

Relationships and Sex Education (R.S.E.)



St. Vincent's Catholic Primary
School

Why do we teach RSE?

- It is a statutory requirement
- We are made in the image of God – who we are is part of our identity and is essential to making strong and healthy relationships (not just with a husband or wife)
- It gives children a better understanding of who they are as a whole person
- It is part of the mission of the Church
- To support you as the first educators of your children

What does the Church say?

Pope Francis' groundbreaking document ('The Joy of Love' - 2016) asks the church to meet people where they are, to consider the complexities of people's lives and to respect people's choices and decisions.

The Church knows that this is the 21st century, but we have to inform our children about Church teachings relationships through marriage - this does not mean we disregard modern family situations.

Why the change?

RSE (and some of the language used in particular) is considered taboo, rather than a part of every day life.

The 21st century brings challenges for our children

Children's questions are answered

How is “A Journey in Love” different to what is currently taught?

<u>Currently</u>	<u>New scheme</u>
Years 5 and 6 taught only	Whole school approach
Puberty only taught – certain elements touched upon	From Reception to Year 3, children consider different love (self, relationships, etc) Gender physical differences are introduced at Year 4. Puberty introduced in year 5 and intercourse covered in Year 6
Focus on physical changes and personal behaviour	A balanced approach of physical, social, emotional, intellectual and spiritual changes
	Recommended by the Archdiocese

Policy and Scheme of Work

**St. Vincent's Catholic Primary
School**

A Journey in Love

The central message of the Christian faith is love.

The central message of our RSE teaching is love.

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

John 15:12

A Journey in Love

Approved by the Archdiocese, the programme teaches that:

- ❖ The journey begins at the moment of our conception
God is at the heart of love
- ❖ Puberty can be an extremely confusing time for children,
our message will be that *even in this confusion, God is there*
- ❖ The Sacrament of marriage publicly declares the
commitment of each spouse to the other permanently in
the acknowledgement that it is God-given.

The programme is made up of 4 areas:

- Physical
- Social
- Emotional
- Intellectual

Each area is broken down into:

- Activities
- Pause & Reflect
- Prayer

Reception

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:

- A graph of eye colours
- Why was I given my name?
- Who are my friends?
- I grew for 9 months in my mummy's tummy, Jesus grew for 9 months in Mary's womb.

Reception



*God loves each of us in
our uniqueness*

1 A Journey in Love - Reception



Objective

*Know that there
is no one more
special than me.*



*Know that God
made me and
loves me as I am.*

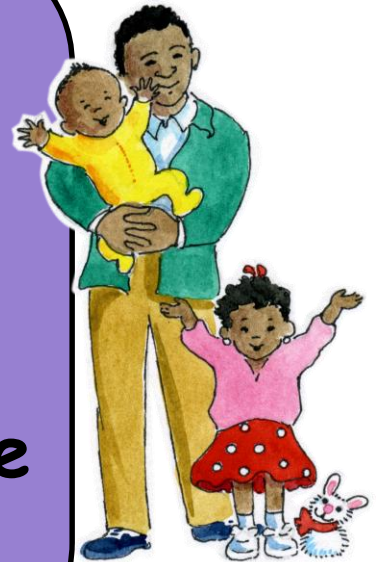
Keywords



God
Unique
Special
Eyes

Hair
Boy/Girl
Hands
Fingers
Name

Family
Love
Womb
Describe



Year 1

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:

- Draw a picture of my family
- How old was I when I learned to crawl, speak etc.
- How can I help at home?
- We are members of God's family

Year 2

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

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

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

Name male and female body parts

Identify the development of the baby in the womb

How do I appreciate my own and others gifts, talents, achievements and all that makes us unique

St Paul's teaching on love

Year Four



God loves us in our differences

1 A Journey in Love - Year 4



Objectives

- *Know that God has made us different from one another.*

- *Know that God loves us in our differences.*



Keywords

*God,
Gifts,
Talents,
Difference,
Development,
Change,
Male and female
body parts,*

