

# Coláiste na hInse



## Relationships and Sexuality Education (RSE) Policy

### Vision Statement

'Our vision for Coláiste na hInse is an outstanding progressive centre of teaching and learning, where the three cornerstones of our school bród (pride), uaillmhian (ambition) and dearfach (positivity) are lived daily allowing personal growth and wellbeing and empowering us to aim high ar realt eolais through positive relationships, respect, inclusivity, and encouragement'.

### Contents

1. RATIONALE
2. RELATION TO VISION
3. AIMS OF POLICY
4. POLICY CONTENT
  - Section 1: Staffing
  - Section 2: Parent/ Guardian Role
  - Section 3: Ethical and Moral Considerations
  - Section 4: Practical Issues
5. ROLES AND RESPONSIBILITIES
6. REVIEW AND EVALUATION
7. Ratification of Policy

## **1. Rationale**

Relationships and Sexuality Education (RSE) is a core element of Social, Personal and Health Education (SPHE) and is central to the healthy development of young people.

This policy is developed in accordance with:

- The Education Act (1998)
- Rules and Programme for Secondary Schools
- Circulars M4/95, M20/96, C23/2010, C37/2010
- Child Protection Procedures for Post-Primary Schools (2017 and subsequent updates)
- SPHE/RSE Curriculum Guidelines (NCCA)
- LMETB policy frameworks

Young people are exposed to a wide range of messages about relationships, sexuality, gender and identity through media, peers and online platforms. Schools, in partnership with parents/guardians, have a responsibility to provide accurate, age-appropriate, evidence-based education that supports students' wellbeing and decision-making.

Section 4 of the Rules and Programme for Secondary Schools requires schools to have an agreed RSE policy and an appropriate RSE programme in place for all students at Junior and Senior Cycle.

RSE supports:

- Personal wellbeing
- Healthy relationships
- Respect for diversity
- Informed and responsible decision-making
- Safeguarding and child protection awareness

This policy applies to all members of the school community: staff, students, parents/guardians, visiting speakers, volunteers, Board of Management and external agencies.

## **2. Relation to Vision**

The RSE policy reflects and supports the vision of Coláiste na hInse:

'Our vision for Coláiste na hInse is an outstanding progressive centre of teaching and learning, where the three cornerstones of our school bród (pride), uailmhian (ambition) and dearfach (positivity) are lived daily allowing personal growth and wellbeing and empowering us to aimigh ar realt eolais through positive relationships, respect, inclusivity, and encouragement'.

RSE contributes directly to this vision by:

- Promoting a safe and respectful environment where students feel secure
- Supporting the holistic development of each young person
- Encouraging positive relationships grounded in respect and dignity
- Promoting inclusivity and belonging
- Reinforcing pride, ambition and responsible citizenship

The programme is delivered in a manner consistent with the multi-denominational ethos of LMETB and respects the diversity of beliefs within the school community.

### **3. Aims of the Policy**

This policy aims to:

1. Ensure clarity and consistency in how RSE is delivered.
2. Articulate the relationship between RSE and SPHE and other curricular areas.
3. Clarify the rights, roles and responsibilities of all members of the school community.
4. Ensure compliance with Department of Education and LMETB requirements.
5. Provide a safe, inclusive and supportive framework for teaching sensitive issues.
6. Promote respect for diversity, including sexual orientation, gender identity, family structures and cultural backgrounds.
7. Ensure safeguarding procedures are fully integrated into RSE delivery.

### **4. Policy Content**

#### **Section 1: Staffing**

- RSE is delivered through SPHE at Junior and Senior Cycle.
- All Junior and Senior students receive one period of SPHE per week.
- Students receive a minimum of six weeks RSE tuition.
- Deployment of staff is the responsibility of the Principal, with consideration given to teacher interest, expertise and gender balance.
- Teachers are not required to be experts but must demonstrate sensitivity, professionalism and willingness to access further advice where necessary.
- Ongoing CPD is encouraged and supported.
- The SPHE Coordinator supports planning, resources and staff liaison.

- Appropriate teaching resources are provided, subject to budget.
- Classroom teachers remain present during external speaker sessions.

From an inspection perspective:

- A written scheme of work is maintained.
- Attendance and delivery records are kept.
- Evaluation of visiting speakers is documented.
- Staff are aware of child protection reporting obligations.

## **Section 2: Parent/Guardian Role**

Coláiste na hInse recognises parents/guardians as the primary educators of their children.

