

**Coláiste Pobail na Mainistreach**  
 Bóthar na Mainistreach, An Port Mór, Portláirge, X91 PC91  
**Priomhoide:** Michelle Ni Sheafraidh  
**Leas-Phriomhoide:** Colm de Ris  
**Leas-Phriomhoide:** Helen Ni Chonchubhair  
**Leas-Phriomhoide:** Laura Ni Ghiolla Phádraig

**Abbey Community College**  
 Abbey Road, Ferrybank, Waterford, X91 PC91  
**Principal:** Michelle Jefford  
**Deputy Principal:** Colm Rice  
**Deputy Principal:** Helen O'Connor  
**Deputy Principal:** Laura Fitzpatrick



**Tel:** 051 832 930  
 info@abbeycommunitycollege.com  
 www.abbeycommunitycollege.com

October 2024

A chara,

Your son/daughter will be taking part in **Relationship and Sexuality Education (RSE)** from November 2024 – January 2025.

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 (healthy and unhealthy) and sexuality in ways that may help them think and act in a moral, caring and responsible way.

**Topics included in Junior Cycle Relationship and Sexuality Education (RSE) include:**

Human Growth & Development	Human Sexuality	Human Relationships
An understanding of physical and emotional changes at puberty	An understanding and respecting what it is to be female or male	Developing skills regarding making and maintaining good relationships and friendships
Fertility, conception, pregnancy and birth	An appreciation of the roles of women and men in society	Family roles and responsibilities
Sexually transmitted diseases, including HIV and AIDS	An awareness of discrimination	Group behaviour and resolving conflict
An awareness of the consequences and implications of sexual activity	Personal safety	An understanding of how peer pressure works
	Sexual orientation	

More information can be found on our college website at [www.abbeycommunitycollege.com](http://www.abbeycommunitycollege.com)

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

Le meas,

*Michelle Jefford*

Michelle Jefford  
 Principal



Together Towards Excellence

