



**ADOLESCENT
DEVELOPMENT
PROGRAMME**

USER GUIDE



Feidhmeannacht na Seirbhíse Sláinte
Health Service Executive



**ADOLESCENT
DEVELOPMENT
PROGRAMME**



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Health Service Executive

Busy Bodies Adolescent Development Programme

Busy Bodies has been developed for use as part of a health promotion programme with children between the ages of approximately 10 – 14 years old. It provides useful information about the changes children might experience at puberty. Fully animated, it presents the information in a safe, fun and easily understood format. Children will be reassured that puberty is a normal part of growing up.

This User Guide provides recommendations for preparation in advance of using the DVD with a group, as well as suggesting activities from existing Social Personal and Health Education (SPHE) resources to support learning. It provides useful information to help you plan a number of classroom sessions with your group using the DVD in part, or in its entirety. A list of useful resources is also included.

Busy Bodies can be used by teachers to complement SPHE in the school setting. It may also be used to support health promotion programmes in non-formal education settings and by parents in the home*.

**It is the responsibility of those using this programme to ensure that the content is appropriate to the needs of their students, in line with the school/organisation policy and suitable for the school/organisation programmes as outlined by the National Council for Curriculum and Assessment, or other relevant body if outside a school setting. DVDs and student copies of Busy Bodies Adolescent development booklet can be ordered on www.healthpromotion.ie in the Search Publications section under the topic Sexual Health. To order class size quantities you will need to create an account as a Professional.*

Acknowledgments:

The Health Promotion Department, Health Service Executive South would like to express their appreciation to all those who contributed to the development of Busy Bodies:

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Special Thanks to

- ▶ Shay McGovern Assistant Principal Officer, Department of Health and Children
- ▶ Norma Deasy Information and Publications Manager, Health Service Executive South
- ▶ Frank Wyse Contracts Officer, Health Service Executive South
- ▶ Mary McDonald Assistant National Co-ordinator for the Primary Curriculum Support Programme
- ▶ Elizabeth O'Connell Public Health Nurse, Health Service Executive South

The management and staff of Monster Animation.

The staff and pupils of Greenmount Boys National School, Greenmount, Cork and Muinfluich National School, Macroom, Co. Cork, for their helpful comments and advice during the pilot testing of the video.

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Introduction

Social Personal and Health Education (SPHE) has been part of the school curriculum in many schools for a number of years. Since September 2003, SPHE has been formally implemented in primary schools and up to Junior Certificate level in secondary schools. Relationships and Sexuality Education (RSE) is an integral part of SPHE.

At primary level *'SPHE provides particular opportunities to foster the personal development, health and well being of the individual child, to help him or her to create and maintain supportive relationships and become an active and responsible citizen in society'* (Primary School SPHE Curriculum). Resource materials for RSE are available on the Drumcondra Education Centre website: www.ecdrumcondra.ie/Programmes/RSE. This includes Resource Materials for Relationships and Sexuality Education for the four levels: Infants, 1st and 2nd Class, 3rd and 4th Class and 5th and 6th Class.

At post-primary level SPHE builds on the aims of SPHE in the primary school and aims to: *'Enable students to develop personal and social skills, promote self esteem and self confidence, enable students to develop a framework for responsible decision making, provide opportunities for reflection and discussion and promote physical, mental and emotional health and well being.'* (SPHE Junior Certificate Guidelines for Teachers) RSE is one of the ten modules of SPHE. The key resources for SPHE/RSE at post-primary (Junior Cycle) level are 'On My Own Two Feet', The Health Service Executive West Lifeskills Programme and the Relationships and Sexuality Education Teaching Resource Materials. Additional resource materials are listed on the SPHE Support Service website: www.sphe.ie.

Busy Bodies has been developed by the Health Service Executive South and funded by the Department of Health and Children, for use as a potential resource to support the delivery of SPHE with children between the ages of approximately 10 – 14 years old. It provides useful information about the changes children might experience at puberty and how they can look after themselves at this time. While much of the information contained relates to sexual development, it is placed within the context of the overall development and the self care of the young person. Fully animated, it presents the information in a safe, fun and easily understood format. We hope that children will be reassured that puberty is a normal part of growing up.

Busy Bodies can be used by teachers to complement SPHE in the school setting. It may also be used to support health promotion programmes in non-formal education settings.

It is intended that this DVD will be used in conjunction with Department of Education and Science approved SPHE materials e.g. RSE Teaching Resource Materials.

Points To Consider Before Using The DVD

- ▶ Schools should have a Relationship and Sexuality Education (RSE) policy in place prior to teaching any aspect of RSE. Department of Education and Science Policy Packs are available to download from www.ecdrumcondra.ie/Programmes/RSE
- ▶ Student copies of Busy Bodies Adolescent development booklet which corresponds with the material in the DVD can be ordered on www.healthpromotion.ie in the Search Publications section under the topic Sexual Health. To order class size quantities you will need to create an account as a Professional.
- ▶ Parents will be able to download the DVD from www.healthpromotion.ie, www.npc.ie, www.crisispregnancy.ie and www.ecdrumcondra.ie/Programmes/RSE - from January 2011.
- ▶ A teacher intending to use the DVD in class should have previewed it to ensure that the content is appropriate to the needs of his or her students and is consistent with the school's ethos and RSE policy.
- ▶ It is advisable that parents are consulted before the DVD is used in a class room situation. You might consider holding an information evening to show the DVD and to inform them how the DVD will be used and in what context.
- ▶ A school may wish to make the DVD available to members of the Board of Management before showing it to students.
- ▶ It is intended that the DVD will be used in conjunction with the Department of Education and Science's Resource Materials for Relationships and Sexuality Education (all resources are available from Drumcondra Education Centre website www.ecdrumcondra.ie/Programmes/RSE) and other SPHE recommended materials and not as a stand-alone resource.
- ▶ A teacher may choose to show only some sections of the DVD to a particular class group rather than showing the whole DVD. The order in which the sections are shown can also be changed to suit the needs of a class.
- ▶ Teachers and others using this DVD with a group in a school or other setting, must at all times be aware of their responsibility to the children in their care and adhere to the child protection guidelines within Children First, as well as their own profession's guidelines and protocols.

Preparation:

The planning and policy development of Relationship and Sexuality Education will be an important foundation in advance of using Busy Bodies as part of your RSE and SPHE programme. Certain lessons from the RSE teaching materials will provide a suitable context in which to introduce Busy Bodies.

Lessons that could be used before showing the DVD in primary schools:

- ▷ *Feelings and Emotions* and *Growing and Changing* from the Fourth Class Resource Materials.
- ▷ *Different Kinds of Friends/Different Kinds of Love, My Family/Families, Keeping Safe/Keeping Safe and Healthy, Feelings and Emotions* from the Fifth and Sixth Class Resource Materials.

At secondary level the DVD could be preceded by the lessons:

- ▷ *Communication and Respect, Feelings and Adolescence, Saying How I Feel, Body Awareness-Body Care, The Image of Me* and *The Words We Use* from the Junior Cycle Resource Materials.

Lessons which link directly with the DVD are:

- ▷ *My Body Grows and Changes/Growing and Changing, The Wonder of New Life/Relationships and New Life* in the Fifth and Sixth Class Resource Materials. *Puberty, Human Reproduction, The Miracle of New Life and Pregnancy and Birth* in the Junior Cycle Resource Materials.

Answering Questions In A Relationships And Sexuality Education Class

When teaching any aspect of Social Personal and Health Education (SPHE) a teacher will try to create an atmosphere that is conducive to open yet safe communication. While a teacher will wish to answer as many questions as possible, it will probably be necessary, given the sensitive issues involved in Relationships and Sexuality Education, to decide the parameters in consultation with parents within which questions will be answered.

The reasons for setting boundaries are that: children mature and develop at different rates and a safe environment must be created for all students in the classroom. Setting boundaries will also contribute to good classroom management.

