

Relationships and Sexuality



St. Aidan's Community College,
Dublin Hill,
Cork

RSE Aims and Objectives

In St. Aidan's Community College we aims

- To help our students to understand and develop friendships and relationships
- We also aim to promote an understanding of sexuality
- To encourage our students to have 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 our students to develop attitudes and values towards their sexuality in a moral, spiritual and social framework.

Objectives

In St. Aidan's Community College Relationship and Sexuality Education should enable our students to:

- To acquire the understanding and skills necessary to form healthy friendships and relationships
- Additionally, to develop a positive sense of self-awareness and the skills for building and maintaining self-esteem
- For our pupils become aware of the variety of ways in which individuals grow and change especially during adolescence and to develop respect for difference between individuals
- For our students at St. Aidan's to understand human physiology with particular reference to the reproductive cycle, human fertility and sexually transmitted infections
- To understand sexual development and identity and explore aspects of sexuality including sex role stereotyping, gender issues and cultural influences on sexuality and to value family life and appreciate the responsibilities of parenthood

Year Group	Topic	Content
<p>Transition Year</p> <p>6 classes (1st week after midterm to end of November)</p>	<ul style="list-style-type: none"> ➤ Relationships ➤ Human Sexuality ➤ Marriage and Divorce ➤ Responsible Parenthood 	<p>For our Transitions Years we will introduce them into the simple concept of a relationship. We will examine all the various types of relationships and the relationships that they have in their lives. In addition to this the topic of human sexuality will be introduced to the pupils and the different sexual relationships that are evident in society today.</p> <p>Then with the class we will focused on marriage and divorce and the Church’s stance on the manner. We will first look at Marriage and the types of love. Then we will look at the various types of love such as: intimate love and how it is the bedrock for all marriages. The purpose of marriage and marriage from different traditions will also be studied with the pupils. Topics in this section include:</p> <ul style="list-style-type: none"> ➤ an awareness of what constitutes a loving relationship. ➤ the long-term commitment involved in marriage. ➤ parenting and family life. <p>After this we will move onto the topic of divorce. We will observe factors that led to a divorce such as financial difficulties, abuse in the relationship, infidelity and possible drug or alcohol abuse. In conclusion to the lesson, we read case studies on couples getting a divorce and highlighted possible factors that led to that divorce.</p>
<p>Fifth Year</p> <p>6 classes (1st week after Easter for 3 weeks)</p>	<ul style="list-style-type: none"> ➤ Sexual Orientation ➤ Implications for Sexual Activity ➤ HIV and AIDS ➤ Gender Equality 	<p>For fifth years we will look at sexual health and its importance today. We will examine the sexual orientations of people in society and how it should be embraced rather than discriminated against. We will look at the various gender identities in society and the groups that aim to protect their rights.</p> <p>Furthermore, in this unit of the course we will look at Sexual Transmitted Diseases and the causes of them on the victims. We will look at factors that lead to STD’s and how the impoverished are at most risk from STD’s.</p> <p>In conclusion then we will exam key areas such as</p> <ul style="list-style-type: none"> ➤ treating women and men with equal respect. ➤ sexual harassment. ➤ sexual abuse, rape, legal right: voluntary and statutory agencies. ➤ making moral and healthy choices regarding sexual activity.
<p>Sixth Year</p> <p>6 classes (1st week after returning from</p>	<ul style="list-style-type: none"> ➤ Abortion 	<p>For our Leaving Certificate we will first examine abortion. We will first of all define what abortion is and who it effects? Furthermore we will examine Christian thoughts and teachings of abortion and we will examine cases of abortion. We will examine the Pro-life and Pro-Choice stances to abortion.</p>

<p>Christmas Holidays to before the Pre Exams)</p>	<ul style="list-style-type: none"> ➤ Genetic Debate ➤ Human Growth and Development 	<p>In addition to this we will examine the reproductive technologies that are available out there today. We will examine what each implements and what each holds for the family involved. Also we will examine the morality of each and the Church's stance on the issue. We will look at the history of reproductive technologies in Ireland and read and watch relevant clips from newspapers and YouTube to reinforce the teaching.</p> <p>In concluding this section, we will shift focus to the ongoing genetics debate and human growth and development. We will examine the history of the genetics and the role it has to play in society. We will examine the controversy surrounding the debate and the implications it holds for those people involved. We will also learn about</p> <ul style="list-style-type: none"> ➤ fertility and family planning. ➤ a deeper understanding of pregnancy and the developing foetus.
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Teaching Approaches

Teachers of Religious Education will set aside a minimum of six classes a year to Relationships and Sexual Education. During these classes teacher will aim to cover a wide range of topics that is outlined in the Relationships and Sexual Education Syllabus. Teachers will use a wide range of suggested approaches. Where teachers choose to use an approach with which they are unfamiliar, time, practice and patience with themselves will be rewarded in terms of the skill development of the teacher and the student's movement towards achieving the objective of the lesson.

The following are some of the methodologies in which we aim to use in St. Aidan's Community College:

- Group Work
- Role Play
- Visualisation
- Story
- Worksheets
- Case Studies
- Brainstorming
- Project Work
- Debates
- Visitors/Guest Speakers

Finally teachers are encouraged to use Religious Education books when teaching any of the above topics with the class.