



Dear Parent / Guardian,

This term we will be delivering our RSE (Relationship and Sexuality Program) to our Junior Cycle students. Our SPHE (Social Personal & Health Education) teachers will be delivering the program. You can ask your son/daughter to show you their SPHE book where you will see the topics covered.

Unit 1. Having a Friend and Being a Friend

Unit 2. The Relationship Spectrum

Unit 3. Sexuality, Gender Identity & Sexual Health

Unit 4. Media Influences on Relationships & Sexuality

As you may be aware there is a new RSE Junior cycle curriculum, you can find details of this on our school website under the Junior Cycle SPHE & RSE tab or by [clicking here](#).

“Making the ‘Big Talk’ many small talks’ is a resource published by the HSE to support parents having conversations with their teenagers and young adults about relationships and healthy sexuality development” You can find it here [Making the Big talk many small talks](#)

Our teachers may also use a program called the **‘Active Consent for School Communities Program’**. This program shares knowledge and skills that enable young people to practice active consent communication. See [Consent Hub](#) for information.

The Active Consent program believes that the most effective form of consent education supports young people’s sexual health and agency and is taught through a sex-positive lens which honour’s peoples’ choices, whether they choose to become sexually active or not.

Parents/guardians play a critical role in teaching their children about consent. Speaking openly and honestly with your children can help them develop healthy relationships with others as they grow up.

Your son / daughter may wish to talk about these topics at home and you are best placed to address any concerns they may have.

If you have any queries or wish to discuss this further, please contact our Principal, Mr McCormack.

With kind regards

Ms. Theresa Payne School Guidance Counsellor