



**OUR
LADY'S
SCHOOL**
TERENURE



2nd Year SPHE and RSE (Relationships & Sexuality Education)

Dear Parent/Guardian,

November 2023

We hope your daughter is feeling positive about the school year 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 2nd 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*"¹

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

- Understand that your friendships can change throughout your life
- Think about what type of friend you are to others
- Learn how to handle difficulties in your friendships
- Understand the different relationships in their life
- Appreciate that all families have differences and similarities
- Discuss ways of starting a new relationship
- Learn about respecting themselves and others in different kinds of relationships
- Explore the importance of having boundaries in relationships and setting personal boundaries
- Revise parts of the reproductive systems
- Learn about fertility, conception, prenatal development and birth
- Appreciate how important it is for the mother to look after her health during pregnancy
- Explore some personal and social dimensions of sexual orientation and how the school is an inclusive environment
- Explore the influences of social media on their lives

¹ NCCA, 'Resource Material for RSE: Junior Cycle', p. 9.

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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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