- Relevant sections of this policy are provided at enrolment.
- Parents are informed of the RSE module in advance.
- A consent/withdrawal process is outlined in the student journal.
- Parents may withdraw their child from specific elements of RSE under Section 30(2)(e) of the Education Act (1998).
- Parents are not required to give reasons for withdrawal.
- Alternative supervision arrangements will be made where necessary.
- The policy is available on the school website and in the school office.
- Parents and guardians are consulted during review.

## **Section 3: Ethical and Moral Considerations**

RSE is delivered within a framework of:

- Respect
- Inclusivity
- Age-appropriateness
- Non-directive teaching
- Evidence-based practice

## **Key Areas:**

### **Answering Questions**

Teachers use professional judgement and may set boundaries. Personal questions are not appropriate. Limits of confidentiality are explained.

### **Confidentiality & Child Protection**

Confidentiality cannot be guaranteed where a student is at risk.

All concerns are managed in line with Child Protection Procedures.

Designated Liaison Person (DLP): Principal – Eilis Flood

Deputy DLP: Deputy Principal – Gabrielle Harte

### **Consent**

Taught at both Junior and Senior Cycle.

Age of consent: 17 years (Criminal Law (Sexual Offences) Act 2006).

### **Sexual Orientation & Gender Identity**

Addressed in line with curriculum guidelines and equality legislation.

The school does not promote any one lifestyle but promotes respect and inclusion.

Students questioning identity are supported by the Student Support Team.

### **Contraception & Family Planning**

Covered at Senior Cycle as required by curriculum guidelines.

### **Sexually Transmitted Infections (STIs)**

Addressed primarily at Senior Cycle.

### **Abortion**

Discussed in an age-appropriate, balanced and non-directive manner.

### **Online Safety**

The Lockers Programme is delivered to Junior Cycle students.

## **Section 4: Practical Issues**

- RSE is delivered as a module within SPHE.
- Boys and girls are taught together.
- Class groups are based on base classes.
- Teaching respects age, maturity and special circumstances.
- Provision is made for students with additional educational needs in consultation with the AEN and an Cuan Coordinators.
- The Student Support Team is consulted where necessary.
- Visiting speakers must comply with Circular 0023/2010.

- All programmes must be non-prescriptive and evidence based.
- External inputs supplement but do not replace teacher delivery.

Cross-curricular links include:

- Religious Education
- Science/Biology
- Home Economics
- Wellbeing Programme

## **5. Roles and Responsibilities**

### **Board of Management**

- Ratifies the policy
- Ensures statutory compliance

### **Principal**

- Overall responsibility for implementation
- Ensures compliance with child protection requirements

### **SPHE Coordinator**

- Supports planning and coordination
- Facilitates CPD

### **Teaching Staff**

- Deliver RSE
- Maintain safe learning environments
- Follow safeguarding procedures

### **Réaltóirí (Year heads)**

- Provide pastoral support
- Liaise with parents and support teams

### **Student Support Team**

- Supports vulnerable students
- Advises staff where needed

### **Parents/Guardians**

- Engage with the school
- Support learning at home

### **Students**

- Participate respectfully
- Adhere to agreed classroom ground rules

## **6. Review and Evaluation**

The policy will be reviewed:

- Every three years
- Earlier if required by legislative or curricular change

Evaluation will include:

- Student feedback
- Teacher feedback
- Parent feedback
- CPD records
- Resource review
- Inspection recommendations
- Monitoring of delivery compliance

The Principal oversees monitoring but may delegate to the SPHE Coordinator.

Ratification and communication procedures:

- Ratified by Board of Management
- Communicated to staff
- Shared with Parents and guardians
- Explained to Students
- Published on website



## 7. RATIFICATION OF POLICY



# lmetb

Bord Oideachais agus Oiliúna Lú agus na Mí  
Louth and Meath Education and Training Board

### Policy for Resolution/Ratification by LMETB Board

<b>School</b>	<b>Coláiste na hInse</b>
<b>Policy Title</b>	RSE.
<b>Date of School Board of Management Meeting</b>	24.03.26.
<b>Please confirm if a quorum was present at the meeting (4)</b>	Yes.
<b>Please confirm if the completed Policy Consultation Record was presented at the meeting</b>	Yes.
<b>Policy Proposed By</b>	Aisling Power.
<b>Policy Seconded By</b>	Cllr. Carol Lennan.
<b>Signed</b> 	<b>Chairperson of Board of Management</b>
<b>Date</b> 24-03-2026	
<b>Signed</b> 	<b>Principal</b>
<b>Date</b> 24.3.26.	