



Foróige's Youth & Family Support Service,
Ballina NYP, Pearse St., Ballina, Co. Mayo
096-22012

14/02/2022

Dear Parents/Guardians,

My name is Mary Glacken and I am a Youth & Family Support worker with Foróige in Ballina. One element of my role with Foróige is to facilitate group work as part of delivering our manualised programmes. I was recently contacted by Coláiste Pobail Acla to facilitate the REAL U Programme (Relationships Explored and Life Uncovered) which is our relationships and sexuality programme. REAL U is a fun and interactive programme for young people which helps them navigate through such topics as relationships, reproduction, gender & sexuality, emotional well-being, understanding boundaries, sex & the law to name a few. As I'm sure you all remember, our teenage years can be difficult and it is our hope that on completion of the REAL U Programme, more Irish teenagers will have gained lifelong skills as they find their way through secondary school and on into their adulthood. As part of this topic, we have discovered that communication is key and REAL U supplies a safe and confidential space for young people to ask questions, learn and also have some fun along the way.

Your child will have been sent an email from the school which contains a link for you to fill out and send back to me. It is a permission form for them to be allowed take part in the programme and I would appreciate you getting that back to me as soon as possible. We begin the programme on March 1st and I'm looking forward to meeting all your young people on the day. In the meantime, if you have any questions at all, please give me a buzz on the number below.

Best regards,

Mary Glacken

086-1437402