



Loreto Secondary School

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Office hours: 8.15am to 4.00pm Monday to Friday

14 January 2026

Dear parents/guardians and students,

I hope you are well.

I write with some information in relation to Relationships and Sexuality (RSE) in the school.

RSE:

As part of the provision of a holistic education, all schools are obliged to provide lessons in Relationships and Sexuality (RSE). RSE will be delivered to all students from the month of January onwards. In general, this involves 6 – 8 lessons delivered in SPHE class for 1st, 2nd, 3rd and 4th year students and in non-exam Religious Education classes for 5th and 6th year students. An overview of the content to be covered in these classes can be found below.

Curriculum Content (Junior Cycle):

1 st Year	2 nd Year	3 rd Year
Book: My Wellbeing Journey 1(2 nd Edition) + other relevant sources e.g. HSE <ul style="list-style-type: none"> • Relationships & Sexuality • Changes at Adolescence • The Reproductive Systems and Reproduction • Gender Stereotypes • Gender and Gender Identity • Sexual Orientation • Understanding and Setting Healthy Boundaries 	Book: My Wellbeing Journey 2 (2 nd Edition) + other relevant sources e.g. HSE <ul style="list-style-type: none"> • Periods • Exploring Romantic Relationships • Relational Bullying • Healthy Boundaries • Consent • Sexting • Sexuality Vs Sexualisation • Sexually Explicit Media Content & the impact it can have 	Book: My Wellbeing Journey 3 (2 nd Edition) + other relevant sources e.g. HSE <ul style="list-style-type: none"> • Reproductive Health • Contraception • Sexually Transmitted Infections • Sexually Explicit Media Content & the impact it can have • Catfishing and Sextortion • Sexual harassment • Women and men in the media • Relationships – Healthy and Unhealthy

Curriculum Content (Senior Cycle):

4th Year	5th Year	6th Year
Resources used from Oide, HSE, Webwise and other sources <ul style="list-style-type: none"> • Fertility/Human Reproduction • Contraception/Unplanned pregnancy • S.T.I's • Physical Health • Somatotypes • Diet and Nutrition • Exercise regimes and benefits • Mental Health • Substance use 	Resources used from Oide, HSE, Webwise and other sources <ul style="list-style-type: none"> • Healthy Relationships/boundaries • When to leave • Consent • Personal Safety/conflict resolution • Influences • Values/attitudes and beliefs 	Resources used from Oide, HSE, Webwise and other sources <ul style="list-style-type: none"> • Sexuality • Sexual identity • Pregnancy and fertility • Contraception • S.T.I's

The teaching methods used for the RSE programme are classroom based with an emphasis on discussion, reflection and classroom debate. All teaching methods used are student-centred and appropriate to the age and stage of development of the student. Each parent has the right to withdraw their daughter from RSE. However, it will be necessary for parents of any student opting out of RSE to make suitable arrangements with school management beforehand. Accordingly, please contact the Deputy Principal responsible for your daughter by using the e-mail addresses listed below. It is important to be aware that in these circumstances the school cannot be held responsible for information subsequently passed on by participating students.

Name of Deputy Principal	Year Groups	E-mail address
Ms. Kinsella	1 st and 4 th	deputykinsella@loretowexford.com
Ms. O' Donoghue	2 nd and 5 th	deputyodonoghue@loretowexford.com
Mr. O' Dowd	3 rd and 6 th	deputyodowd@loretowexford.com

Yours sincerely,

John Mc Ginnity,

Principal.