Factors to take into account when making decisions about answering questions are:

- ▶ The school ethos and RSE policy guidelines
- ▶ The content of the RSE teaching materials
- ▶ The age and readiness of the students in the class

It is possible to set limits in a gentle and affirming way, without hurting the feelings of the student who has asked the question. Possible ways of doing this might be to say: 'I know you'll have lots of questions but I may not be able to answer all of them in class', 'that's something we might come back to when you're a bit older', or 'could you talk to your mum or dad about that?'

Although topics such as masturbation, contraception, abortion, homosexuality and sexually transmitted infections are not on the primary curriculum and are not covered in this DVD pack, questions may arise in relation to them. The school's RSE policy developed in consultation with parents should inform the way in which teachers will respond to questions on these subjects, the guiding principle at all times being the age and stage appropriateness of the pupils.

Busy Bodies – Guidelines For Use

Prior to using the *Busy Bodies* programme with your group, it is important to ensure that the content is appropriate to the needs and level of maturity and comprehension of your students. Check that it is in-line with any school/organisation policies that may be in place.

Consult the 'Points to Consider Before Using this Resource' on Pg 9. This will assist you in carrying out the necessary preparation in advance of using the DVD with your group and ensure you are aware of the suggested support material to get the best use from this pack.

The content and structure of the DVD

Busy Bodies is divided into 5 sections:

Section 1 Introduction

- ▶ This introduces the subject of puberty and why bodies change at this time, it is quite a short section and sets the scene for the main topic areas in the rest of the DVD.

Section 2 What's happens to boys?

This section focuses on

- ▶ how boys' bodies grow and develop during puberty and the significant changes that will happen over time.
- ▶ It describes the sexual organs, their development and their function.

Section 3 What's happens to girls?

This section focuses on

- ▶ the development of girls' bodies.
- ▶ the sexual organs and the menstrual cycle.
- ▶ dealing with periods including the use of sanitary products.

Section 4 How are babies made?

This section explains

- ▶ sexual intercourse.
- ▶ how conception occurs.
- ▶ pregnancy and birth.

Section 5 Looking after You

This section focuses on

- ▶ feelings including new and changing relationships, emotions and mood changes.
- ▶ nutrition, eating a healthy balanced diet.
- ▶ physical activity, the benefits of being active and taking regular exercise.
- ▶ Hygiene, everyday care of the body.

Planning Your DVD Sessions

Once you have done some preparatory work with your group you may wish to show the DVD section by section, following each section with one or two of the activities mentioned below. There is quite a lot of information in the DVD and it may be most beneficial to consolidate the learning with such activities after each section. In this way a number of sessions could be developed using the DVD as a basis for each of them. It also provides an opportunity for you to clarify any misinterpretation of information should it occur.

Using the DVD with other Social Personal and Health Education Resource Materials

There are a number of resources available which will provide you with additional support drawing out specific issues with your group before and after viewing different sections of the DVD. The following information is designed as a guide to help schools source information or support. It highlights some of the main national resources, programmes and information that can be accessed from organisations that are suitable for use in the classroom. *It does not claim to be a complete list and teachers/students may be aware of other local supports that exist.*

Section 1: Introduction

Teachers might find it useful to precede this section of the DVD with class discussion of the changes that pupils think may happen during puberty, using the diagrams and other resource materials on pgs 82-92 in **'Resource Materials for Relationships and Sexuality Education' Fifth and Sixth Class** and on pgs 38-45 and pgs 89-98 in the **Junior Cycle Resource Materials**.

Words which may need explanation:

- ▶ Oestrogen
- ▶ Progesterone (in the DVD the word progestrogen is used, this should be replaced by the word Progesterone.)
- ▶ Testosterone

Section 2: What Happens To Boys?

At primary level it might be useful to photocopy the diagram of the male reproductive organs on pg 87 of the **5th and 6th Class Resource Materials** and use it as the basis of an information session for pupils either before or after showing the DVD. At post-primary level Chapter 11 pgs 99-111 of the **Junior Cycle Resource Materials** could be used in the same way.

Words which may need explanation:

- | | |
|--------------|----------------|
| ▶ Pubic Hair | ▶ Circumcision |
| ▶ Penis | ▶ Erection |
| ▶ Testicles | ▶ Sperm |
| ▶ Scrotum | ▶ Semen |
| ▶ Foreskin | |

Section 3: What Happens To Girls?

The diagram of the female reproductive organs on pg 85 of the **5th and 6th Class Resource Materials** and Chapter 11 pgs 99-111 in the **Junior Cycle** book can be used as outlined above.

Words which may need explanation:

- | | |
|--------------|-------------------|
| ▶ Pubic Hair | ▶ Ovaries |
| ▶ Vagina | ▶ Fallopian Tubes |
| ▶ Urethra | ▶ Cervix |
| ▶ Labia | ▶ Ovulation |
| ▶ Clitoris | ▶ Menstruation |
| ▶ Uterus | |

Section 4: How Are Babies Made?

This section of the DVD could be preceded by lessons on relationships such as *'The Wonder of New Life'* and *'Relationships and New Life'* in the **5th and 6th Class Resource Materials**.

Teachers using the DVD should be confident that they understand the guidelines contained in their school policy regarding the approach that should be taken to teaching about sexual intercourse. Issues may arise to do with different family structures and thought should be given in advance as to how to deal with these. Teachers should also be aware of Child Protection policies and procedures in the event of any disclosure of sexual activity under the legal age of consent (also see last bullet point on page 9).

Words which may need explanation:

- ▶ Fertilisation
- ▶ Ejaculation

Section 5: Looking After You

There are many resource materials on health, hygiene, exercise and diet that can be used to supplement this section of the video. These can be accessed via the websites listed in the introduction. Lessons in the **Relationships and Sexuality Education Resource Books** which relate directly to this section of the DVD are: *'Making Healthy Decisions'* and *'Keeping Safe and Healthy'* on pgs 113 and 163 of the **5th and 6th Class Book** and *'Body Awareness-Body Care'* on Pg 55 of the **Junior Cycle Book**. A selection of supporting exercises are suggested below to assist in the facilitation of discussion and of further learning, on the topics of feelings, nutrition and physical activity.

Feelings

Walk Tall. (1999) – Department of Education and Science

5th Class Unit 2: Feelings

The lessons in this unit explore the ways we identify feelings, how we express feelings in a variety of different ways and begins to explore how to manage feelings.

Lesson 1 – Lesson 3

6th Class Unit 2: Feelings

The lessons in this unit explores how feelings can influence the way that we behave and looks at developing coping strategies to manage our feelings in our interactions with parents, friends and siblings.

Lesson 1 – Lesson 3

Primary School Health Education Programme HSE West Materials for 5th & 6th classes (1993)

Feelings 5th class

Activities 210 – 214: pgs 147 - 149 in Unit 2.1 – explores the topic of feelings – what feelings are how we demonstrate them, how we deal with them, what influences our feelings and how we can be assertive with our feelings.

Feelings 6th class:

Activities 215 – 218 pgs 153 - 159

Explores what feelings we mask, what occasions we might experience certain feelings, how to say no and being assertive.

1st Year classes – HSE West “Healthy Living – Life skills for Social, Personal and Health Education”

Emotional Health Module – Pages 110 – 117. Explores the language of emotions and examines ways of recognising and expressing emotions appropriately.

2nd Year classes – HSE West “Healthy Times – Life skills for Social, Personal and Health Education

Emotional Health Module – Pages 110 – 115. Examines the link between thoughts and feelings, and explores self-confidence and body image.

Nutrition

The following resources can be used in the classroom to support nutrition education. Contact your local Health Promotion Department for more ideas.

