

March 2022

Dear Parent/Guardian,

One of the ten modules on the SPHE curriculum is Relationships and Sexuality Education (RSE). This RSE module will be taught during SPHE lessons in the forthcoming weeks. We ask Parents/Guardians to be aware that sensitive topics will be discussed in the classroom. Some students may wish to discuss this in greater detail at home or may simply have questions they would rather ask Parents/Guardians about.

Relationships and Sexuality Education (RSE) seeks to provide opportunities for young people to learn about relationships and sexuality in ways that will enable them to think and act in a moral, caring and responsible way

Parents/Guardians can view the RSE module in more detail on the website www.sphe.ie by clicking on “resources”, then “RSE”, then “parents” and finally by clicking on “RSE Parent leaflet”.

In the unlikely event that you wish your son/daughter not to participate in these lessons, please contact me to discuss this further.

Yours faithfully,

Brian Kehoe

Principal

Annette Parkes

SPHE Co-ordinator

The topics to be discussed are age appropriate and sensitive to the students needs. These may include some of the following which will enhance some of these topics already touched on during the year.

1st year:

1. Me as unique and different
2. Friendship
3. Change at adolescence
4. Reproductive system
5. Images of male and female
6. Respecting self and others

2nd year:

1. From conception to birth
2. Recognising and expressing feelings and emotions
3. Peer pressure and other influences
4. Managing relationships
5. Making responsible decisions
6. Health and personal safety

3rd year:

1. Body image
2. Where am I now?
3. Relationships- what's important
4. The three R's – respect, rights and responsibilities
5. Conflict

In senior cycle the following topics may be discussed:

1. Assertive communication
2. Dealing with Feelings
3. Living with loss
4. Human reproduction
5. Human sexuality
6. Planning for the future
7. Responsible parenthood
8. Implications of sexual activity
9. Sexually transmitted infections
10. Loving relationships
11. Marriage

12. Life support
13. Challenging roles
14. Accepting sexual orientations
15. Sexual harassment
16. When sexual assault becomes a reality
17. Without consent
18. Sexual abuse

Topics for junior cycle students include:

1. Human growth and development
 - Puberty
 - Fertility, conception, pregnancy, birth
 - Sexually transmitted infections
 - Consequences of sexual activity
2. Human sexuality
 - Understanding and respecting male and female
 - Appreciating roles of men and women in society
 - Discrimination
 - Personal safety
 - Sexual orientation
3. Human relationships
 - Making and maintaining good relationships and friendships
 - Family roles and responsibilities
 - Conflict
 - Peer pressure

Senior cycle will build on junior cycle:

1. Human growth and development
 - Fertility
 - Family planning
 - Pregnancy and developing foetus
2. Human sexuality
 - Treating men and women with respect
 - Sexual harassment
 - Sexual abuse, rape, legal rights, voluntary and statutory agencies
 - Healthy choices regarding sexual activity
3. Human relationships
 - Loving relationships/Commitment/Marriage/Parenting/Family life