

## Lusk Community College

Raheny Lane, Rathmore Road, Lusk,  
Co. Dublin.

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## Coláiste Pobail Lusca

Lána Ráth Éanaigh. Bóthar an Rátha Mhóir,  
Lusca, Contae Bhaile Atha Cliath.



April 2024

Dear Parent/Guardian,

As part of Social, Personal & Health Education (SPHE), we are required to cover the area of Relationships and Sexuality Education (RSE) at Junior and Senior Cycle.

The teaching of this topic will commence shortly. Enclosed is an overview of what is covered at Junior and Senior Cycle. RSE is a required part of the SPHE curriculum which plays a critical role in supporting and preparing young people for the transition from adolescence into adulthood.

We would like to invite you as your child's first educator to support us in our delivery of this programme by talking to your son/daughter about the RSE programme and helping them with any concerns they may have.

Should you have any queries or concerns you can contact [AdminLuskCC@ddletb.ie](mailto:AdminLuskCC@ddletb.ie) for the attention of, the SPHE Coordinator. We would be happy to support you in any way we can.

Kind Regards,  
SPHE Department.

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1 <sup>st</sup> Year RSE						
Topic:	Body Care	Self Esteem	Changes during adolescence	Female Reproductive System	Male Reproductive System	Fertilisation and Conception

2 <sup>nd</sup> Year RSE						
Topic:	Looking after myself	Self Esteem	Forming relationships	Managing relationships	Healthy relationships	Fertilisation and Conception

3 <sup>rd</sup> Year RSE						
Topic:	Body Image	Respect in relationships	Setting boundaries in relationships	Sexual Health	Relationship Problems	Responsibilities of pregnancy and parenting

4 <sup>th</sup> Year	5 <sup>th</sup> Year	6 <sup>th</sup> Year
<ul style="list-style-type: none"> <li>• Values in Relationships</li> <li>• Developing self-awareness</li> <li>• What are healthy boundaries</li> <li>• Understanding sexuality</li> <li>• Consent</li> <li>• Contraception &amp; STIs</li> </ul>	<ul style="list-style-type: none"> <li>• Healthy versus unhealthy</li> <li>• Assertive communication</li> <li>• Anger &amp; conflict</li> <li>• Sexual harassment</li> <li>• Teenage pregnancy</li> <li>• Influence of the media on relationship</li> <li>• Responsibilities of being a parent.</li> </ul>	<ul style="list-style-type: none"> <li>• Building self esteem</li> <li>• Gender equity</li> <li>• Rights &amp; responsibilities in a relationship</li> <li>• Anger &amp; violence</li> <li>• Negotiating &amp; managing conflict</li> <li>• Domestic violence</li> </ul>

Further information for parents/guardians is linked below

<https://ncca.ie/media/6217/jc-sphe-information-for-parents-en.pdf>

[https://www.curriculumonline.ie/getmedia/f18248cc-e6e1-42d7-b0f1-b28a853e5a22/Information-on-relationships-and-sexuality-education\\_final.pdf](https://www.curriculumonline.ie/getmedia/f18248cc-e6e1-42d7-b0f1-b28a853e5a22/Information-on-relationships-and-sexuality-education_final.pdf)