For Primary Schools:

- ▷ **‘Tastebuds’** is an interactive CD from Safefood which is targeted at 8-10 year olds to educate on the origins of food and the importance of a healthy diet. There are 8 sessions which help teachers deliver the food & nutrition component of SPHE. This is available to download from the education section of the website www.safefood.eu
- ▷ **‘Food Dudes’** programme for primary school children encourages them to eat more fruit & vegetables. This programme is managed by Bord Bia and is available to all schools based on request. The website has SPHE nutrition lesson plans from infants to 6th class. These cover the food pyramid and choosing a healthy diet. See the ‘schools’ section at www.fooddudes.ie

For Post Primary Schools:

- ▷ **‘How They Measure Up – deciphering food labels’** – a classroom resource by Safefood which targets Junior cycle students. Three SPHE lessons cover food labeling, the food pyramid & nutrients. See the education section of www.safefood.eu
- ▷ **‘iFigure’** is a CD-Rom produced by Bodywhys the national charity for eating disorders. This resource was produced for schools to deal with the issues around eating disorders and body image. The 3 modules explore risk factors of low self esteem, body image and the relationship between emotions and eating habits. See www.bodywhys.ie

Health Service Executive West Resources

Looking after yourself – 5th and 6th classes

- ▷ Pgs 39-43 Looking after myself nutrition healthy eating 5th class. These activities look at food need for growth and development, the digestion process and where our food comes from in the environment.
- ▷ Pgs 44-53 Looking after myself nutrition healthy eating 6th class. Activities include looking at the food pyramid for healthy eating, portion sizes and personal food choices as well as issues around food hygiene.
- ▷ Pgs 54-59 Third World 5th class
These exercises look at healthy lunches, food labels and food poverty.
- ▷ Pgs 60-62 Third World 6th class
Exercises here look at food poverty in Third World countries.

1st Year classes – HSE West “Healthy Living – Lifeskills for Social, Personal and Health Education”

- ▷ Pgs 62-69 Physical Health Module
Explores healthy eating, physical activity and personal hygiene.

2nd Year classes – HSE West “Healthy Times – Lifeskills for Social, Personal and Health Education”

- ▷ Pgs 49-55 Physical Health Module
Explores food labelling, food marketing and physical activity.

Physical Activity

The following resources can be used in the classroom to support physical activity. Contact your local Health Promotion Department and Local Sports Partnership for more ideas.

Action for Life is a health related physical activity programme, designed by the Irish Heart Foundation (IHF) to help teachers prepare and present their Physical Education programme. Training consists of a 3-4 hour workshop delivered by a trained tutor. Contact the IHF or your local Health Promotion Dept. for more information. www.irishheart.ie

Little Steps Go A Long Way is a campaign from the HSE, Safefood and the Health Promotion Agency in Northern Ireland to show that small changes to physical activity and food habits will have a big impact on health. The website is user friendly, bright and colourful, children can browse through the site and learn how to be healthier in simple, small, steps. www.littlesteps.eu

Bizzy Break is a series of activities for the classroom, designed to get pupils moving on the spot. Activities take no longer than 10 minutes and focus on strength, flexibility and aerobic fitness. Each school can order two sets of this resource, including poster, teacher's notes and CD FREE from the Irish Heart Foundation. Requests for additional full packs will be charged at a nominal rate of €10 per set.

Irish Sports Council (ISC) - Buntús Programme The ISC Buntús Programme for Primary schools provides young people with a quality, fun and enjoyable introduction to physical education and sport suited to their own level of development. The Buntús programme and other supports can be accessed through your Local Sports Partnerships (LSP's) which are an initiative of the ISC to increase participation at local level. Contacts for your LSP can be found on the ISC website www.irishsportscouncil.ie

Get Ireland Active - The National Physical Activity Guidelines for Ireland provide clear, concise and user friendly guidance to support the public, professionals and policy makers to Get Ireland Active. They present a unique opportunity to create a shared vision and framework to support everyone to be as active as they can and enjoy the innumerable benefits. www.getirelandactive.ie

Active School Flag is a non-competitive initiative, which highlights the importance of P.E., physical activity and sport in schools and the communities in which they are based. This initiative involves a whole school process of internal self evaluation aimed at improving provision of physical activity. It encourages a partnership approach and allows for schools to become more proactive in approaching groups like the HSE, Local Sports Partnerships and Education Centres in assisting them in the promotion of physical activity in their school. www.activeschoolflag.ie

Additional Resources

Resource Materials for Relationship and Sexuality Education (1998 and 2002)

Department of Education and Science © Government of Ireland.

Also available in Irish. Available from Education Centres

Bí Folláin (2005)

O'Sullivan, E

O' Sullivan, C

© Health Service Executive West

A programme of Social Personal and Health Education for Primary Schools.

Available on CD from:

Curriculum Development Unit

Mary Immaculate College

Limerick

061-204532/204366

Healthy Living – Lifeskills for Social, Personal and Health Education (2009)

Healthy Times – Lifeskills for Social, Personal and Health Education (2010)

Healthy Choices – Lifeskills for Social, Personal and Health Education (2011)

O'Hagan L

Health Promotion Dept

HSE West

Public Health Building

Bishop St., Ballyshannon, Co Donegal.

Tel. 071-9852000

Primary School Health Education Programme (1993)

Mc Ateer A

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See above.

On My Own Two Feet (1994)

Department of Education and Science, Department of Health and Children and Mater Dei Counselling Centre.

Also available in Irish.

A resource for working with Post Primary School children to build confidence and support self esteem in the prevention of substance misuse.

Available from

SPHE Support Service (Post Primary)

Marino Institute of Education

Griffith Avenue, Dublin 9.

Tel. 01-8057718

www.shpe.ie

Walk Tall Programme (Substance Misuse Prevention Programme)

Department of Education and Skills.

A resource for primary schools (Junior Infants to Sixth Class) to support the implementation of the Social Personal and Health Education curriculum. The aims of the programme are to avert / delay experimentation with substances, to reduce the demand for legal and illegal drugs and to give children the confidence, skills and knowledge to make healthy choices.

Available from

Dublin West Education Centre, Old Blessington Road, Tallaght, Dublin 24. Telephone 01-4528000.

'Guidelines for developing a healthy eating policy in Post Primary Schools'

This is due out by early 2011, and will be available to download from www.dohc.ie/publications/

B4udecide.ie

A website for 14-16 year olds to encourage them to make healthy, responsible decisions about relationships and sexual health. It is supported by a teaching resource for working with 2nd years and 3rd years on Relationships and Sexuality Education.

Available from:

HSE Crisis Pregnancy Programme

Tel. 01-8146292.

Other useful Contacts

Health Promotion Departments

Your local Health Service Executive can provide you with a variety of leaflets, posters and information on a range of health issues as well as training programmes for education and health professionals. Contact the Health Promotion Department in your area.

In addition, schools in many areas are supported in working towards becoming a Health Promoting School, which emphasises the physical environment, relationships between all involved in the school, the involvement of parents and pupils, as well as the curriculum and learning environment.

SPHE promotes an understanding of health issues and develops skills for healthy living. Curricular provision for SPHE can contribute to and benefit from a Health Promoting whole school environment.

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Produced by:

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HSE South,
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Western Road,
Cork.

www.hse.ie

www.healthpromotion.ie



Feidhmeannacht na Seirbhíse Sláinte
Health Service Executive



crisispregnancyprogramme



DVDs and student copies of Busy Bodies Adolescent development booklet can be ordered on www.healthpromotion.ie in the Search Publications section under the topic Sexual Health. To order class size quantities you will need to create an account as a Professional

Supported by the Health Promotion Policy Unit and the Crisis Pregnancy Programme.

Reprinted: October 2010

Order Code: HPM00479

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an Deiscirt. Gach ceart ar cosaint.

