

Below is a quick guide outlining the content we will be teaching and the language we will be using during our RSE lessons:

Class	Strand/ Strand Unit	Curriculum Objective	Language	Content in the RSE Programme
Junior/ Senior Infants	Myself <ul style="list-style-type: none"> Growing and changing Taking care of my body 	Growing and Changing <ul style="list-style-type: none"> Become aware of new life and birth in the world Develop an awareness of human birth Identify what babies need to help them to grow and develop Taking Care of my Body <ul style="list-style-type: none"> Name parts of the male and female body, using appropriate anatomical terms 	Penis Vulva Womb Breast Breastfeeding	New Life (Pg68) The Wonder of new Life (pg74) Inner Growth (pg82) Caring for new life (Pg138) My Body (Pg148) Giving a doll a bath (Pg150) At the beach or swimming pool (Pg153)
1 st / 2 nd class	Myself <ul style="list-style-type: none"> Growing and changing Taking care of my body 	Growing and Changing <ul style="list-style-type: none"> Begin to understand that reproduction, birth, life, growth and death are all part of a life cycle Appreciate what is necessary in order to provide and care for new-born babies in both the animal and human world Realise the various roles parents and other family members have in providing for new-born babies Taking Care of my Body <ul style="list-style-type: none"> Name parts of the male and female body, using appropriate anatomical terms, and identify some of their functions 	Penis Vulva Womb Breast Breastfeeding Urethra	The Wonder of new life (Pg60) How my Body works (Pg68) Growing means Changing (Pg78) The Wonder of new life (Pg152) The Cycle of Life (Pg156) When my body needs special care (Pg162) Growing and Changing (Pg172)

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3 rd / 4 th class	Myself <ul style="list-style-type: none"> Growing and changing Taking care of my body 	Growing and Changing <ul style="list-style-type: none"> Recognise and discuss how feelings and emotions are affected by the physical changes that take place at puberty Discuss the stages and sequence of development of the human baby, from conception to birth Identify the care that needs to be taken while waiting for a baby to be born Taking Care of my Body <ul style="list-style-type: none"> Understand the physical changes taking place in both the male and female body Realise that these changes do not occur at the same time but nonetheless are predictable and natural and that being different is normal Recognise the adverse effects of sexual stereotyping and realise that these effects can become more exaggerated as the physical differences between males and females are more apparent 	Penis Vulva Womb Breast Breastfeeding Urethra Umbilical cord Puberty Menstruation	Preparing for new life (Pg70) Caring for Baby (Pg73) As I grow I change (Pg94) The wonder of new life (Pg170) Growing and Changing (Pg 196)
5 th / 6 th class	Myself <ul style="list-style-type: none"> Growing and changing Taking care of my body 	Growing and Changing <ul style="list-style-type: none"> Understand sexual intercourse, conception and birth within the context of a committed, loving relationship Discuss and explore the responsibilities involved in being a parent and the emotional and physical maturity required to be a parent 	Penis Vulva Womb Breast Breastfeeding Urethra Umbilical cord Puberty	My Body Grows and Changes (Pg82) The Wonder of New Life (Pg94) Caring for New Life (Pg104) Different Kinds of Love (Pg142)

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		<ul style="list-style-type: none"> Discuss the different types of love that exist and explore how love is portrayed and defined in music, films, books, magazines and other media Identify and discuss the changes that are experienced in growing from child to adult <p>Taking Care of my Body</p> <ul style="list-style-type: none"> Identify and discuss the physical and other changes that occur in boys and girls with the onset of puberty and understand that these take place at different rates for everyone Understand the reproductive system of both male and female adults 	Menstruation Period Wet dreams Semen Sexual intercourse	Growing and Changing (Pg184) Relationships and New Life (Pg200) A baby is a Miracle (Pg210)
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- ❖ In addition, a guest speaker will address the parents and pupils of 6th class on Relationships and Sexuality Education where the 5th/ 6th class content will be revised again.
- ❖ For further information about the content of the RSE Programme, the "Tips for Parents" pages encourage discussion on the topics at home. (<https://www.pdst.ie/sites/default/files/RSE%20in%20Primary%20School%20Parent%20Tips.pdf>)
- ❖ As each lesson is covered a Home/School Links page will be sent home with your child.
- ❖ Junior/Senior Infants: <https://www.pdst.ie/sites/default/files/RSE%20Manual%20JI%20and%20SI%20V2.pdf>
- ❖ 1st/ 2nd class: <https://www.pdst.ie/sites/default/files/RSE%20Manual%201st%20and%202nd%20V2.pdf>
- ❖ 3rd/4th class: <https://www.pdst.ie/sites/default/files/RSE%20Manual%203rd%20and%204th%20V2.pdf>
- ❖ 5th/6th class: <https://www.pdst.ie/sites/default/files/RSE%20Manual%205th%20and%206th%20V2.pdf>