fearr a bheith acu ar na saghsanna éagsúla cairdis agus na bealaí a léirítear cairdeas sna meáin.

**T3: Mo Theaghlach**

Aidhm: (1) Deiseanna a thabhairt do na páistí plé a dhéanamh ar chaidreamh idir bhaill teaghlai agus conas a léiríonn siad a gcuid mothúchán i dtreo a chéile.  
(2) Comparáid agus codarsnacht a dhéanamh idir dhearcadh na meán cumarsáide ar an teaghlach agus taithí na bpáistí ar an teaghlach.

**T4: Fanacht Sábháilte**

Aidhm: Deiseanna a thabhairt do na páistí a thuiscint go méadaíonn a bhfreagracht i leith a sábháilteachta pearsanta de réir mar a fhásann siad agus go méadaíonn a bhfreagracht i leith daoine eile freisin.

**T5: Mothúcháin**

Aidhm: Deiseanna a thabhairt do na páistí conas a mothúcháin a chur in iúl.

**T6: Cúram do Bheatha Nua (T8)**

Aidhm: Deiseanna a thabhairt do na páistí foghlaim faoi chúram don leanbh sa bhroinn agus na freagrachtaí, go speisialta do thuismitheoirí, a ghabhann le breith linbh.

**T7: Cinntí Sláintiúla a Dhéanamh (T9)**

Aidhm: Deiseanna a thabhairt do na páistí tabhairt faoi chleachtais shláinte agus shláinteachais phearsanta, go háirithe maidir le teacht in oirbheart.

**T8: Na Snáthaonaid Íogaire**

- T1 Ag Fás agus ag Athrú
- T2 Iontas Beatha Nua
- T3 Gaolta

## Relationships and Sexuality Education Scheme

### Topics for Fifth Class

**T1: The Person I Am**

Aim: To provide the children with opportunities to increase awareness of their own identity and the factors that influence it.

**T2: Different Kinds Of Friends**

Aim: To provide the children with opportunities to increase awareness of different types of friendship and the way friendship is portrayed in the media.

**T3: My Family**

Aims: (1) To provide the children with opportunities to discuss how family members communicate and express their feelings towards one another.

(2) To compare and contrast the media's view of the family with the children's experience of family.

**T4: Keeping Safe**

Aim: To provide the children with opportunities to realise that as they grow their responsibility for their personal safety increases and their responsibility towards others increases also.

**T5: Feelings and Emotions**

Aim: To provide the children with opportunities to increase awareness of how feelings and emotions are expressed.

**T6: Caring for New Life (T8)**

Aim: To provide the children with opportunities to learn about caring for a baby in the womb and the responsibility that a baby brings, especially to parents.

**T7: Making Healthy Decisions (T9)**

Aim: To provide children with opportunities to consider personal health and hygiene practice, especially as it relates to puberty.

**T8: Sensitive Modules**

- T1 Growing and Changing
- T2 The Wonder of New Life
- T3 Relationships

## Scéim Oideachas Caidrimh agus Gnéasachta

### Ábhar do Rang a Sé

**T1: Mé Féin agus m'Aidhmeanna**

Aidhm: Deiseanna a thabhairt do na páistí machnamh a dhéanamh orthu féin, mar atá siad anois agus conas mar ba mhaith leo a bheith sa todhchaí.

**T2: Saghsanna Éagsúla Grá**

Aidhm: Deiseanna a thabhairt do na páistí plé a dhéanamh agus teacht ar eolas faoi na cineálacha éagsúla grá.

**T3: Teaghlaigh**

Aidhm: Deiseanna a thabhairt do na páistí plé a dhéanamh ar na difríochtaí idir aonaid teaghlaigh agus conas is féidir deacachtaí laistigh de theaghlaigh a réiteach.

**T4: Fanacht Sábháilte agus Sláintiúil**

Aidhm: Deiseanna a thabhairt do na páistí cód sláinte agus sábháilteachta pearsanta a fhorbairt.

**T5: Mothúcháin**

Aidhm: Deiseanna a thabhairt do na páistí mothúcháin a chur in iúl agus a láimhseáil ar bhealach oiriúnach.

**T6: Fás agus Athrú**

Aidhm: Deiseanna a thabhairt do na páistí a aithint conas aghaidh a thabhairt ar na freagrachtaí a bhaineann le fás aníos.

**T7: Is Míorúilt éí an Leanbh (T8)**

Aidhm: (1) Deiseanna a thabhairt do na páistí teacht ar thuiscint mhíorúilt na breithe nua.  
(2) Athbhreithniú ar fhorbairt an linbh sa bhroinn agus machnamh a dhéanamh ar na hathruithe a thagann i saol tuismitheoirí le breith linbh.