Léiriúchan de chuid:

An Rannóg Chothaithe Sláinte,

Feidhmeannacht na Seirbhíse Sláinte an Deiscirt,

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Bóthar an Iarthair

Corcaigh

www.hse.ie

www.healthpromotion.ie



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Health Service Executive



Is féidir DVDna agus cóipeanna mic léinn den leabhrán forbartha Ógánta Busy Bodies a ordú ar www.healthpromotion.ie sa rannóg Curdaigh Foilsíocháin faoin téama Sláinte Ghnéasach. Beidh ort cuntas a chruthú mar Phroifisiúnach chun méadanna do rang a ordú.

Arna tacú ag an Aonad Polasat Chothaithe Sláinte agus ag an gClár um Thoirchis Ghéarchéime.

Athchlóite: Deireadh Fómhair 2010
Cód Ordaithe: HPM00479.

Baudeicéile

Láithreán gréasáin do dhataláí ó 14-16 bliana d'aois chun iad a spreagadh cinnti sláintúla, freagracha a dhéanamh maidir le caidrimh agus sláinte ghnéasúil. Tugann an acmhainn oideachais seo tacaíocht don obair le daltaí bliain 2 agus bliain 3 ar Oideachas Caidrimh agus Gnéasachta. Le fáil ó:

Clár na FSS um Thoirchis Ghéarchéime 01-8146292.

Teagmhálacha Úsáideacha Eile

Rannóga Cothaithe Sláinte

Is féidir le do Fheidhmeannacht na Seirbhíse Sláinte áitiúil bileoga, pósteair agus eolas a sholáthar faoi raon ceisteanna sláinte chomh maith le clár ollúna do lucht gairme oideachais agus sláinte. Bí i dteagmháil le Rannóg Chothaithe Sláinte do limistéir.

Ina theannta sin tacaitear le scoileanna ina lan ceantair agus iad ag iarraidh bheith ina Scoil Chothaithe Sláinte, le béim ar an timpeallacht fhísiciúil, ar chaidrimh idir gach duine sa scoil, rannpháirtíocht na dtuismitheoirí agus na ndaltaí, chomh maith leis an gcuraclam agus an timpeallacht fhoghlama.

Is féidir le soláthar curaclaim do OSSP cur le timpeallacht na scoile iomláine ag Cur Sláinte chun Cinn, agus leas a bhaint aisti.

Primary School Health Education Programme (1993)
Mc Ateer, A
© Fheidhmeannacht na Seirbhíse Sláinte an Iarthair
Féach thuas

On My Own Two Feet (1994)

An Roinn Oideachais agus Eolaíochta, An Roinn Sláinte agus Leanaí agus Láirionad Comhairlíthe Mater Dei:
Ar fáil i nGaeilge freisin.
Acmhainn le bheith ag obair le leanaí iarbhunscóile lena muintín a thógáil agus le tacú lena féinmheas, chun mí-úsáid substaintí a chosc.

Walk Tall Programme (Clár Cosc ar Mhí-úsáid Substaintí)

An Roinn Oideachais agus Scileanna.

Acmhainn do bhunscóileanna (Náisiún Bheaga do Rang a Sé) chun tacú le cur i bhfeidhm an churacáim 'Oideachas Sóisialta Pearsanta agus Sláinte.' Stáid aithmeanna an chláir ná triail a bhaint as substaintí a chosc / a mhoilliú, an t-éileamh ar dhrugaí díleathacha agus mídhleathacha a laghdú agus an muintín, na scileanna agus an t-eolas a thabhairt dos na leanaí chun roghanna sláintiúla a dhéanamh.
Le fáil ó Láirionad Oideachais Átha Cliath Thiar, Seanbhóthar Baile Choimín, Tamhlacht, Baile Átha Cliath 24. Teil: 01 4528000.

'Treoirínte Bia agus Cothaithe do Bhunscóileanna (DOHC 2003) ar feidir a fósódáil
ó www.dohc.ie/publications/
'Treoirínte chun polasat bia sláintiúil in iarbhunscóileanna a fhorbairt' – tá seo chun teacht amach go luath i 2011, agus beidh sé le fáil ar fósódáil ó www.dohc.ie/publications/

Is tionscnamh neamh-tomatoch é **Active School Flag** a aibhsíonn tabhacht an Oideachais Fhísicúil, na gníomhaíochta físicúla agus spóirt i scoileanna agus sna pobail ina bhfuil siad bunaithe. Cúimsíonn an tionscnamh seo próiseas scoile iomláine féimheasúnaíthe imhéanúigh diríthe ar sholáthar gníomhaíochta físicúla a fheabhsú. Spreagann sé níos imeachta compháirtíochta agus cuirteann sé i gcuantas go mbeidh scoileanna níos réamhghníomhaí ag dul chug grúpáí mar an FSS, Comhpháirtíochtaí Aitúla Spóirt agus Láraitáid Oideachais chun cabhrú leo i gcur chun cinn gníomhaíochta físicúla ina scoil. www.activeschoolflag.ie

Acmhainní Breise

Resource Materials for Relationship and Sexuality Education (1998 and 2002)
An Roinn Oideachais agus Eolaíochta © *Rialtas na hÉireann*
Ar fáil i nGaeilge freisin. Ar fáil ó Láraitáid Oideachais

Bi Folláin (2005)

O'Sullivan, E

O'Sullivan, C

© *Féidhmeannacht na Seirbhíse Sláinte Thiar*

Clár OSSP do Bhunscoileanna.

Le fáil ar CD ón

Aonad Forbartha Curaclaim

Coláiste Ollúna Muire gan Smál

Luimneach

061-204532/204366

Healthy Living – Lifeskills for Social, Personal and Health Education (2009)

Healthy Times – Lifeskills for Social, Personal and Health Education (2010)

Healthy Choices – Lifeskills for Social, Personal and Health Education (2011)

O'Hagan L

Rannóg Cur chun cinn na Sláinte

FSS Thiar

Foirgneamh Sláinte Pobli

Sráid an Espaisg

Béal Atha Seanaidh

Co. Dhún na nGall

Teil: 071-9852000

Is féidir úsáid a bhaint as na hacmhainní seo a leanas sa seomra ranga chun tacú le gníomhaíocht fhisiciúil. Téigh i dteagmháil le do Roinn áitiúil Cur chun Cinn na Sláinte agus an Chomhpháirtíocht Áitiúil Spóirt do smaointí breise.

Is clár gníomhaíochta fhisiciúle é **Action for Life** a bhfuil baint aige le sláinte, deartha ag Foras Croí na hÉireann (IHF) chun cabhrú le muinteoirí a gclár Oideachais Fhisiciúil a ullmhú agus a chur i láthair. Tá an traenáil déanta suas de cheardlann 3-4 uair a sheachadann oide oílte. Téigh i dteagmháil leis an IHF nó le do Roinn áitiúil Cur chun Cinn na Sláinte d'eolas breise. www.irishheart.ie

Is feachtas é **Little Steps Go A Long Way** ón FSS, ó Bhiastán agus ó Ghníomhaireacht Thuaisceart Éireann um Chur chun Cinn na Sláinte chun a thaispeáint go mbeidh tionchar mór ag athraithe beaga do ghníomhaíocht fhisiciúil agus do nósanna bia ar an tsláinte. Tá an láithreán gréasáin soláimhsithe, geal agus dathannach, is féidir le leanaí brabhsáil tríd an láithreán agus a fhoghlaim conas a bheith níos sláintúla i gcéimeanna simplí, beaga. www.littlesteps.eu

Is sraith de ghníomhaíochtaí i **Bizzy Break** don seomra ranga, ceaptha chun leanaí a chur ag gluaiseacht ar an láthair. Ní mhaireann gníomhaíochtaí níos mó ná 10 nóiméad agus dtíonn siad ar neart, ar shuíobhtacht agus ar chorpacmhainn aeróbach. Is féidir le gach scoil dhá shraith den acmhainn seo a ordú, le póstaer, nótaí don mhúinteoir agus CD SAOR IN AISCE ó Foras Croí na hÉireann. Gearrfar tálle ainmníúil de €10 in aghaidh na sraithe d'iarraitais ar phacáil iomlána breise.