*Conflict,
Appreciate,
Celebrate,
Achievement,
Sensitivity,
Respect.*



PHYSICAL

*We grow and develop at different rates.
We are different shapes and sizes.*

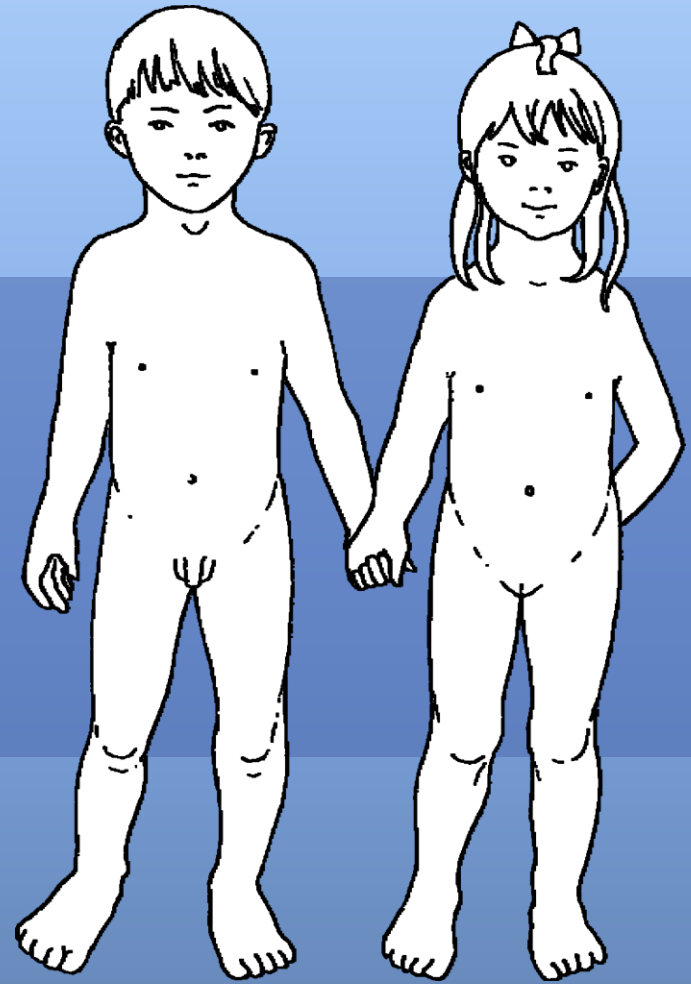


4 A Journey in Love – Year 4



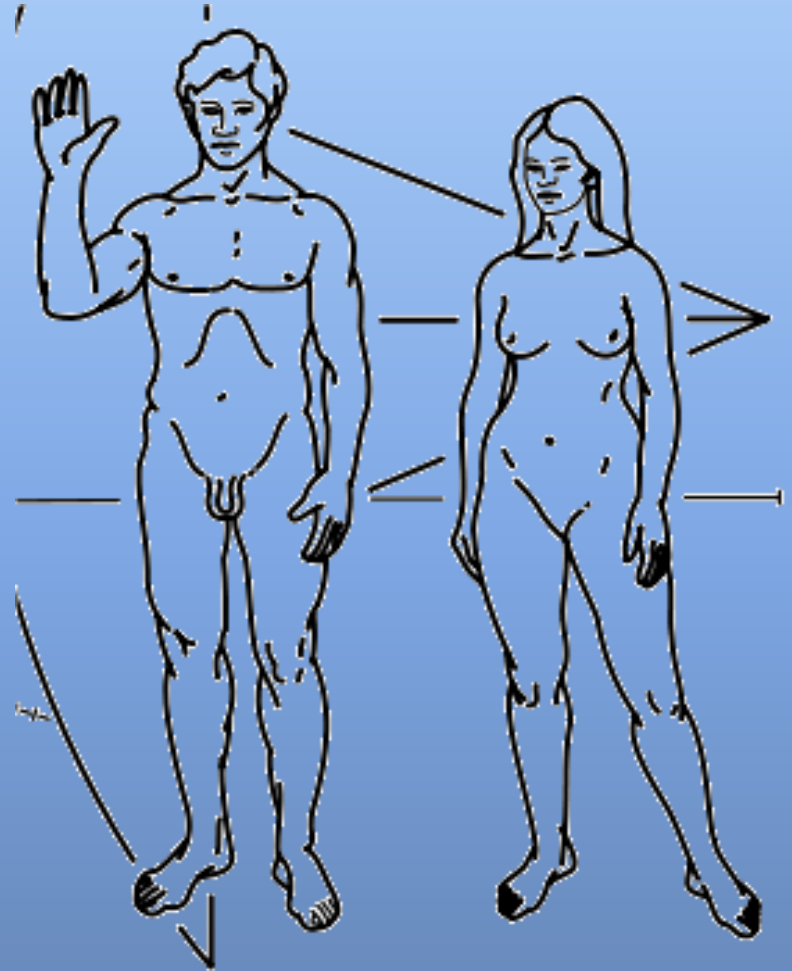
Boys and girls are different

*What are the
differences?*



Men and women are different

What are the differences?



