

Dear Parent/Guardian,

As part of the SPHE curriculum, Relationships & Sexuality Education (RSE) will be delivered to your son/daughter at the times outlined below.

An overview is also enclosed of the topics which may be covered as part of RSE at Junior & Senior Cycle and the primary resources used for doing so. Additional resources may be used where necessary.

The RSE policy as well as a full overview of the other topics covered in SPHE are available on the school website if you wish to see them.

RSE is a required part of the curriculum and the way it is taught is informed by our ethos and Mission Statement.

As per school policy, all students are included in RSE unless the school is informed otherwise. Parents retain the right to withdraw their child from RSE. It will be necessary for parents who wish to withdraw a student from RSE to make suitable arrangements with school management for the supervision of the student at these times.

Where students are withdrawn from RSE, the school cannot accept any responsibility for any versions of class content passed onto them by other students.

We are very aware of your role as the child's first educator. We would appreciate your support by talking to your son/daughter about the RSE programme and helping them with any concerns they may have.

Should you have any queries or concerns please contact the school and we will support you in any way possible.

Regards,

Rev. Fr Ignatius McCormack (Principal)

Gary Brennan (SPHE Co-Ordinator)

Year Group	Topics which may be covered	Primary Resources
1st Year RSE <i>Feb Mid-Term to Easter Break</i> <i>6 lessons</i>	Values in Relationships Changes during Puberty – adolescence to parenthood Gender & Sexuality Gender Stereotyping Sexual Orientation	Health & Wellbeing 1 Textbook Edco Digital Resources
2nd Year RSE <i>Feb Mid-Term to Easter Break</i> <i>6 lessons</i>	Changes at adolescence From conception to birth – stages of pregnancy Managing relationships Peer Pressure & other influences Making responsible decisions Health & Personal Safety	Healthy Times Workbook
3rd Year RSE <i>Feb Mid-Term to Easter Break</i> <i>6 lessons</i>	Body Image Where am I now? Relationships; what's important The 3 Rs – Respect, Rights & Responsibilities Contraception STIs Sexual Orientation	Healthy Choices Workbook
TY RSE <i>Jan-Easter Break (depending on TY timetable)</i> <i>6 lessons</i>	<i>Relationships</i> – values in relationships, relationship skills, relationship scenarios, personal strengths in relationships <i>Sexual & Reproductive Health</i> – stages of development, reproductive process, STIs, contraception, lifestyle choices, moral, social & cultural issues, cultural values & beliefs regarding sex & sexual health <i>Personal Rights & Safety</i> – Personal Safety & Privacy, Sexual Harassment, Age of Consent	TRUST Workbook, DVD & Resources
5th Year RSE <i>On rotation throughout schoolyear</i> <i>Min 6 lessons</i>	Values in Relationships Sexuality Gender Identity Sexual Orientation Conception Contraception	TRUST Workbook, DVD & Resources
6th Year RSE <i>On rotation throughout schoolyear</i> <i>Min 6 lessons</i>	Core Values in Relationships Sexual Health Beliefs & Attitudes about sex Intimacy in Relationships Sexual Orientation Resisting Pressure Reproduction & Fertility Contraception STIs	TRUST Workbook, DVD & Resources

Additional Resources & Websites may also be used, including

- SPHE Syllabus & Guidelines for Teachers
- sphe.ie
- Busy Bodies
- Growing up LGBT
- On my Own Two Feet
- webwise.ie
- b4udecide.ie
- sexualwellbeing.ie
- yoursexualhealth.ie
- belongto.org
- healthpromotion.ie
- scoilnet.ie