



**Creagh  
College**

Coláiste na Craobhaí Guaire

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Learning for life

22<sup>nd</sup> September 2022

### Third Year Parents

Dear Parent/Guardian,

In the SPHE Programme, the young person will deal with a wide range of issues, one of which is Relationships and Sexuality Education (RSE). We wish to inform you that this section of the SPHE Programme will be commencing in the coming weeks.

The topics covered in the RSE Curriculum are:

#### **YEAR 3 My Wellbeing Journey 3**

Boyfriends and Girlfriends Lesson 20

Relationships: What's Important? Lesson 21

Healthy vs Unhealthy Relationships Lesson 22

The Three R's: Respect, Rights and Responsibilities Lesson 23

Conflict and Breaking Up Lesson 24

Sexually Transmitted Infections Lesson 25

Sexting Lesson 26

Consent Lesson 27

Media Influences on Relationships and Sexuality Lesson 28

Although RSE is a compulsory section of the SPHE Course, as parents/guardians, you can choose not to let your son/daughter attend the RSE Classes. Please let us know in writing if you do not want your son/daughter to attend.

Yours sincerely,

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Wellbeing Co-ordinator  
Jude D'Arcy