

RSE:

Relationships and Sex Education



# Aims and objectives

- What is RSE?
- The place of RSE in St. Anne's Catholic School
- 'A Journey in Love' scheme - an introduction to the programme and its structure and content
- 'All that I Am' scheme - an introduction to the programme and its structure and content



# What is RSE?

Following guidance from our own Bishop and Diocese, the Conference of Bishops of England and Wales and as advocated by the DFE, all Relationship and Sex education in our school will be firmly embedded in the Religious Education framework as it is concerned primarily with nurturing the human wholeness of our pupils.

RSE is the life long learning about emotional, moral and physical development.

It is the understanding of the importance of family life, stable and loving relationships, respect, love and care.



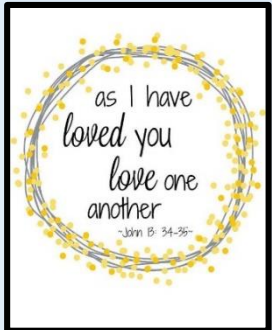
# What is RSE?

The central message of the Christian faith is love.

The central message of RSE teaching is love.

“My commandment is this:  
love one another, just as I have loved you”

John 15:12



# RSE at St Anne's School

- To encourage pupils' growth in self-respect, acknowledging we are all created in the image and likeness of God
- To help pupils develop an understanding that love is the central basis of relationships
- To help pupils to understand the nature of relationships and to encourage them to reflect on their own relationships and respect differences between people.
- To develop pupils' confidence in talking, listening and thinking about feelings and relationships.
- To help pupils acquire the skills necessary to develop and sustain relationships
- To ensure that pupils ask for help and support when needed.
- To help pupils to develop a healthier, safer lifestyle.

# RSE at St Anne's School

## A Journey in Love

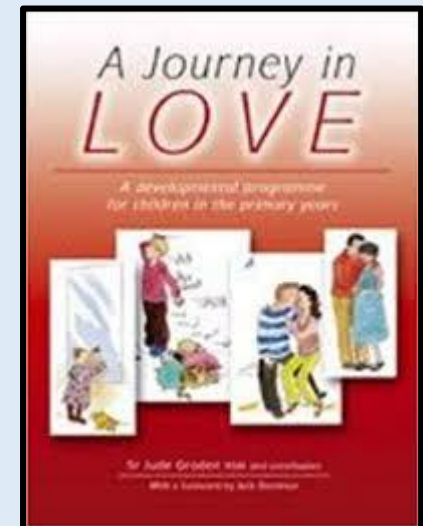
Approved by the Diocese, the programme teaches that the journey in love begins at the moment of our conception where God is at the heart of love.

The programme is made up of 4 areas:

- Physical
- Social
- Emotional
- Intellectual

Each area is broken down into:

- Activities
- Pause & Reflect
- Prayer (Spiritual)



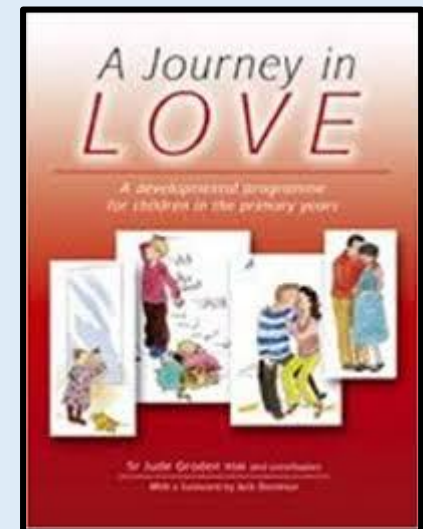
# What will the programme look like in each year group?

## Reception – God loves each of us in our uniqueness

Children know and understand that God has made them unique and that although we are all different we are all special to him.

### Examples of Reception activities:

- Discuss how we are different from one another
- Identify who they play with and what they enjoy doing
- Look at the different types of friends they have
- Describe how to be a good friend
- Recognise that Jesus is our friend

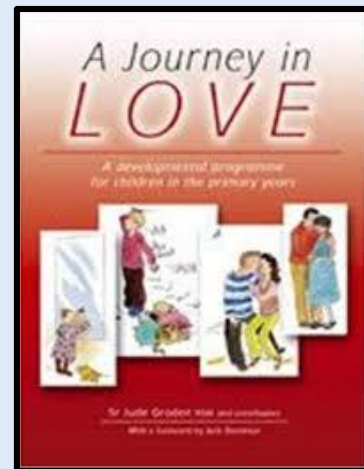


# Year 1 - We meet God's love in our family

Children know and understand that they are growing and developing as members of their own family and God's family.

