Individual Health and Well-Being – Step 2

Information for parents

Dear Carer,

Your child is taking part in the RESIDE programme to learn about relationships and sexuality.

In this lesson on 'Individual Health and Well-Being' we talked about:

- *What makes you feel happy.*
- *What makes you feel sad.*
- *When you need to ask for help.*
- *Who could you ask for help from.*

Thank you for agreeing to their participation. This notice is to keep you informed in the event they have any questions for you.

If you have any questions about the programme please contact your child's teacher.

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