An Chomhairle Spóirt (ISC) – Clár Buntús, Cuirteann Clár Buntús an ISC do Bhunscoileanna tús eolaís ardchaighdeán, spraoi agus taitneamhach ar oideachas fhisiciúil agus ar spórt atá oiriúnach dá leibhéal forbartha féin. Is féidir teacht ar an gclár Buntús agus ar thacaíthe eile tré do Chomhpháirtíochtaí Áitiúil Spóirt (ISP's) ar thionscnamh iad de chuid an ISC chun an rannpháirtíocht ag leibhéal áitiúil a mhéadú. Is féidir teagmhálacha do do LSP a fháil ar láithreán gréasáin an ISC. www.irishsportsCouncil.ie

Get Ireland Active – Cuirteann na Treoirínte Gníomhaíochta Fhisiciúla Náisiúnta d'Éireann treoir shuíeir, achomair agus soláimhsithe le fáil chun tacú leis an bpobal, le profisiúnaigh agus le lucht déanta beartas chun Éire a Dhéanamh Gníomhach. Tugann siad deis uathúil chun comhús agus creatlach a chruthú chun tacú le cách a bheith chomh gníomhach agus is féidir agus taitneamh a bhaint as na tairbhí di-áirithe. www.getirelandactive.ie

'Looking after yourself' - 5ú agus 6ú rang

- ▷ Lgh 39-43 'Looking after myself nutrition healthy eating 5th class.'
Scrúdáíonn na gníomhaíochtaí seo an bia a theastaíonn le fás agus le forbairt, an próiseas díleáite agus foinsé ar gcuid bia sa timpallacht.

- ▷ Lgh 44-53 'Looking after myself nutrition healthy eating 6th class.'
I measc na ngníomhaíochtaí tá scrúdú ar an bpirimid bhia le haghaidh itheacháin shláintiúil, méid an bhia a itear agus roghanna pearsanta bia, chomh maith le ceisteanna faoi shláinteachas bia.

- ▷ Lgh 54-59 'Third World 5th class'
Scrúdáíonn na cleachtaí seo líonta sláintiúla, lipéid bhia agus bochtanas bia.
- ▷ Lgh 60-62 'Third World 6th class'
Scrúdáíonn na cleachtaí seo bochtanas bia i dtíortha an tríú domhain.

Ranganna Blain 1 – FSS Thiar “Maireachtaí Shláintiúil – Scileanna saoil don Oideachas Sóisiala, Pearsanta agus Sláinte”

- ▷ Modúl Sláinte Físicúla – Leathanaigh 62 – 69. Déanann sé iniúchadh ar bhia sláintiúil, ar ghníomhaíocht fhísiciúil agus ar shláinteachas pearsanta.

Ranganna Blain 2 – FSS Thiar “Amanna Sláintiúla – Scileanna saoil don Oideachas Sóisiala, Pearsanta agus Sláinte”

- ▷ Modúl Sláinte Físicúla – Leathanaigh 49 – 55. Déanann sé iniúchadh ar lipéadú bia, ar mhargatócht bia agus ar ghníomhaíocht fhísiciúil.

Is féidir úsáid a bhaint as na hacmhainní seo a leanas sa seomra ranga chun tacú le oideachas cothaithe. Féigh i dteagmháil le do Roinn áitiúil Thacaithe Sláinte do smaointí breise.

Do Bhunscóileanna:

↳ Is CD idirghníomhach é **'Tastebuds'** ó Biaslán atá dírithe ar dhaltai idir 8-10 mbliana d'aois chun iad a mhúineadh faoi fhoinisí bia agus thábhacht réime bia sláintiúla. Tá 8 seisiún ann a chabhraíonn le múinteoirí compháirt bhia & chothaithe an OSSP a sheachadadh. Is féidir é seo a fósáil ó rannóg oideachais an láithreáin ghréasáin www.safefood.eu

↳ Spreagann an clár 'Food Dudes' leanaí bunscóile níos mó torthaí & glasraí a ithe. Riarann an Bord Bia an clár seo agus tá sé le fáil do gach scoil ar bhonn iarratais. Tá pleananna ceachta cothaithe OSSP ó natoráin go rang a 6 ag an láithreán gréasáin. Clúdatonn iad so an phrímid bhia agus ag roghnú réime bia sláintiúla. Féach ar an rannóg "scoiléanna" ag www.fooddudes.ie

D'Iarbhunscóileanna:

↳ **'How They Measure Up – lipéid bhia a scoileadh'** – acmhainn seomra ranga de chuid Biaslán atá dírithe ar dhaltai na sráithe Sóisearaí. Clúdatonn trí sheisiún OSSP lipéidú bia, an phrímid bhia & cothaitheigh. Féach ar an rannóg oideachais de www.safefood.eu

↳ Is CD-Rom é **'Figure'** a tháirg Bodywhys, an charthanacht náisiúnta do neamhoird itheacháin. Táirgeadh an acmhainn seo do scoileanna chun déileáil le ceisteanna faoi neamhoird itheacháin agus fómhá choirp. Déanann an 3 mhodúl iniúchadh ar thosca baoil mar lagfáimheas, fómhá choirp agus an caidreamh idir mothúcháin agus nósanna itheacháin. Féach ar www.bodywhys.ie

Walk Tall. (1999)

An Roinn Oideachais agus Eolaíochta

5th Class Unit 2: Feelings

Scrúdáil ceachtanna an aonaid seo conas a bhíimid ag cur in iúl mothúcháin ar bhealach éagsúla agus scrúdaítear bealach leis na mothúcháin sin a bhainistiú.

Ceacht 1 - Ceacht 3

6th Class Unit 2: Feelings

Scrúdáil ceachtanna an aonaid seo conas a théann na mothúcháin i bhfeidhm ar ár gcuid iompar agus scrúdaítear freisin forbairt straitéisí lenár gcuid mothúcháin a bhainistiú agus muid in éineacht le tuismitheoirí, le cairde, le deartháiríreacha agus le deirfiúracha.

Ceacht 1 - Ceacht 3

Primary School Health Education Programme FSS an Iarthair, Abhair don 5ú

rang & don 6ú rang (1993)

5th Class Unit 2: Feelings

Gníomhaíochtaí 210 - 214: Igh 147 - 149 in Aonad 2.1 - scrúdaítear ábhar na mothúcháin - cad iad na mothúcháin, conas a chuirimid in iúl iad, conas a phléimid leo, cad a théann i bhfeidhm ar ár gcuid mothúcháin agus conas is féidir linn bheith teanntásach ó thaobh ár gcuid mothúcháin de.

6th Class Unit 2: Feelings

Gníomhaíochtaí 215 - 218, Igh 153 - 159

Scrúdaítear na mothúcháin a chuirimid i gceill, cén uair a mbeadh mothúcháin áirithe againn, conas dílú do rud nach dteastáil, agus conas bheith teanntásach.

Ranganna Bliain 1 – FSS Thiar “Mairreachtaí Shláintiúil – Scileanna Saoil don

Oideachas Sóisialta, Pearsanta agus Sláinte”

Modúl Sláinte Mothúcháin – Leathanaigh 110 – 117. Déanann sé iniúchadh ar theanga na mothúcháin agus scrúdáil seilte chun mothúcháin a aithníú agus a nochtaid go cuil.

Ranganna Bliain 2 – FSS Thiar “Amana Sláintiúla – Scileanna Saoil don

Oideachas Sóisialta, Pearsanta agus Sláinte”

Modúl Sláinte Mothúcháin – Leathanaigh 110 – 115. Scrúdáil seilte an nasc idir smaointe agus mothúcháin, agus déanann sé iniúchadh ar fheinmhúin agus ar fomhá choirp.

