



# St Mary & St Michael's Catholic Primary School

## Relationships and Sex Education (RSE)

**-A guide for parents-**

### A Journey in **LOVE**

*A developmental programme  
for children in the primary years*



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### Aims of Relationships and Sex Education (RSE)

- 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 offer sex education in the wider context of relationships.
- To ensure that pupils protect themselves and ask for help and support when needed.
- To ensure that pupils are prepared for puberty.
- To help pupils to develop a healthier, safer lifestyle.
- To prepare pupils to play an active role as citizens and to understand the Catholic vision of what it means to be citizens of the kingdom of God.





At the heart of Christian faith is love: St. John says that God is love (1 John 4:9) and the whole purpose of Christianity is to live it as fully as possible in and through love. This means that we have to link every aspect of our being, from birth to death, with love.

Love starts to enter our life from the moment of birth when we are held tenderly in the arms of our mother and developed throughout our first intimate relationship of childhood with our parents, family members, friends and teachers.

At puberty, sexual characteristics develop and we begin to seek someone outside of the family with whom we can grow in love, usually ending in marriage.

The whole purpose of education at home and in our primary school is to connect every aspect of growth, physical, emotional, intellectual and social with love. The ultimate goal is to enable adults to fully love themselves (to accept themselves positively) and in turn love their neighbour (making themselves fully available to others).

Through our love for others, we link ourselves with God the Father, through Jesus Christ his Son, and through the Spirit. The programme for Relationships and Sex Education which we teach from at St Mary & St Michael's is called 'A Journey in Love'.

This booklet for parents and carers outlines how the programme is organised and what is covered in each year group.

### **JOURNEY IN LOVE AND DFE GUIDANCE**

Since September 2020, guidance from the Department for Education for Relationships Education, Relationships and Sex Education (RSE) and Health Education became mandatory for all Schools, including Catholic Schools. This initiative has been welcomed by the Catholic Education Service (CES), who state clearly that, Catholic schools are also required to deliver RSE in accordance with the teaching of the Church. RSE is part of the mission of Catholic schools to educate the whole person. It should be carried out as part of the holistic education, which seeks to form as well as inform young people in preparation for adult life.

A Journey in Love offers opportunities to teach DFE guidance on Relationships Education and Relationships and Sex Education in age-appropriate ways. The Catholic Education Service accentuates that any teaching about love and sexual relationships in a Catholic school must be rooted in the Catholic Church's teaching about what it is to be truly human in Christ, what it means to live well in relationship with others and be presented within a positive framework of Christian virtue.

A different aspect of the mystery of love is explored in each year group and all are encouraged to marvel at the wonder and beauty of God's creative love. This is reflected in each stage of a person's growth, through a series of lessons with activities and reflections which focus on physical, social, emotional, intellectual and spiritual development.

### **Themes explored in each year group.**



## **Reception: The wonder of being special and unique.**

Aim: To explore the wonder of being special and unique.

### **Year 1: We meet God's love in our family.**

AIM: To focus on families and specially growing up in a loving, secure and stable home.

### **Year 2: We meet God's love in the community.**

AIM: To describe how we are growing and developing in diverse communities that are God given.

### **Year 3: How we live in love.**

AIM: To describe and give reasons for how we grow in love in caring and happy friendships where we are secure and safe.

### **Year 4: God loves us in our differences.**

AIM: To make links and connections to show that we are all different. To celebrate these differences as we appreciate that God's love accepts us as we are now and as we change.

### **Year 5: God loves us in our changing and developing.**

AIM: Show a knowledge and understanding of how we grow in awareness of the physical and emotional changes that accompany puberty – sensitivity, mood swings, anger, boredom etc. and grow further in recognising God's presence in our daily lives.

### **Year 6: The wonder of God's love in creating new life.**

AIM: To develop a secure understanding of what stable, caring relationships are and the different kinds there may be. Focusing on Catholic teaching, children will also know and understand about the conception of a child within marriage.

#### **How will we organise lessons for Journey in Love?**

- All children and teachers treat each other with respect, all questions and answers are listened to in a sensitive and sensible manner.
- All children will cover the same topics.
- Lessons may include discussions, presentations, questions, written work, and homework.

#### **What if a child asks a difficult question?**

There are specific areas that we feel should not be discussed within the context of our school lessons, e.g. contraception, as we feel that our children are not yet emotionally mature to handle these issues. These are all topics which are dealt with at secondary school. If a child does ask a question outside the scope of our programme it will be dealt with in a sensitive and caring manner. We would always ask the child concerned to discuss the issue with his/her parents.

#### **How can I help?**



- By talking with your child at home.
- By discussing their work after each lesson.
- By listening to any concerns.
- By reassuring your child that you are there if they need to talk about anything at all.
- By helping with homework activities.

What if I don't feel that my child is ready for this programme of work?

We ask that if parents feel that their child may not be quite ready for the content within the programme, they should make an appointment with Mrs Archibald (Headteacher) to discuss their thoughts on the matter.

**We praise and thank you, Lord, for gifts of life  
and love. Help us to use these wisely as we  
continue to journey in love.**

**Amen**