

Stay Safe Programme outline at St. Enda's National School

Strand Units

Objectives

Myself

Self identity, taking care of my body, growing and changing, safety and protection.

Myself and Others

Myself and family, friends and relating to other people.

Taking Care of My Body

Naming parts of the male and female body using the anatomically correct names i.e. penis, vagina and breasts (Junior and Lower Middle classes).

Identifying physical changes, Understanding puberty and the Reproductive System (Senior Classes)

Growing and Changing

The stages of development of a baby from conception to birth (Middle Classes).

Understanding sexual relations within the context of a committed loving relationship (5th and 6th).

Topics covered up to 2nd class include:-

- Keeping safe.
- Naming bodily parts using correct terminology.
- Bodily changes during growth and development.
- Making and keeping friends.
- Making age appropriate choices.
- Appreciating family life.
- Recognizing and expressing feelings.
- Self care, hygiene, diet, exercise and sleep (link with PE, Healthy Eating Policy and SPHE)
- Expressing opinions and listening to others.

Topics covered from 3rd to 6th Classes include:-

- Bodily changes.
- Healthy eating, personal hygiene, exercise.
- Keeping safe.
- Expressing feelings.
- Family relationships.
- Making healthy and responsible decisions.
- Forming friendships.
- Reproduction, conception (5th and 6th Class)

Teachers do not cover topics such as contraception and same sex friendships. Children who ask questions in class on content outside the curriculum are asked to talk to their parents about their questions.