

Overview of the SPHE/ RSE Programme at Coláiste De Lacy Ashbourne



Information for Parents

Social, Personal and Health Education (SPHE) provides a safe classroom setting where students can discuss and learn about important aspects of their lives.

Within this space, students can grow in awareness, and develop the understanding and skills they need to maintain healthy lives, make healthy choices and build caring and respectful relationships. SPHE places a strong focus on developing the important life skills that young people need growing up in a fast changing and complex world. Specifically, it focuses on developing the social and emotional skills of self-awareness, self-management, responsible decisionmaking, social awareness and relationship skills.

Junior Cycle Specification



Senior Cycle Specification



General Information about RSE (Relationships and Sexuality Education)

Since the late 1990s, RSE has been a compulsory part of the primary and post-primary curriculum and is an aspect of a subject called Social, Personal and Health Education (SPHE).

Relationships and Sexuality Education (RSE) is teaching and learning about the cognitive, emotional, physical and social aspects of relationships and sexuality. It aims to equip children and young people, in an age-appropriate manner, with the knowledge, skills, attitudes and values that will enable them to develop self-awareness and self-esteem; realise their health, wellbeing and dignity; develop positive and respectful, social and intimate relationships; consider how their choices affect their own wellbeing and that of others; and understand their rights and responsibilities in relation to themselves and others.

What are the benefits of RSE as part of the school curriculum?

Research indicates that children and young people from learning about relationships and sexuality as part of a carefully-planned curriculum in an age- and developmentally-

appropriate manner. Quality RSE acts as a protective factor because it provides a space where appropriate information can be shared, negative social norms can be addressed, and children can be supported in making healthy choices based on values of respect and care. Technology is omni-present in the modern world and can be a source of information, and misinformation, about relationships and sexuality. As children and young people are exposed to more and more information, learning about relationships, sexual health and sexual expression within a safe classroom setting has never been more important.

Where can I find more information?

For more detailed information on the Junior & Senior Cycle SPHE Specification click on the following links:

[NCCA Junior Cycle SPHE Specification](#)

[NCCA Senior Cycle SPHE Specification](#)

[NCCA Junior Cycle SPHE Information for Parents](#)

[NCCA General Information about RSE](#)

[Coláiste De Lacy SPHE/RSE Policy](#)

If you have any specific SPHE/RSE queries, please contact us by email at colaistedelacy@lmetb.ie and a member of staff will be in contact.

