

Dear Parent/ Guardian

As part of the SPHE Junior Cycle curriculum Transition Year Programme all 1st to 4th year students will study Relationships and Sexuality Education. Typically, this is studied in the latter half of our school year. Parents and Guardians are notified of the content in advance of the commencement of the classes. The subject is dealt with in a sensitive and age appropriate manner and the lesson structure is detailed below. This is in accordance with the curriculum as set out by the Department of Education and Science. All students will receive approximately 6 RSE lessons.

Description of lessons:

1. From conception to birth: This lesson will give a clear understanding of human fertility and the development of foetus from conception to birth.
2. Peer pressure and other influences: This lesson will examine the role of peer pressure and other influences in the area of sexuality.
3. Managing relationships: This lesson will provide the students with opportunities for developing skills for establishing and maintaining relationships at appropriate levels.
4. Making responsible decisions: This lesson will focus on the skills for making considered decisions in the area of sexuality, consistent with a personal value system and within a moral framework.
5. Health and personal safety: This lesson will develop an awareness of the potential risks in developing new relationships and the practical steps involved in keeping safe. This will include issues of health and personal safety and infection awareness with a particular emphasis on sexually transmitted diseases.
6. Body image: This lesson will help students to develop a positive appreciation of self.

Should you wish to withdraw your child from this aspect of the SPHE curriculum, please notify the school in writing as soon as possible.

Yours sincerely,

SPHE department