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Dear Parent/Guardian,

During this term, as part of our Junior Cycle SPHE Programme in **First Year**, we will be teaching the module on Relationships and Sexuality (RSE). RSE is much wider than the physical aspects and incorporates the moral, spiritual, social and psychological elements of each person. In First Year RSE the topics that will be covered are as follows:

- Friendship
- Gender Identity
- Changes at adolescence
- The reproductive system

Your son/daughter may wish to talk about the topics raised in class and you are best placed to address any concerns they may have. You may find the following resource to be helpful: <https://www.sexualwellbeing.ie/for-parents/resources/booklets/making-the-big-talk-many-small-talks-13-to-18.pdf>

This module will begin after the February mid term break.

If you would like to discuss this further, or if you have any queries, do not hesitate to contact the school.

We would like to take the opportunity to thank you for your ongoing support.

Yours sincerely,

Principal