

**Coláiste Pobail na Mainistreach**  
 Bóthar na Mainistreach An Port Mór Portláirge X91 PC91  
 Príomhoide: Michelle Ní Sheafraidh  
 Leas-Phríomhoide: Colm de Ris  
 Leas-Phríomhoide: Helen Ní Chonchubhair  
 Leas-Phríomhoide: Laura Ní Ghiolla Phádraig

**Abbey Community College**  
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A chara,

Your son/daughter will be taking part in **Relationship and Sexuality Education (RSE)** from 18<sup>th</sup> November, 2019 – 14<sup>th</sup> February, 2020.

Relationships and Sexuality Education is a lifelong process of acquiring knowledge and understanding and of developing attitudes, beliefs and values about sexual identity, relationships and intimacy. In the school setting, it is an integral part of general educational provision, which seeks to promote the overall development of the person and which includes the integration of sexuality into personal understanding, growth and development. Through RSE, formal opportunities are provided for young people to evaluate the wide range of information, opinions, attitudes and values which they receive. In this way they can be helped to form values and establish behaviours within a moral framework. While parents are the primary educators in this area, schools have a key role to play. Ideally parents and schools will work in partnership to provide comprehensive relationships and sexuality education for young people.

**Relationship and Sexuality Education (RSE) aims -**

- To help young people understand and develop friendships and relationships.
- To promote an understanding of sexuality.
- To promote a positive attitude to one's own sexuality and in one's relationship with others.
- To promote knowledge of and respect for reproduction.
- To enable pupils to develop attitudes and values toward their sexuality in a moral, spiritual and social framework in keeping with the policy of the school.
- To provide opportunities for pupils to learn about relationships and sexuality in ways that may help them think and act in a moral, caring and responsible way.

**Topics included in 5<sup>th</sup> Year Relationship and Sexuality Education (RSE) include:**

Values in Relationships	Sexual Orientation	STI
Dealing with feelings	Challenging Roles / Stereotypes	Without Consent
Influence of Self-esteem	Human Reproduction and Fertility	Relationships on-line
Boundaries	Contraception	Pornography
Sexuality	Unplanned Pregnancy	

If you do not wish your son/daughter to participate in RSE, please contact the school.

Le meas,

*Michelle Jefford*

Michelle Jefford  
 Principal

In Partnership with the Religious of the Sacred Heart of Mary

