



**OUR  
LADY'S  
SCHOOL**  
TERENURE



### 3rd Year SPHE and RSE (Relationships & Sexuality Education)

Dear Parent/Guardian,

November 2023

We hope your daughter is feeling positive about school and is building supportive relationships with her peers in her year group. As part of the Wellbeing SPHE curriculum at Junior Cycle your daughter will participate in the following modules in 3rd Year:

1. **Who Am I?**- Learning how to study/ Be Safe/ How I See Myself and Others
2. **Minding Myself and Others**- Being Healthy/ Substance Abuse/ Respectful Communication/ Anti-Bullying
3. **Team Up**- Friendship/ The Relationship Spectrum/ Sexuality, Gender Identity & Sexual Health/ Media Influences on Relationships & Sexuality
4. **My Mental Health**- Positive Mental Health/ Mental Health and Mental Ill-Health/ Dealing With Tough Times/ Loss and Bereavement

During the final term of the year in Our Lady's, we will focus on Relationships and Sexual Education and I would like to outline the topics that will be discussed. The SPHE team would be most grateful if parents could discuss the 'Team Up' topics with their daughter and support the programme and student learning at home. The NCCA recognise that "*parents are the primary providers of RSE to their children. The function of the school is to play a supportive role in this area*"<sup>1</sup>

#### Students will partake in six classes on RSE covering the following:

- Appreciate that relationships change over time
- Learn about romantic relationships
- Reflect on their own values as regards a romantic relationship
- Analyse some of the romantic relationship difficulties experienced by a young person
- Identify some possible warning signs of an unhealthy relationship
- Practice skills in ending a relationship respectfully
- Understand safety while dating or in a relationship
- Explain what is meant by sex, sexuality and sexual health
- Be aware of some issues faced by transgender teenagers
- LBGT+: Facing prejudice
- Discover what Irish law says about the age of consent for sexual consent for sexual activity
- Recognise the challenges of being a teenage parent
- Learn about Sexually Transmitted Infections
- Understand the nature of media influences on sex and sexuality

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<sup>1</sup> NCCA, 'Resource Material for RSE: Junior Cycle', p. 9.

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Stephen Rhatigan, Aoife Ronan



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We would like to make you aware of this module due to the fact that your daughter may have some specific questions that she may not wish to discuss in class. Parents' involvement is vital to the success of the SPHE curriculum.

If you have any queries regarding this module and its implementation, please do not hesitate to contact the school.

Yours faithfully,

Ms M. Gorby  
Principal

Ms J. Reilly  
SPHE Subject Co-ordinator

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