# COLÁISTE MHUIRE

**Buttevant, Co. Cork**

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19/12/23

Dear Parent/Guardian

Next 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:

**Module: Relationship & sexuality**

* Me as unique and different
* Friendship
* Changes at adolescence (physical & emotional)
* The reproductive system
* Images of male & female
* Respecting myself and others

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. During this period of 6 weeks, students who are usually withdrawn for Resource at this time will return for RSE classes. This module will begin during the week of 8th of January 2024.

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

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

Yours sincerely,

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First Year SPHE teachers