Cuid 4: Conas a dhéantar na leanaí?

D'fhéadfaí ceachtanna a mhúineadh faoi chaidrimh sula bhfeictear an chuid seo den DVD, leithéid 'The Wonder of New Life' agus 'Relationships and New Life' sna **5th and 6th Class Resource Materials**.

Nuair a úsáideann múinteoir an DVD ba chóir doibh bheith cinnte go dtuigean siad na treoirirnte atá le fáil i bpolasat a scoile faoin gcur chuige ba chóir a chur i bhfeidhm i dtaca le múineadh faoin gcaidreamh collaí. Is féidir go n-eascróidh cisteanna faoi struchtúir éagsúla teaghlaigh agus ba chóir smaoiniamh roimh réidh faoi conas ba chóir plé leo seo. Ba chóir go mbeadh múinteoir ar an eolas freisin faoi pholasaithe agus nósanna imeachta Cosanta Leanaí ma admhaitear aon ghníomhaíocht ghnéis faoi aois dhlíthiúil an toilithe (féach chomh maith ar an bpointe le hurchair deireanach ar leathanach 9).

Is féidir go gcaithfidh tú na focail seo a mhíniú:

- ▶ Toirchiú
- ▶ Seadadh

Cuid 5: Ag Tabhairt Aire Duit Féin

Tá a ian ábhar acmhainne ar fáil faoi chúrsal sláinte, sláinteachais, aclaíochta agus réimís bhia ar féidir iad a úsáid le cur le cuid seo an fhiseáin. Is féidir teacht orthu trí na suíomhanna idirlín a luaitear san introir. Seo na ceachtanna sna **'Relationships and Sexuality Education Resource Books'** a bhaineann go díreach le cuid seo an DVD: *'Making Healthy Decisions'* agus *'Keeping Safe and Healthy'* ar lgh 113 agus 163 den **5th and 6th Class Book** agus *'Body Awareness-Body Care'* ar lgh 55 de **Junior Cycle Book**. Moltar roinnt cleachtaí tacachta thíos le cabhrú le héascú an phlé agus na foghlama breise, faoi na hábhair seo: mothúcháin, cothú bia agus aclaíocht fhísiciúil.

Pleanail na Seisiún DVD

Nuair a bhíonn roinnt oibre uilimhúcháin déanta agat le do ghruapa is féidir go mbeidh tú ag iarraidh an DVD a thaispeáint cuid i ndiaidh coda, ag déanamh aclaíocht nó dhó de na cinn a luaitear thíos tar éis gach coda. Tá a lán eolais le fáil san DVD agus is féidir go mbeadh sé tairbhreach an t-eolais a chomhdhlúthú lena leithéid de ghníomhachtaí tar éis gach coda. Ar an tsí seo d'fhéadfaí roinnt seisiún a fhorbairt ag úsáid an DVD mar bhonn do gach ceann acu. Deis atá ann freisin soiléiriú a dhéanamh ar an eolas mura dtuigtear i gceart é.

Ag Úsáid an DVD le hAbhair Acmhainne eile OSPS

Tá roinnt acmhainní le fáil a thabharfaidh tacú breise duit ag tarraingt amach ceisteanna difriúla le do ghruapa roimh agus tar éis feachaint ar rannóga éagsúla an DVD. Tá an t-eolas seo a leanas ceaptha mar threoir chun cabhrú le scoileanna eolais nó tacú a fhoinsiú. Albhíonn sé roinnt des na príomhacmhainní náisiúnta, clár agus den eolas ar féidir teacht orthu ó eagrais a fheileann d'úsáid sa seomra ranga. *Ní dhearbharthaear gur liosta iomlán é agus b'fhéidir go bhfuil muinteoiri / daltaí feasach faoi thacaithe áitiúla eile atá ann.*

Cuid 1: Intreoir

D'fhéadadh sé bheith tairbhreach do mhúinteoirí ple ranga a eagrú faoi na hathruithe a cheapann na daltaí a tharlóidh le linn an chaitheachais roimh an gcuid seo den DVD, ag úsáid na léaráidí agus na n-ábhar acmhainne eile ar lch 82-92 in 'Resource Materials for Relationships and Sexuality Education' Fifth and Sixth Class agus ar lgh 38-45 agus 89-98 sna Junior Cycle Resource Materials.

Is féidir go gcaithfidh tú na focail seo a mhíniú:

- ▶ Eastraigin
- ▶ Prógaistearón
- ▶ Feististéarón

Cuid 3 Cad a tharláinn do na cailíní?

Sa chuid seo dirítear ar:

- ▶ forbairt chorp na gcaillíní
- ▶ na horgáin ghnéis agus an timthriall míosta
- ▶ plé le fuil mhíosta, úsáid na dtáirgí sláinteocho san áireamh.

Cuid 4 Conas a dhéantar na leanaí?

Sa chuid seo tugtar míniú ar:

- ▶ caidreamh collaí
- ▶ conas a tharláinn ginúint
- ▶ toircheas agus breith

Cuid 5 Ag Tabhairt Aire Duit Féin

Sa chuid seo dirítear ar:

- ▶ mothúcháin, caidrimh nua agus athraitheacha san áireamh, athruithe mothúchána agus meoin
- ▶ cothú bia, réimeas bia sláintiúil cothromaíthe
- ▶ gníomhaíocht fhisiciúil, buanna na gníomhaíochta agus na hacfaochta rialta.
- ▶ Sláinteachas, cúram laethúil an choirp.

Roimh úsáid an áis Busy Bodies le do ghrúpa, tá sé tábhachtach cinntiú go n-oireann an t-ábhar do ríachtanas agus leibhéal aibíochta agus tuiscana do chuid daltaí. Seiceáil go bhfuil sé de réir aon pholasaithe scoile/eagraíochta atá i bhfeidhm.

Féach an chuid ‘Rudaí le Cur san Áireamh roimh Úsáid an Fhíséin’ ar Lch. 9. Cabhróidh seo leat an t-ullmhúcháin ríachtanach a dhéanamh sula n-úsáideann tú an DVD le do ghrúpa agus cinnteofar go bhfuil cur amach agat ar an ábhar tacatochta a mholtar leis an leas is fearr a bhaint as an áis seo.

Ábhar agus struchtúr an DVD

Tá cúig chuid ag *Busy Bodies*:

Cuid 1 Intreoir

- ▶ Sa chuid seo labhraítear faoin gcaithreachtas agus faoi na cúiseanna a n-athraíonn ár gcorp ag an am seo; tá an chuid seo gairid agus déantar ullmhúcháin inti do na príomhréimní ábhair sa chuid eile den DVD.

Cuid 2 Cad a tharlaíonn do na buachaillí?

Sa chuid seo dirítear ar:

- ▶ conas a fhasann agus a fhorbraíonn corp na ngasúr le linn an chaitheamh agus na hathruithe móra a tharlóidh le himeacht ama
- ▶ cur síos ar na horgáin ghnéis, a bhforbairt agus a bhfeidhm.

Ag tabhairt Freagraí i Rang Oideachais Chaidrimh agus Ghnéasúlachta

Nuair a bhíonn aon ghné den Oideachas Sóisialta Pearsanta agus Sláinte (OSPS) á múniceadh ag múinteoir déanfáidh sé/sí iarracht atmaisféar a chruthú atá fabhrach chun cumarsáid atá oscailte ach sábháilte a chothú. Cé go mbeidh múinteoir ag iarraidh oiread ceisteanna agus is féidir a fhreagairt, is dócha go mbeidh sé ríachtanach na paraiméadair a shocrú i gcomhar le tuismitheoirí ina dtabharfar freagra ar cheisteanna, ós rud é go bhfuil ceisteanna fogaireachta ag baint le hOideachas Caidrimh agus Gnéasúlachta.