**T8: Roghanna agus Déanamh Cinntí (T9)**

Aidhm: Deiseanna a thabhairt do na páistí forbairt a dhéanamh ar scileanna cinnidh agus scrúdú criticiúil a dhéanamh ar na nithe a imríonn tionchar ar chinntí agus ar roghanna pearsanta.

**T9: Na Snáthaonaid Íogaire**

- T1 Ag Fás agus ag Athrú
- T2 Iontas Beatha Nua
- T3 Gaolta

## Relationships and Sexuality Education Scheme

### Topics for Sixth Class

**T1: Me and My Aspirations**

Aim: To provide the children with opportunities to reflect on themselves as they are now and to consider how they would like to be in the future.

**T2: Different Kinds of Love**

Aim: To provide the pupils with opportunities to discuss and develop awareness of different types of love.

**T3: Families**

Aims: To provide the pupils with opportunities to discuss how family units differ and how conflict in families may be resolved.

**T4: Keeping Safe and Healthy**

Aim: To provide the pupils with opportunities to develop a personal health and safety code.

**T5: Feelings and Emotions**

Aim: To enable the children express and manage feelings in an appropriate manner.

**T6: Growing and Changing**

Aim: To provide the children with opportunities to increase awareness of the responsibilities that accompany growing up

**T7: A Baby is a Miracle (T8)**

Aims: (1) To provide the pupils with opportunities to appreciate the miracle that is new life.  
(2) To revise the development of the baby in the womb and to consider the changes a baby brings to the lives of his/her parents.

**T8: Choices and Decision-making (T9)**

Aim: To provide pupils with opportunities to develop decision-making skills and to examine critically the factors which influence personal decisions and choices.

**T9: Sensitive Modules**

- T1 Growing and Changing
- T2 The Wonder of New Life
- T3 Relationships

### Cur i bhfeidhm an Chláir OCG i nGaelscoil Thaobh na Coille


- Múinfeadh an clár OCG mar chuid dílis de churaclaim na scoile ó Mheán Fómhair 2003 ar aghaidh
- Seolfar cóip den polasaí OCG abhaile chuig gach teaghlach sa scoil agus beidh an clár ar fail do thuismitheoir ar bith gur mian leis/léi é a chíoradh
- Múinfeadh an clár OCG i rith téarma amháin i ngach scoil bhliain.
- Cuirfeadh tuismitheoirí ar an eolas maidir le socraithe faoi leith sula dtosaítear ar an gcúrsa.
- Má déantar athrú ar bith ar an bpolasaí seolfar cóip leasaithe ag tuismitheoirí na scoile.

### Implementation of RSE Programme in Gaelscoil Thaobh na Coille


- The RSE programme will be taught as part of the school curriculum from September 2003 onwards.
- A copy of the RSE policy will be sent to all families in the school and the programme will be available for viewing by any parent who so wishes.
- The RSE programme will be taught during one term of the school year.
- Parents will be informed of specific arrangements before the commencement of the programme.
- In the event of any changes being made to this policy a revised copy of the policy will be circulated to parents.

### An Coiste Polasaí OCG / RSE Policy Committee

Emer Nic Chonchradha

  
Príomhoide / Principal

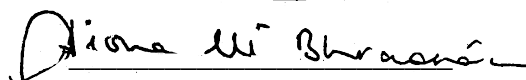
Niamh Ní Dhúill

  
Múinteoir / Teacher


Seán Ó Flannagáin

  
Bord Bainistíochta / Board of Management

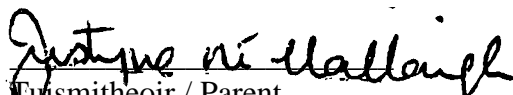
Fiona Uí Bhraonáin

  
Bord Bainistíochta / Board of Management

Peter Ó Maoilfhinn

  
Tuismitheoir / Parent

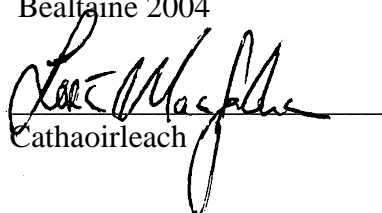
Justyne Uí Uallaigh

  
Tuismitheoir / Parent

Athbhreithnithe

Bealtaine 2004

Faomhadh  
Bord Bainistíochta

  
Cathaoirleach

14/06/2004  
Dáta