Man, woman, boy or girl...

We are each unique...

*...we accept ourselves
and each other.*



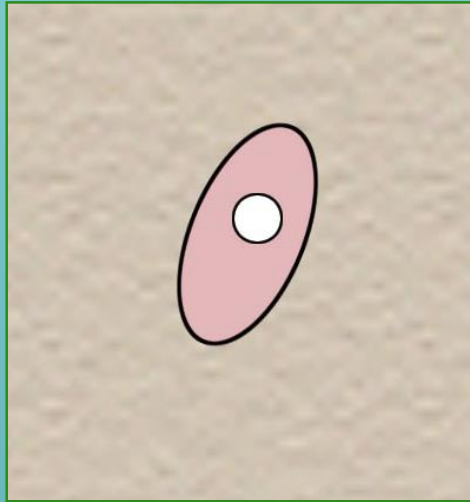
7 A Journey in Love – Year 4



Development of a baby in the womb

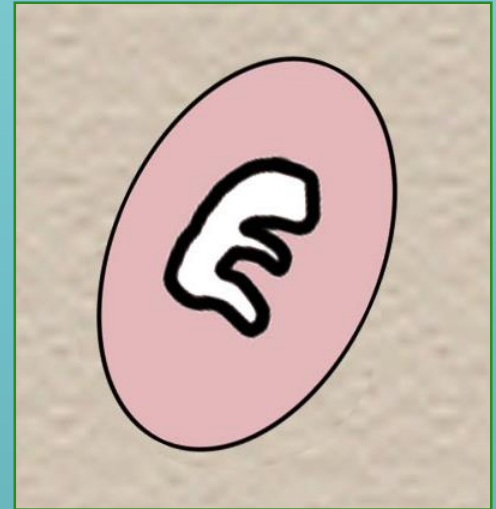
Conception

*The baby is just large enough to see.
He/she is about half the size of a full stop.*



4 weeks

His/her heart is formed and he/she has small leg and arm buds.



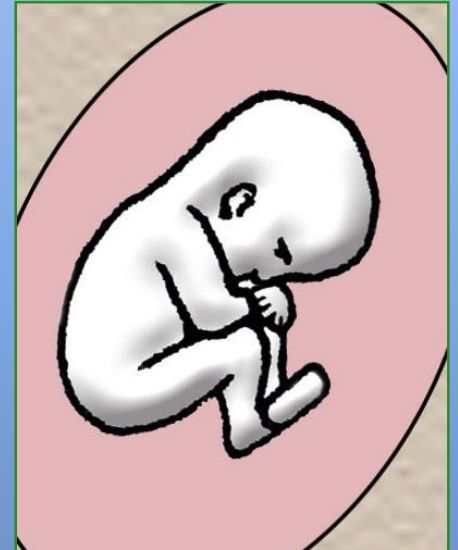
8 weeks

The baby's eyes and ears are developing and legs show knees and ankles; toes are joined together.



12 weeks

All the important parts are formed and nails begin to grow.



