



Relationships and Sex Education: A Journey in Love

A Guide for Parents and Carers

Aims of Relationship 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/reign of God.

Our Mission Statement places these aims and beliefs at the Centre of all we hope to achieve. At St Joseph's our mission is:

'We value all in the name of Jesus the Christ'

It is with this Mission that we share this booklet with our parents and carers. We recognise parents as the first and most important educators of their children and we hope that the information provided here will enable us all to work together in supporting parents in their most important role.

At the heart of our Mission as a school, and at the heart of our Relationships and Sex Education is **love**.

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.

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 have chosen to share at Holy Family 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.

Living Loving Learning

A Journey in Love has at its foundation the belief that we are made in the image and likeness of God, and therefore, gender and sexuality are God's gift, reflect God's beauty and share in the divine creativity. In order that children may grow and develop healthily and as complete human beings, they must have an understanding of their gender and the implications for successful relationships, they must be at ease with themselves and grow in self-knowledge. 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.

A Journey in Love

Journey In Love is the SRE scheme (Sex and Relationship Education) that we use at Holy Family. It is the recommended programme of study for Catholic schools (recommended by the Bishop) for Sex and Relationship Education, and has been written so that year on year the children build on their knowledge and awareness. It also supports the Religious Education, PSHE and Science curriculum taught within the school. As with all aspects of learning, children are naturally curious and many will have questions related to their lessons. Opportunities to discuss questions form part of the lessons and again these are treated with care and understanding. A Journey In Love highlights the importance of parental input and children will be told to discuss their lessons at home. You will be informed prior to the lessons about the content that will be taught. If you wish to discuss anything at all or have any concerns please speak to your child's class teacher.

Themes explored in each year group:

Reception: God loves each of us in our uniqueness

Year One: We meet God's love in our family

Year Two: We meet God's love in the community

Year Three: How we live in love

Year Four: God loves us in our differences

Year Five: God loves me in my changing and development

Year Six: The wonder of God's love in creating new life

Reception – God loves each of us in our uniqueness

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

Key words: God, unique, different, special, eyes, hair, boy/girl, hands, fingers, name, family, love, womb, describe

Year 1 – We meet God's love in our family

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

Key words: unique, friend, God, important, different, special

Year 2 – We meet God's love in the community

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

Key words: God, community, belonging, family, father/mother, carer/guardian, feelings, emotions

Year Three – How we live in love

Learning Objective: 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.

Key Words: God, forgiveness, health, safe, exercise, relationships, community, alone, lonely, personal space

Year Four – God loves us in our differences

Learning Objective: 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.

Key words: God, gifts, talents, difference, development, change, male and female body parts, conflict, appreciate, celebrate, achievement

Year Five – God loves me in my changing and development

Learning Objective: Children become aware of the physical and emotional changes that accompany puberty – sensitivity, mood swings, anger, boredom, etc. and grow further in their understanding of God's presence in their daily lives.

Key words: God, sensitivity, puberty, presence, celebrate, external, internal, change, develop, ovulation, reproduction, production, hormones, menstruation

Year Six – The wonder of God's love in creating new life

Learning Objective: Children develop in an appropriate way for their age, an understanding of sexuality and grow further in their appreciation of their dignity and worth as children of God.

Key Words: God, Christian, appropriate, dignity, sexuality, intercourse, fallopian, conceive, relationship, uterus, cervix, marriage, fiancé, fiancée, sperm duct, bladder, prostate gland, penis, testicle, scrotum, ovary, uterus, vagina

How will we organise lessons for Journey in Love?

- Before the programme begins ground rules are set with the children regarding the kind of positive behaviour expected of every child,
- All children and teachers treat each other with respect, all questions and answers are listened to in a sensitive and sensible manner,
- Any child who is silly, or disruptive and who deliberately attempts to embarrass or hurt another member of the group will be asked to leave,
- Children may be taught in small groups for some elements of the programme
- Some lessons may be taught in single sex groups as appropriate,
- All children will cover the same topics,
- Lessons may include; discussions, presentations, questions, written work, 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 By helping with any 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 the Headteacher to discuss their thoughts on the matter.