

# Graduate Diploma in Social, Personal and Health Education/Relationships and Sexuality Education



An innovative,  
one-year, part-time  
NFQ Level 9 post-  
graduate programme



A first-of-its kind  
course in Ireland



Addressing the  
gap in teacher  
education provision  
in SPHE/RSE

- DCU's Graduate Diploma in Social, Personal and Health Education/Relationships and Sexuality Education (SPHE/RSE) is a course for post-primary school teachers
- The new SPHE post-primary specifications, which are available on [curriculumonline.ie](http://curriculumonline.ie), include elements that are designed to support young people to understand issues of consent, to have respect for themselves and others, to appreciate the risks and negative impacts of pornography and to navigate today's world safely
- The Graduate Diploma is designed to help post-primary teachers and schools in the provision of the new SPHE/RSE curriculum for junior cycle and senior cycle students
- This programme is funded by the Department of Education (DoE) to supplement teacher education provision in SPHE/RSE and it is the first programme of its kind at post-primary level in Ireland
- The topics covered in the Graduate Diploma include mental health and wellbeing, consent, respect and relationships, equipping teachers to deliver the curriculum in a sensitive, age-appropriate manner
- Supporting students and safeguarding their wellbeing are teachers' number one priority, providing a safe space for students
- The materials for the course are designed to help teachers do this, to support their understanding and to prepare them for the types of questions they will be asked by students
- The enhancement and upskilling of teachers' knowledge has the potential to effect lasting positive change for teachers, their schools, the young people they are teaching and their families and communities
- Teachers participating in the programme will be involved in critical exploration of resources and content related to SPHE and RSE, including examples used internationally as well as material accessed by children and young adults directly. As such, these materials are provided to them as adults and no graphic or explicit material is for use in a classroom setting



“When I went back to school and those tough conversations came up, I was much better equipped, and I was much more comfortable.”

Emma, Post-Primary Teacher, Dublin



“The new SPHE curriculum is excellent and provides excellent learning opportunities for students to learn about themselves and how to navigate the modern world. The DCU course is the first teacher training course in the area of SPHE and RSE in Ireland to fully support teachers in the delivery of this often sensitive yet highly necessary curriculum.”

Pam, Post-Primary Teacher, Wicklow



“I feel really confident, standing in front of a class and hosting a dialogue between the kids themselves that is respectful, but also honest and true to their diverse range of views.”

Courtney, Post-Primary Teacher, Wicklow