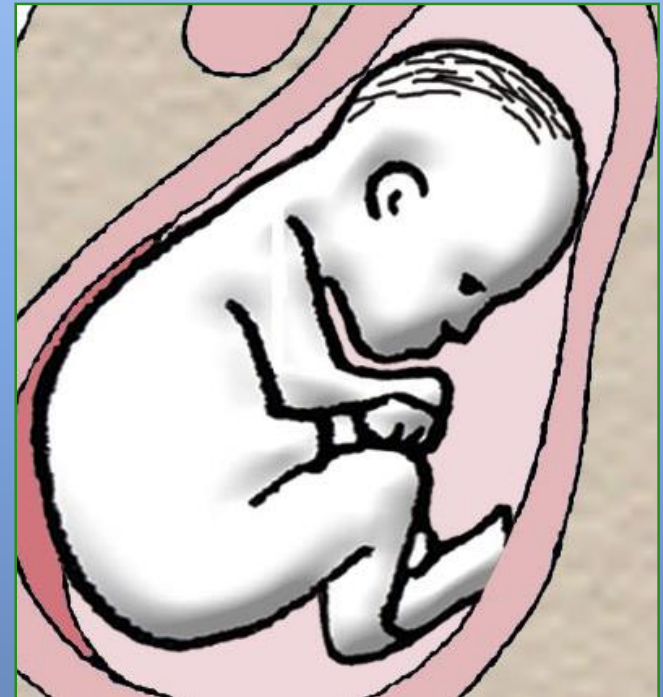
16 weeks

*Some bones are hardening.
The mother can feel movements
and the baby can suck his/her
thumb.*



20 weeks

*The baby is now 25-27 cm long.
His/her fingernails and toenails
are fully grown.*



Year 5

Children know and 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.

Examples of Year 5 activities:

Identify and celebrate the ways I have changed since birth

Discuss the external and internal changes which happen to boys and girls in puberty

Recognise behaviour changes as we grow up

Children share their understanding of change through poetry, prayer, art etc.

Year Five

*God loves me in
my changing
and development*



Objectives

** Know that as we grow we will become
different in our...*

...bodies

...feelings

...love of God



Keywords

God
Sensitivity
Puberty
Presence
Celebrate

External
Internal
Change
Develop
Ovulation



Physical and Intellectual

We have changed in many ways since we were born.

We have grown...



We can do more...



Run



Walk

Feed ourselves



Dance





*Read and
write*



Play

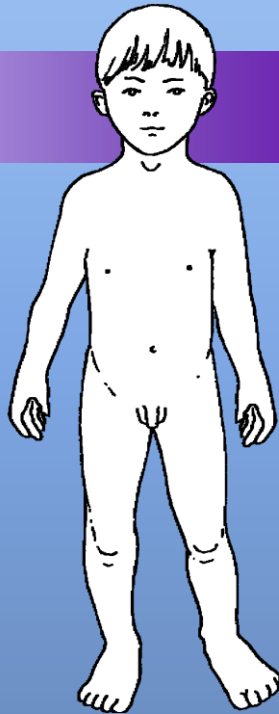


Make friends

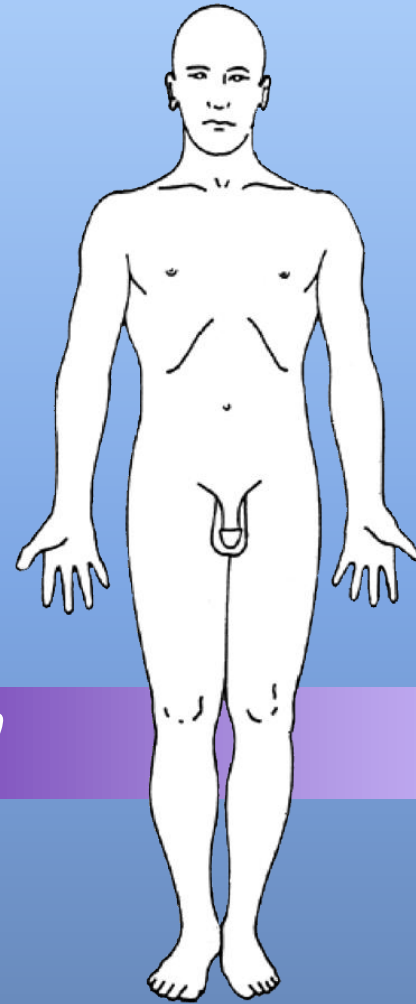


We will change more before we are grown

boy...



