



Mary H. Jackson  
Principal

Secretary, Board of Management

**Pobalscoil Chillín, Áth Fheirdia**  
**Ardee Community School**  
**Ardee, Co. Louth**  
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Dear Parent/Guardian,

We plan to deliver the Relationships and Sexuality Education (RSE) programme to your son's / daughter's class from the week beginning Monday 14<sup>th</sup> December 2020. This is a part of the Junior Cycle SPHE course. All lessons have been approved by the Department of Education and Skills.

The outline of the programme is as follows:

#### First Year

- Circle of Life
  - Aim: to enable students to develop a deeper awareness and acceptance of the changes which take place throughout the human life cycle.
- Puberty
  - Aim: to develop a greater understanding and appreciation of the physical, psychological and social changes that take place in girls and boys during puberty.
- Human Reproduction 1
  - Aim: to increase knowledge and understanding of a woman's reproductive system.
- Human Reproduction 2
  - Aim: to increase knowledge and understanding of a man's reproductive system.
- Feelings and Adolescence
  - Aim: to increase awareness of the range of feelings, moods and emotions which can be part of adolescence.

#### Second Year

- The Words We Use
  - Aim: to explore socio-cultural factors which influence the language and vocabulary associated with relationships and sexuality.
- The Miracle of New Life
  - Aim: to help students acquire knowledge and understanding of fertility and conception.
- Pregnancy and Birth

- Aim: to increase awareness of pregnancy and the significant impact a baby has on the lives of the mother and father.
- Self-Esteem
  - Aim: to deepen the students' awareness of the factors which enhance and diminish self-esteem.
- How I Relate
  - Aim: to enable students to reflect on the nature of relationships and their importance in the student's lives.

### Third Year

- Boy/Girl Relationship
  - Aim: to provide an opportunity for students to reflect on relationships between girls and boys, and the appropriate behaviour in these relationships.
- Don't Box Me In!
  - Aim: to increase awareness of the negative effects of stereotyping and to deepen appreciation of equality and difference.
- Peer Pressure
  - Aim: to enable students to examine the effect peer pressure can have on teenage friendships, and to provide students with an opportunity to explore ways of dealing with peer pressure.
- Time to Reflect
  - Aim: to provide an opportunity for students to examine some of the implications of sexual activity.
- Teenage Pregnancy
  - Aim: to enable students to reflect on the implications of teenage pregnancy.

The detailed lesson plans are available in the school for viewing if required. Ardee Community School will endeavour to address any concerns which parents / guardians may have in relation to the RSE programme content. If you remain concerned and wish to withdraw your child from a particular lesson or for the duration of the programme we would ask that you phone the school and talk to Ms Mary Jackson (Principal) or Ms Pauline Duffy (Deputy Principal) in advance of the beginning of this programme but no later than Thursday 10<sup>th</sup> December 2020. If you have any further queries, please do not hesitate to contact us.

Yours Sincerely,

Leanne Kirk

SPHE Co-ordinator