## Examples of Year 1 activities:

- Talk about who is in their family
- Talk about how fast babies change and grow
- Look at happy and sad moment within a family
- How is love shown in a family?
- Know that we are members of God's family



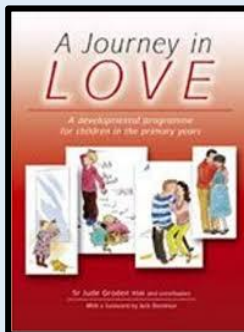


## Year 2 - We meet God's love in our community

Children know and understand that they are growing and developing in a God-given community.

### Examples of Year 2 activities:

- What is community?
- Explore school as a community
- How can we contribute to the community?
- As children of God, how should we help each other?

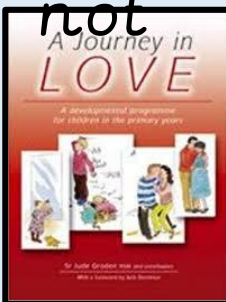


## Year 3 - How we live in love

Children know and understand the virtues essential to friendship e.g. loyalty, responsibility and experience the importance both of forgiving and being forgiven and of celebrating God's forgiveness.

### Examples of Year 3 activities:

- Who cares for me at home, school, parish, community?
- How do you keep safe?
- How do you take care of others?
- How do you feel if a friend is not there for you or you are not there for them?
- How can I forgive and include others as Jesus did?

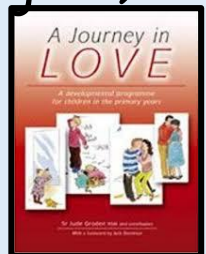


## Year 4 - God loves us in our differences

Children know and understand that they are all different and celebrate these differences as they appreciate that God's love accepts us as we are and as we change.

### Examples of Year 4 activities:

- Recognise all pupils grow and develop at a different rate
- Identify the development of the baby in the womb
- Look at how pupils appreciate their own and others gifts, talents, achievements and all that makes us unique
- St Paul's teaching on love



# Year 5

## Episode 1 - Individual

Pupils will learn:

- that they are **unique** and made in the image of God
- that **physical and emotional growth** is common to all of us and a normal part of becoming an adult
- to accept and **respect** themselves

## Episode 2 - Social

Pupils will learn:

- what the Church teaches in relation to **personal responsibility** and the dignity of the person to take responsibility for their **personal hygiene**
- how to **manage socially awkward situations**

## Episode 3 - Emotional

Pupils will learn:

- how the Church recognises the importance of our **emotions** and how they can shape our actions
- to identify a wide **range of feelings** in themselves and others
- to take responsibility and **manage their feelings** appropriately and an awareness of the responsibility we have towards each other

## Episode 4 - Spiritual

Pupils will learn:

- that our spiritual relationship with God links together and transforms all aspects of our person
- the basics of authentic friendship with others and God
- when they do and do not feel comfortable with themselves
- to identify when confidentiality is and is not appropriate

## Episode 5 - Physical

Pupils will learn:

- that the difference between boys and girls is part of God's creative and loving work
- vocabulary to describe menstruation to celebrate the difference between boys and girls.

# Year 6

## Episode 1 - The Road Ahead, Recap and Reprise

Pupils will learn:

- to recap on the 5 episodes in the Year 5 Resource
- to reprise female physical development

## Episode 2 - The Road Ahead, Personal Behaviour

Pupils will learn:

- to have self-confidence and skills
- to translate these into personal behaviour in a range of situations such as making new friends

## Episode 3 - The Road Ahead, Your changing bodies - Boys

Pupils will learn:

- to have knowledge and understanding of male physical development

## St Anne's Home/ School Partnership

The Church and school always recognise that it is the privilege and the responsibility of parents to educate and inform their children in all matters pertaining to personal growth and development. The Church also recognises that parents may require help and support in this task from both schools and parishes.

The Governing body fully subscribes to the views expressed by the Bishops' Conference and will always ensure that:

- Parents are supported in their task.
- Parents are kept informed of the RSE Programme: its contents, evaluation, review and any subsequent developments.



Many thanks for your continued support in all areas of school life. It is greatly appreciated.