...to man



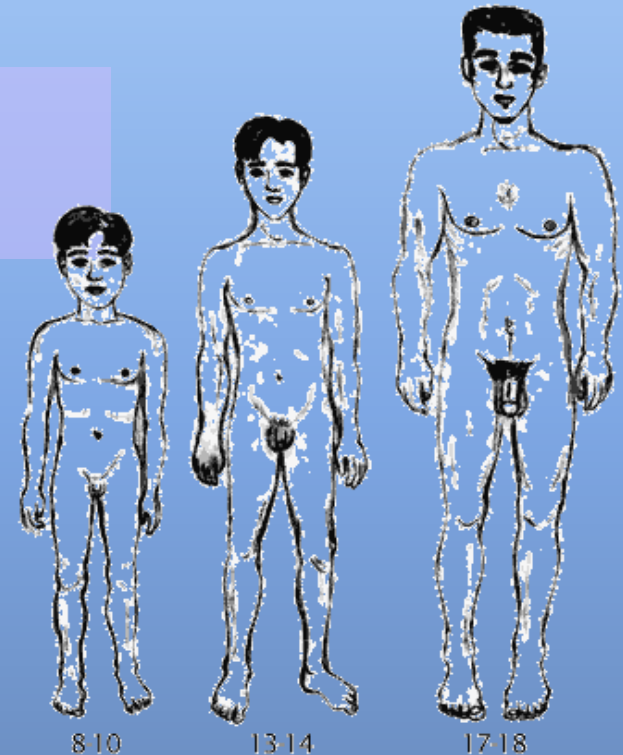
Physical changes in boys

- *Testosterone in the bloodstream triggers changes*
- *Muscles and bones develop*
- *Voice deepens*
- *Some boys get uneven breast development in early puberty*
- *Waist thickens*
- *Limbs lengthen in proportion to body*
- *Shoulders broaden*
- *Wet dreams and erections*

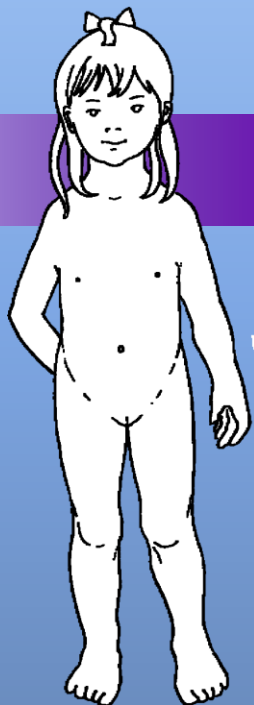


Physical changes in boys continued

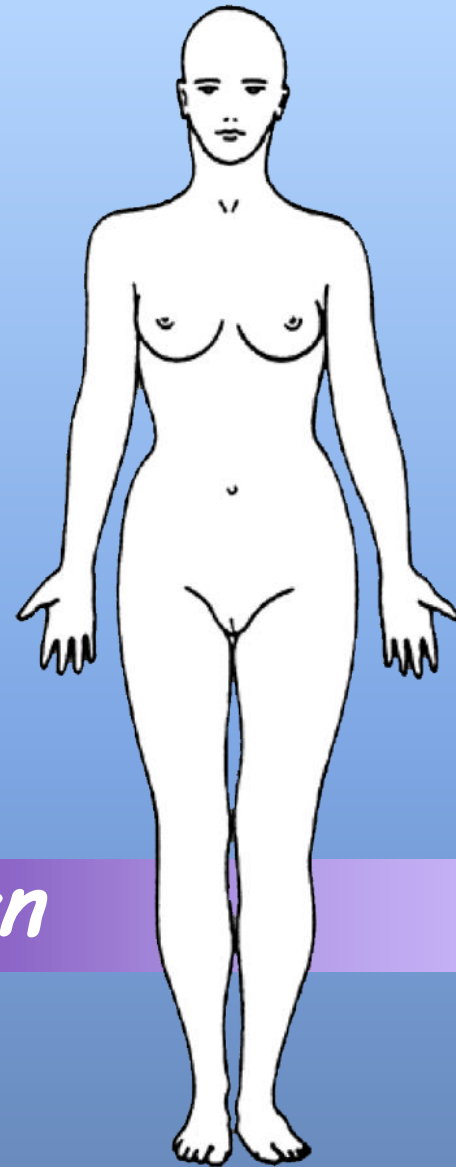
- *Penis and scrotum enlarge*
- *Production of sperm and discharge of seminal fluid during ejaculation*
- *Adam's apple enlarges*
- *Hair can grow on face, chest and back as well as underarms and pubic area*



girl...

