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Re: Upcoming RSE Module in SPHE

Dear Parents/Guardians,

I hope this letter finds you well. I am writing to inform you about an important aspect of your child's Social, Personal, and Health Education (SPHE) curriculum. Beginning next term, as part of the SPHE programme, 1st to 3rd year students will undertake a module in Relationships and Sexuality Education (RSE). This module is a vital component of the curriculum, designed to support your child's well-being, personal development, and understanding of relationships.

The RSE module has been updated to reflect the **new RSE specification**, ensuring that the content and teaching approaches are relevant to the needs of young people today.

During this module, your child will explore topics in a safe and inclusive environment, facilitated by experienced teachers. The learning outcomes are tailored to each year group.

We understand that topics such as these are deeply personal and sometimes sensitive. As always, our approach will be inclusive, age-appropriate, and respectful of individual and family values.

Students will have the opportunity to engage in discussions, ask questions, and reflect on their learning. The updated learning outcomes aim to empower students with knowledge, skills, and attitudes to make informed decisions about their health and relationships.

Key Learning Outcomes: Students should be able to.....

3.1 reflect on the values, behaviours and skills that help to make, sustain and end relationships respectfully with friends, family and romantic/intimate relationships

3.2 examine benefits and difficulties experienced by young people in a range of relationships - friendships, family relationships, and romantic/intimate relationships

3.3 identify signs of healthy, unhealthy and abusive relationships

3.4 appreciate the importance of setting healthy boundaries in relationships and consider how to show respect for the boundaries of others

3.5 consider the importance of taking care of their reproductive health

3.6 appreciate the breadth of what constitutes human sexuality, and how sexual orientation and gender identity are experienced and expressed in diverse ways

3.7 explore the pressures to become sexually intimate and discuss ways to show respect for people's choices

3.8 appreciate the importance of seeking, giving and receiving consent in sexual relationships, from the perspective of building caring relationships and from a legal perspective

3.9 explain the importance of safer sexual activity with reference to methods of contraception and protection against sexually transmitted infections (STIs)

3.10 discuss the influence of popular culture and the online world, in particular, the influence of pornography, on young people's understanding, expectations and social norms in relation to sexual expression

3.11 demonstrate how to access and appraise appropriate and trustworthy advice, support and services related to relationships and sexual health.

If you would like further details about the content of the RSE module or have any specific concerns, please do not hesitate to get in touch. Our goal is to work in partnership with you to ensure that this important aspect of your child's education is delivered effectively and supportively. The following HSE publication is a helpful resource to support parents to support their teen- [Making the 'big talk' many 'small talks' age13-18](#)

Thank you for your continued support of our SPHE programme and our commitment to fostering your child's holistic development.

Kind regards,

Susan Masterson

Wellbeing Coordinator