



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 which includes the provision of opportunities for them to learn about relationships and sexuality in ways that help them to think of 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) will be delivered to each year group in Coláiste Bríde.

During your daughter's SPHE classes **the RSE course will be taught in the coming weeks.**

Relationship and Sexuality Education, within the overall framework of Social Personal and Health education, has its specific aims:

- To help young people understand and develop friendships and relationships.
- To promote an understanding of sexuality.
- To promote a positive attitude towards one's own sexuality and in one's relationships with others.
- To promote knowledge and respect of reproduction.
- To enable young people to develop attitudes and values concerning their sexuality in a moral, spiritual and social framework.

RSE is taught to all levels. 1st, 2nd and 3rd year classes are timetabled for one class period per week of SPHE. Their SPHE programme incorporates RSE. The Units covered during these SPHE class periods are:

- **First Years:** Unit 1: Having a Friend and Being a Friend
Unit 2: Sexuality, Gender Identity and Sexual Health: Changes at adolescence – What's happening inside your body?
Unit 3: Sexuality, Gender Identity and Sexual Health
- **Second Years:** Unit 1: Having a Friend and Being a Friend
Unit 2: The Relationship Spectrum



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Unit 3: Sexuality, Gender Identity and Sexual Health

Unit 4: Media influences on Relationships and Sexuality

- **Third Years:** Unit1: Having a Friend and Being a Friend

Unit 2: The Relationship Spectrum

Unit 3: Sexuality, Gender Identity and Sexual Health

Unit 4: Media influences on Relationships and Sexuality

Areas of RSE are also provided across the school's curriculum. Wellbeing, Science, Home Economics, Religion and Physical Education are subjects that deal with varying areas 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 child-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 child at these times. It is important to be aware that in these circumstances the school cannot be held responsible for the information subsequently passed on by participating students.

The normal limits of confidentiality, as outlined by the Child Protection Policy and code of Behaviour for working with the children/young people July 2011, will apply to any information coming to the attention of the teacher. However, every effort should be made to ensure that this information is dealt with in a sensitive and discreet manner.

If you have any questions, please do not hesitate to contact me.

Thanking you,

Kiera O'Sullivan

Principal