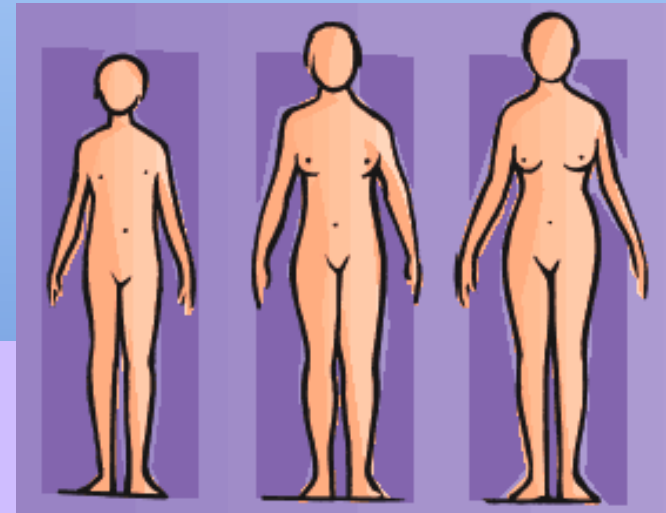


...to woman



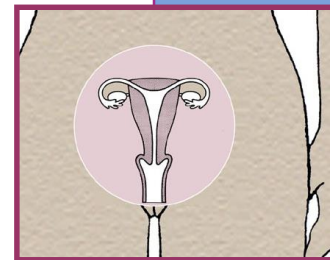
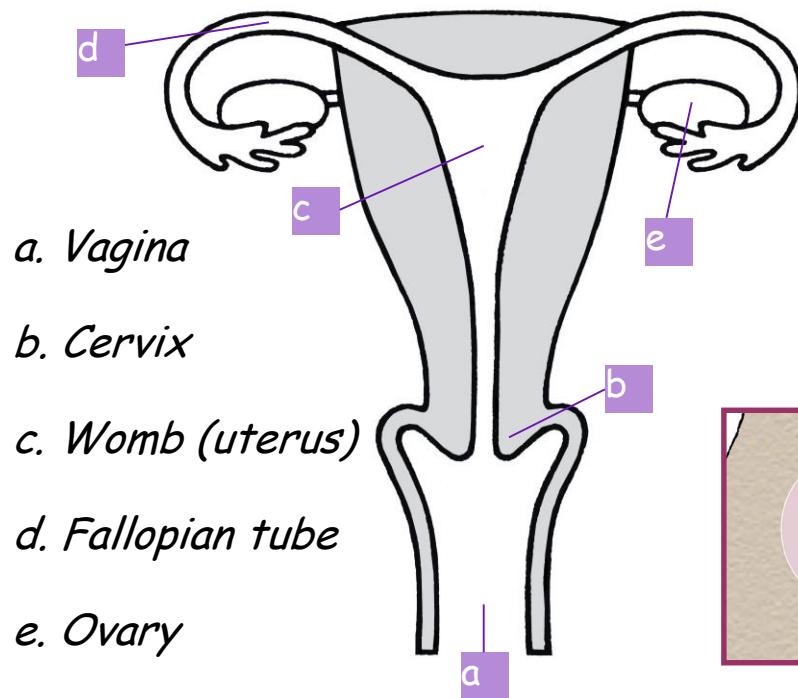
Physical changes in girls

- Breasts develop: they come in all shapes and sizes
- Hips broaden and waist slims
- Ovaries produce oestrogen
- Hormonal activity
- Menstruation begins (about 12 months after breasts begin to develop)
- Uterus enlarges
- Vaginal lining thickens
- *Usually start to grow hair on underarm, pubic area and legs*



The menstrual cycle is to prepare the female body for reproduction

Inside a woman's body:



There are 2 important stages:

1. Menstruation

The menstrual cycle is controlled by hormones released from the pituitary gland.