Ní mór teorainneacha a shocrú ar na cúiseanna seo: fásann agus forbaráin leanaí ag luasanna éagsúla agus ní mór timpeallacht shábháilte a chruthú do gach dalta sa seomra ranga. Cabhrítear le bainistíú an tseomra ranga freisin, má shocráítear teorainneacha. Seo cuid de na fachtóirí atá le cur san áireamh nuair a dhéantar socruithe faoi conas freagra a thabhairt ar cheisteanna:

- ▶ Eiteos na scoile agus treoirínite polasatí OCG
- ▶ Na hábhair theagaisc OCG
- ▶ Aois agus leibhéal ullmhúcháin daltair an ranga

Is féidir teorainneacha a shocrú ar bhealach deas agus dearfach, gan cur isteach ar mhothúcháin an dalta a chuir an cheist. Seo cuid de na rudatá seo a d'fhéadfaí a rá: 'Tá a fhios agam go mbeidh a lán ceisteanna agat ach is féidir nach mbeidh mé in ann freagra a thabhairt orthu uile sa rang', 'd'fhéadfaimis fillleadh ar an ábhar sin nuair a bhíonn sibh ruid beag níos sine', nó 'an bhféadfaí labhairt le do Mhaim nó do Dhad faoi sin?'

Cé nach bhfuil na hábhair seo ar an gcuraclam bunleibhéal: glacair teacht, fritghníniúint, gimnhillleadh, homaighnéasacht agus ionfhabhtuithe gnéastarchurtha, agus cé nach gclúdarítear iad sa phaca DVD seo, is féidir go n-eascróidh ceisteanna maidir leo. Ba chóir go rachadh polasatí OCG na scoile, forbartha i gcomhar le tuismitheoirí, i bhfeidhm ar an mbealach ina bhfreagráir na múinteoirí ceisteanna faoi na hábhair seo, agus is bunphrionsabal é i gcónaí ná aois agus oiriúnacht chéime na ndaltai.

Beidh forbairt phleanála agus pholasáil an Oideachais Chaidrimh agus Ghnéasúlachta mar bhunstraithe thábhachtach roimh úsáid Busy Bodies mar chuid de do chliar OCG agus OSPS. Soláthróidh ceachtanna áirithe as na hábhair mhúinte OCG comhthéacs oiriúnach chun Busy Bodies a thabhairt isteach.

Seo cuid de na ceachtanna a d'fhéadfaí a úsáid sula dtaispeántar an DVD sna bunscóileanna:

- ▷ *Moithúcháin agus Ag Fás agus ag Athrú, ó Ábhair Acmhainne an Cheathrú Rang.*
- ▷ *Cineálacha Difrúla/Cineálacha Difrúla Grá, Mo Theaghlaigh/Theaghlaigh, Ag Fánacht Sábháilte/Ag Fánacht Sábháilte agus Sláintúil, Moithúcháin ó Ábhair Acmhainne an Chúigiu agus an tséú Rang*

Ag an dara leibhéal d'fhéadfaí na ceachtanna seo a dhéanamh sula dtaispeántar na ceachtanna:

- ▷ *Cumarsáid agus Meas, Moithúcháin agus an Dégóir, Ag Cur in Iúl mo chuid Moithúcháin, Feasacht Choirp-Cúram Coirp, An Iomhá Díom, agus Na Focail a Úsáidimid ó Ábhair Acmhainne an Timthriail Shóisearaigh*

Ceachtanna ar féidir iad a nascadh go díreach leis an DVD:

- ▷ *Fásann agus Athraíonn Mo Chorp/Ag Fás agus Ag Athrú, Iontas na Beatha Nua/na Caidrimh agus an Bheatha Nua in Ábhair Acmhainne an Chúigiu agus an tséú Rang, Caitheamh, Aitirgeadh Daonna, Míoráil na Beatha Nua agus Toircheas agus Breith in Ábhair Acmhainne an Timthriail Shóisearaigh.*

- ▶ Ba chóir go mbeadh polasat Oideachais Chaidrimh agus Ghnéasúlachta (OCG) i bhfeidhm ag scoilleana sula múineann siad aon ghné den OCG. Is féidir Pacaí Polasat de chuid na Roinne Oideachais agus Eolaíochta a íoslódáil ó www.ecdruimcondra.ie/Programmes/RSE
- ▶ Is féidir cóipeanna mic léinn den leabhrán forbartha Busy Bodies a chomhfhreagrann don ábhar sa DVD a ordú ar www.healthpromotion.ie sa rangóg Chuardaigh Foilseacháin faoin téama Sláinte Ghnéasach. Beidh ort cuntas a chruthú mar Phroifisiúnach chun cainníochtair do mhéid ranga a ordú.
- ▶ Beidh tuismitheoir in ann an DVD a íoslódáil ó www.healthpromotion.ie, www.npc.ie, www.crisispregrancy.ie agus www.ecdruimcondra.ie/Programmes/RSE - ó Eanáir 2011 i leith.
- ▶ Nuair a bhíonn sé i gceist ag múinteoir an DVD a úsáid sa rang ba chóir do/dí/e a fheiceáil roimh ré le cinntiú go n-oireann an t-ábhar do ríachtanais a (h)uid daltaí, agus go bhfuil sé de réir eiteos agus polasat OCG na scoile.
- ▶ Tá sé imholta go labharfaí le tuismitheoir sula n-úsáidtear an DVD i suíomh ranga. D'fhéadfa smaoinreamh ar thráthnóna eolais a réachtáil leis an DVD a thaispeáint agus le cur in iúl dóibh conas a úsáidtear an DVD, agus cén comhthéacs a bheas ann.
- ▶ Is féidir gur mhian le scoil an DVD a chur ar fáil do bhaill an Bhoird Bhainistíochta sula dtaispeántar do na daltaí é.
- ▶ Tá sé i gceist go n-úsáidfí an DVD i gcomhar le hábhair Acmhainne na Ranna Oideachais agus Eolaíochta don Oideachas Caidrimh agus Ghnéasúlachta (tá na h-acmhainní go léir le fáil ó láithreán greasáin Lárionaid Oideachais Droim Conrach www.ecdruimcondra.ie/Programmes/RSE) agus ábhair eile atá imholta don OSPS. Níor chóir an fiseán a úsáid gan acmhainní eile a thacaíonn leis.
- ▶ Is féidir nach mbeadh múinteoir ach ag iarraidh roinnt codanna den DVD a thaispeáint do ghrupa ranga ar leith seachas an DVD iomlán a thaispeáint. Is féidir ord na gcodanna a athrú freisin de réir mar a oireann do ríachtanais ranga.
- ▶ Múinteoir agus daoine eile ag úsáid an DVD seo le grúpa i scoil nó i suíomh eile, ní mór dóibh cuimhneamh i gcónaí go bhfuil siad freagrach as na leanaí atá faoina gcurram agus ní mór dóibh cloí leis na treoirlinnte cosanta do leanaí atá ar fáil in Children First, chomh maith le treoirlinnte agus le prótacail a ngairme féin.

Cuid de churaciam na scoile é Oideachas Sóisialta, Pearsanta agus Sláinte (OSPS) ina lán scoileanna le roinnt blianta annas. O Mheán Fómhair 2003, is cuid fhoirneálta é OSPS de churaciam na mbunscóileanna agus múinteoir arís agus arís eile leibhéal an Teastais Shóisearaigh sna meánscoileanna. Dlíthchuid den OSPS é an tOideachas Caidrimh agus Géasúlachta (OCG).

