

### Relationships and Sexuality Education Programme for 6<sup>th</sup> Class Students

- An extensive *Four Part* Adolescent Development Programme
- Includes comprehensive Parents Information Evening
- Can be tailored to specific School Policy and requirements
- Sessions approx 1hr 45mins/2hrs
- Complies with the National Council for Curriculum and Assessment (NCCA) Guidelines for RSE
- A specialist teacher and facilitator of Relationships and Sexuality Education programmes, information evenings and workshops

#### 6<sup>th</sup> Class RSE programme

- Parents Night: *Outline of the RSE programme*  
*Looking at a parents' role in sex education*  
*The Media and new technologies*  
*How we communicate healthy sexual attitudes, values and beliefs*  
*Parents questions*
- Session One: *Feelings & Communicating our emotions*  
*Peer pressure*  
*Exploring the importance and qualities of Friends*  
*Homework sheet (Parent/child activity)*
- Session Two: *Healthy Bodies*  
*Puberty & how your body changes*  
*Homework sheet (Parent/child activity)*
- Session Three: *Relationships*  
*How babies are conceived*  
*Birth*  
*Asking for support*

*Relationships and sexuality education is an ongoing process throughout life. The involvement of parents in a genuinely collaborative process will be essential for the success of the programme. The inclusion of a special parent's information evening is a central part of the programme. It is specially designed to assist parents with the language and approach they use to ensure that the messages children receive about relationships and sexuality are clear and unambiguous.*

## Testimonials

“The children in my class thoroughly enjoyed, were engaged and participated in this programme. It was extremely clear, that by the end of session three, they had acquired a lot of new information and were much more confident in conversing on the topics than they were during lesson one. The facilitator made it enjoyable, used a wide variety of resources and was extremely inclusive to all class members. The children responded extremely well to this highly delivered programme. I would highly recommend Brigid to any school considering employing her services” **(Class teacher)**

“Brigid was very inclusive to all students, in particular with SEN pupils. Sensitive to all childrens’ feelings and very aware of their abilities” **(Class teacher)**

“I thought the programme was excellent. I would be very interested in having Brigid present the course in future years” **(Principal)**

“I thought the facilitator really engaged the students. The games, fun activities at the beginning made all the children feel comfortable and included and at ease” **(Class teacher)**

“Her knowledge and expertise were of a high standard, very professional. Overall sessions were excellent. Children really learned and enjoyed each session” **(Class teacher)**

“Brigid is a very calm, placid person who quickly puts children and adults at ease at her meetings. She uses a mixture of interactive, informative and discussion methodologies. Her talks are concise and thought provoking. She ensure that the parents are completely aware of what she is going to discuss and, to date the parents of Cootehill have been very supportive of Brigid’s lessons.

The community of St. Michael’s N.S – pupils, staff and parents – are very happy with the service that Brigid offers, and I would have no hesitancy in recommending her to any other group” **(Principal)**

“I enjoyed the whole evening. Learning to use examples from your own life. Definitely attend, it will bring an understanding of what the children learn and how we as parents can augment this” **(Parent)**

“Informative” **(Parent)**

“Lots of opportunities to ask questions. Definitely attend” **(Parent)**

## Aims

- To develop knowledge and understanding of how their bodies and feelings develop.
- Understand how these changes affect them.
- Develop skills necessary to form happy relationships.
- Learning to feel good about the person they are.
- To increase awareness of the responsibilities which accompany growing up
- Parents will have a better understanding of RSE and its aims
- Raise awareness of the influences of new technologies and media on children’s sexual development
- Intrinsically linking home and school in a positive approach to the RSE
- Raise awareness of parent’s role in positive sex education

## Teaching Methods:

- Group work, class discussions, role play, work sheets, quizzes, educational video and homework sheets to complete with parents.