



## Re. “Relationship and Sexuality Education” Programme

Friday, 21<sup>st</sup> of March 2025

Dear Parents,

We will be teaching the personal education programme called **“Relationships and Sexuality Education”** over the next few weeks. It is a key component of the **Social, Personal and Health Education (SPHE) curriculum** which all primary schools are required to implement.

Relationships and Sexuality education (RSE) provides children with opportunities to develop knowledge, attitudes, beliefs and practical skills necessary to establish and sustain healthy personal relationships with self and others. In addition to learning about relationships, RSE invites children to explore concepts such as physical development and human sexuality. Topics are explored with children in a developmentally appropriate, spiral nature throughout their primary education. The sensitive elements of the RSE programme are covered under the strand units, ‘Growing and Changing’ and ‘Taking Care of my Body’ and can be understood in the context of the topic outlined below.

### Social, Personal and Health Education Curriculum (NCCA 1999)

#### INFANTS - 2nd CLASS

##### *Strand Unit - Growing and Changing*

- As I grow I change
- New life
- Feelings and emotions

##### *Strand Unit - Taking care of my body*

- Knowing about my body
- Food and nutrition
- Making decisions

#### 3rd CLASS - 6th CLASS

##### *Strand Unit - Growing and Changing*

- As I grow I change
- Birth and new life
- Feelings and emotions

##### *Strand Unit - Taking care of my body*

- Knowing about my body
- Food and nutrition
- Health and wellbeing

These lessons will be taught on Wednesdays at 12:00 in Stage 1 (Junior & Senior Infants) and at 1:30pm in Stages 2-4 (1<sup>st</sup> – 6<sup>th</sup> Class) for the duration of 5 weeks.

Co-operation between parents and teachers is essential to the success of this programme. It is important that parents/guardians are aware of the content of the “Relationships and Sexuality” lessons and can discuss the lessons with their children. From Junior Infants – 2<sup>nd</sup> Class, the pupils will explore the strand units, ‘Safety and Protection’ through the Stay Safe Programme: [Stay-Safe-Parent-Info](#) and ‘Taking Care of my Body’. 3<sup>rd</sup> – 6<sup>th</sup> Class will explore the Strand Units, ‘Growing and Changing’ and ‘Taking Care of my Body’. You can familiarise yourself with the content on the PDST website: <https://www.pdst.ie/primary/health-wellbeing/RSE>. You can also contact your child’s class teacher if you want to discuss the programme further.

Thank you for your cooperation,

Deirdre Murphy  
Principal, Brannoxtown CNS