Ag an mbunleibhéal 'Soláthraíonn OSPS deiseanna ar leith forbartha pearsanta, sláinte agus leas an linbh a chosú, agus cabhrú leis nó leis caidrimh thacála a chruthú agus a chothabháil agus bheith ina (s)hóraithe agus freagrach sa tsochar'. (Curaciam OSPS na mBunscóileanna). Tá abhair acmhainne le fáil ar láithreán gréasáin Lárionaid Oideachais Dromaí Conrach: www.ecdromcontra.ie/ Programmes/RSE. Tá mar chuid den liosta seo Abhair Acmhainne d'Oideachas Caidrimh agus Géasúlachta ag an ceithre leibhéal: Náisiúil, 1ú agus 2ú Rang, 3ú agus 4ú Rang, agus 5ú agus 6ú Rang.

Ag an leibhéal iarbhunscóile tógann OSPS ar aithneanna an OSPS sa bhunscóil agus bíonn sé d'aithne aige: 'cur ar chumas na ndáltaí scileanna pearsanta agus sóisialta a fhorbairt, feimhneas agus feimhniú a chosú, creatlach a fhorbairt do sóisialta a leas fisiciúil, mothúcháin agus intinne a chosú'. (Teoiricínte OSPS Teastais Shóisearaigh do Mhúinteoirí). Ceann de dhéic modúl OSPS é OCG. Is iad na príomhachmhainní do OSPS/OCG ag an leibhéal iarbhunscóile (Tímhrialáil Sóisearach) ná 'On My Own Two Feet', 'Lifeskills Programme' Fheidhmeannacht na Seirbhíse Sláinte an Iarthair, agus Abhair Acmhainne Teagaisc Oideachais Chaidrimh agus Géasúlachta. Tá liosta abhair breise acmhainne ar fáil ar shuíomh idirlín na Seirbhíse Tacatúcháin OSPS: www.sph.ie.

Forbraíodh *Busy Bodies* ag Fheidhmeannacht na Seirbhíse Sláinte an Deiscirt, agus maoiníodh é ag an Roinn Sláinte agus Leanaí, lena úsáid mar acmhainn le tacú le seachadadh OSPS le leanaí idir 10 - 14 bliana. Soláthraíonn sé a lán eolais úsáidigh faoi na hathruithe a mbeadh ar na leanaí a thabhairt orthu le linn an chaitheamh agus conas is féidir leo aire a thabhairt dóibh féin ag an am seo. Cé go mbaimeann go leor den eolas le forbairt ghnéasúil, cuirtear é i gcomhthéacs fhorbairt iomláin agus feinchturam an duine óig. Tá an fiseán lánbheoite agus cuireann sé an t-eolas i láthair i bhformáid shábháilte, shuilithe agus shothuigte. Tá suil againn go mbeidh na leanaí sásta a fháil amach gur gnáthchuid den fhás aníos é an caitheamh.

Is féidir le múinteoirí *Busy Bodies* a úsáid le OSPS a chomhlánu i suíomh na scoile. Is féidir é a úsáid freisin le tacú le clár chothaithe sláinte i suíomhanna oideachais neamhfhoirmeálta.

Tá sé i gceist go n-úsáidfidh an DVD seo i gcomhar le abhair OSPS atá ceadaithe ag an Roinn Oideachais agus Eolaíochta, m.sh. Abhair Acmhainne Teagaisc OCG.

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Ba mhaithe leis an Rannóg Choithaíthe Sláinte, Feidhmeannacht na Seirbhíse Sláinte an Deiscirt, a mbuíochas a chur in iúl do gach duine a chuir le forbairt Busy Bodies:

Grúpa Forbartha Tionscadail Feidhmeannacht na Seirbhíse Sláinte an Deiscirt

- ▶ Teresa McElhinney
- ▶ Martin Grogan
- ▶ Julianne Prendiville

Grúpa Náisiúnta Comhairleach

- ▶ Frances Shearer
- ▶ Ann McAteer
- ▶ Olive McGovern
- ▶ Fionnuala Killeather
- ▶ Sioban O'Brien Green
- ▶ Caroline Spillane

Grúpa Comhairleach Feidhmeannacht na Seirbhíse Sláinte an Deiscirt

- ▶ Cathérine Murphy

- ▶ Frances Deasy

- ▶ Karen O'Mullane
- ▶ Freda Horan
- ▶ Shirley O'Shea
- ▶ Maria Harrington

Buíochas faoi leith do:

- ▶ Shay McGovern
- ▶ Norma Deasy
- ▶ Frank Wyse
- ▶ Mary Mc Donald
- ▶ Elizabeth O Connell

Lucht bainistíochta agus foireann Monster Animation and Design, Teo.

Foireann agus Daltaí: Scoil Náisiúnta do Bhuaicéil an Chnocáin Ghlais, an Cnocán Glas, Corcaigh, agus Scoil Náisiúnta, Muiníníuch, Maigh Chromtha, Co. Chorcaí, as cabhrú linn lena gcuid tuairimí agus comhairle le linn tástála próifíl at an fhíséin.

Fogra Cópíchrit © Is le Feidhmeannacht na Seirbhíse Sláinte an Deiscirt agus le Monster Animation gach cóipcheart don DVD seo. Is le Feidhmeannacht na Seirbhíse Sláinte an Deiscirt gach cóipcheart do Threoir Úsáideora an fhíséin.

An Rannóg Choithaíthe Sláinte, Feidhmeannacht na Seirbhíse Sláinte an Deiscirt, An tOspidéal Súile, Cluaise & Scornal, Bóthar an Iarthair, Corcaigh. Tel. 021- 4921641

Monster Animation and Design, 7-8, Corrán Sráid an Mhóta, Baile Átha Cliath 2. Tel. 01 603 4980

Forbaradh **Busy Bodies** lena úsáid mar chuid de chlar cothaithe sláinte le leanaí 10-14. Soláthraithear ann eolas úsáideach faoi na hathruithe a mbíonn ar leanaí aghaidh a thabhairt orthu le linn an chaitheamh. Tá an fiséán lánbheoite, agus cuirtear sé an t-eolas i láthair i bhformáid shábháilte, shultmhar agus shothuigthe. Beidh na leanaí sásta fíos a bheith acu gur gnáthchuid den fhás aníos é an caitheamh.

Soláthraíonn an Treoir seo don úsáideoir moltaí faoi ullmhúcháin roimh úsáid an DVD le grúpa, chomh maith le gníomhaíochtaí a mholadh ó acmhainní OSPS atá ar fáil cheana, le tacú leis an bhfoghlaim. Soláthraithear eolas úsáideach le cabhrú leat roinnt seisiún seomra ranga a phleanáil le do ghrúpa, ag úsáid an DVD san iomlán, nó díreach cuid de. Luaithear freisin liosta acmhainní úsáideacha.

Is féidir le muinteoirí **Busy Bodies** a úsáid le cur le múnear OSPS i suíomh na scoile. Is féidir seo a bheith á úsáid chomh céanna chun tacú le cláracha cothaithe sláinte sna hionaid oideachais neamhthoimreálta agus ag tuistí sa bhaile*.

**Tá sé de fhreagracht ar na muinteoirí sin a úsáideann an DVD seo cinntiú go bhfuil an t-abhar oiriúnach do rianachais a gcuideálta, de réir pholasaí na scoile/na heagraíochta agus oiriúnach do chlár na scoile/na heagraíochta, faoi mar a chuirtear síos orthu ag an gComhairle Náisiúnta Curaclaim agus Measúnachta, nó aon chomhlacht ábhartha eile taobh amuigh de shuíomh scoile. Is féidir DVDna agus cóipeanna míc léinn den leabhrán forbartha Ógánta Busy Bodies a ordú ar www.healthpromotion.ie sa rannóg Cuardaigh Foilsíocháin faoin téama Sláinte Ghnéasach. Beidh ort cuntas a chruthú mar Phroifisiúntach chun méadanna do rang a ordú.*



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NA NDÉAGÓIRÍ





**CLAR FAOI
FHORBAIRT
NA NDEÁGÓIRÍ
TRÉOIR DON
USÁIDEOIR**

