



Coláiste Bríde

Templeshannon, Enniscorthy, Co. Wexford.

4th February 2026

Dear Parent/Guardian,

Here at Coláiste Bríde we seek to promote the overall development of our students. This includes the provision of opportunities for them to learn about relationships and sexuality in ways that help them think and act in a moral, caring and responsible way. Sexuality is a key element of healthy social and personal development in all our lives. Sexual development calls for the critical evaluation of a wide range of information, opinions, attitudes and values with which adolescents are bombarded. A holistic understanding of sexuality will contribute to the development of personal well-being, will enhance personal relationships and will have implications for the family and ultimately for society. Relationships and sexuality education (RSE) is delivered to each year group in Coláiste Bríde.

4th, 5th and 6th year groups are taught RSE, which is incorporated into their S.P.H.E. time in TY and non-exam class time in 5th and 6th Year.

Overview of topics to be covered in 4th, 5th and 6th year:

4th Year

Relationships:

- Recognising your emotions, how to deal with them and their effect on your body
- Loving relationships and loving qualities
- Intimacy and marriage

Human Sexuality:

- Influences and values
- Decision making
- Responsible relationships

Human growth and development:

- Human reproduction



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5th Year

Relationships:

- Keeping your cool in conflict and how to resolve conflict in a relationship
- Self-esteem and being yourself
- Boundaries and communicating boundaries

Human Sexuality:

- What is sexuality?
- Sexual orientation
- Changing roles in society

Human Growth and development:

- Consent
- Rape: myths and truths
- Rape and sexual assault
- Sexual abuse and how to deal with it

Human Sexuality:

- Contraceptive methods
- Sexual Transmitted Infections

6th Year

Relationships:

- When we feel hurt
- Loss and coping with loss
- Life support and family lines

Human Sexuality:

- Gender and identity

Human Growth and development:

- Unplanned pregnancy



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- Fertility
- Health care before and after pregnancy
- Transmission of Sexual Transmitted Infections

A copy of the full course can be made readily available to you from your daughter/ward's SPHE coordinator.

Areas of RSE are also provided across the school's curriculum. Biology, Home Economics, Religion and Physical Education are subjects that deal with varying aspects of RSE.

The teaching methods used for the RSE programme are classroom based with an emphasis on discussion, reflection and classroom debate. All teaching methods used are student-centred and appropriate to the age and stage of development of the student.

Each parent has the right to withdraw their daughter from RSE. However, it will be necessary for parents of any student opting out of RSE to make suitable arrangements with school management for the welfare of their daughters/wards at these times. It is important to be aware that in these circumstances the school cannot be held responsible for information subsequently passed on by participating students.

The normal limits of confidentiality, as outlined by the Child Protection Procedures for Primary and Post-Primary Schools, will apply to any information coming to the attention of the teacher. However, every effort will be made to ensure that this information is dealt with in a sensitive and discreet manner.

If you should have any questions, please feel free to contact the SPHE coordinator, the Principal or the Deputy Principal.

Yours sincerely,

Kiera O'Sullivan
Principal