

Dear Parent/Guardian,

Social Personal and Health Education (SPHE) is a very important element of the school curriculum. SPHE covers a wide range of topics such as self identity, making decisions, citizenship and relationships, which equip children with many of the skills and knowledge needed in today's world.

The Relationship and Sexuality element of the programme (RSE) includes the learning, understanding and the development of attitudes, beliefs and values about relationships, sexual identity and intimacy.

The main aims of the RSE programme are:

- To enhance the personal development, well being and self-esteem of each child
- To enable each child to gain an understanding of and respect for human love, reproduction and sexual activity in a sensitive and measured way
- To enable the child develop healthy friendships and relationships

The content of the programme falls under the following headings:

- **Myself** - Self identity, taking care of my body, growing and changing, safety
- **Myself and Others** - Myself and family, friends and relating to other people
- **Taking Care of My Body** - Naming parts of the male and female body using appropriate terminology. Identifying physical changes. Understanding puberty and the Reproductive System
- **Growing and Changing** - The stages of development of a baby from conception to birth. Understanding sexual relations within the context of a committed loving relationship.

Within this content, there are a number of sensitive issues such as conception and reproduction. Our school policy outlines that these issues will primarily be taught in SPHE and we are now advising parents in advance that this will take place in the coming weeks. We encourage you to talk to your son/daughter about what he/she will learn through RSE in a mature and respectful way.

If you have any queries about the content of the RSE module please feel free to contact the school and leave a message for the SPHE Co-Ordinator Ms Condren or any of the SPHE teachers.

Yours Sincerely

Mr C Keegan
(Principal)

Ms N Condren
(SPHE Co-ordinator)