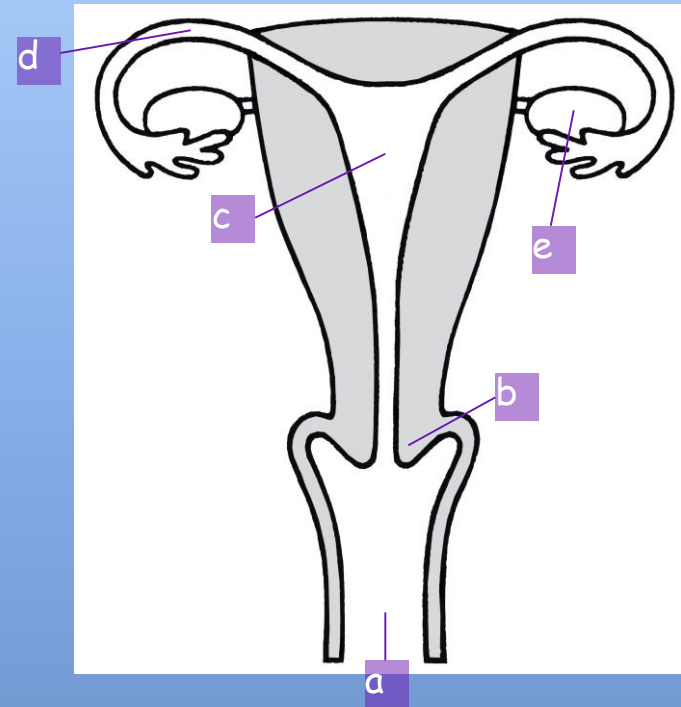
Most menstrual cycles last for about 28 days.

The first day of the period marks the start of the cycle and is counted as day 1.

If the uterus does not receive a fertilised ovum, the lining of the uterus breaks down and is shed over the next few days.

*This is called **menstruation**.*

The lining of the uterus begins to thicken and an ovum begins to develop.



a. Vagina

b. Cervix

c. Womb (uterus)

d. Fallopian tube

e. Ovary



2. Ovulation

On about the 14th day of the cycle an ovum is released into the fallopian tube.

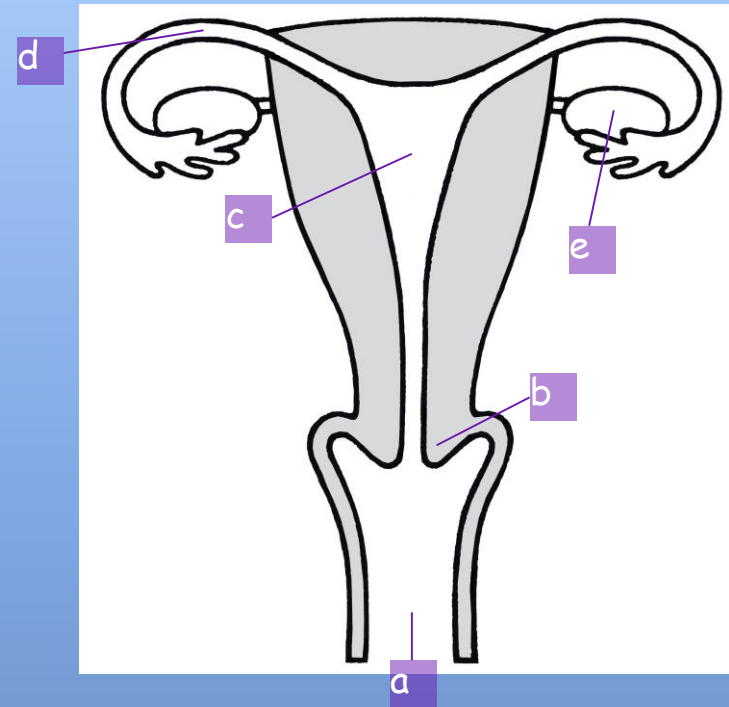
*This is called **ovulation**.*

The ovum travels towards the uterus.

The lining of the uterus continues to thicken and gets full of blood in case a fertilised ovum arrives.

If the ovum is not fertilised it will dissolve and a period will occur.

Then the cycle starts again...



a. Vagina

b. Cervix

c. Womb (uterus)

d. Fallopian tube

e. Ovary



These changes are a natural part of growing up



Physical changes from child to adult mean they bring the ability and potential to become a mother or father.



Year 6

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.

Examples of Year 6 activities:

Explain how human life is conceived

Male and female reproductive organs

Sexual intercourse between husband and wife

How a child grows within the mother's womb

How we often use the word love too casually

Understand that God causes new life to begin through the love that parents have for each other

Year Six

*The wonder of
God's love in
creating new life*



Objectives

- *Know that we are made to love and to be loved.*
- *Learn the proper ways in which we show our love for one another and for God.*



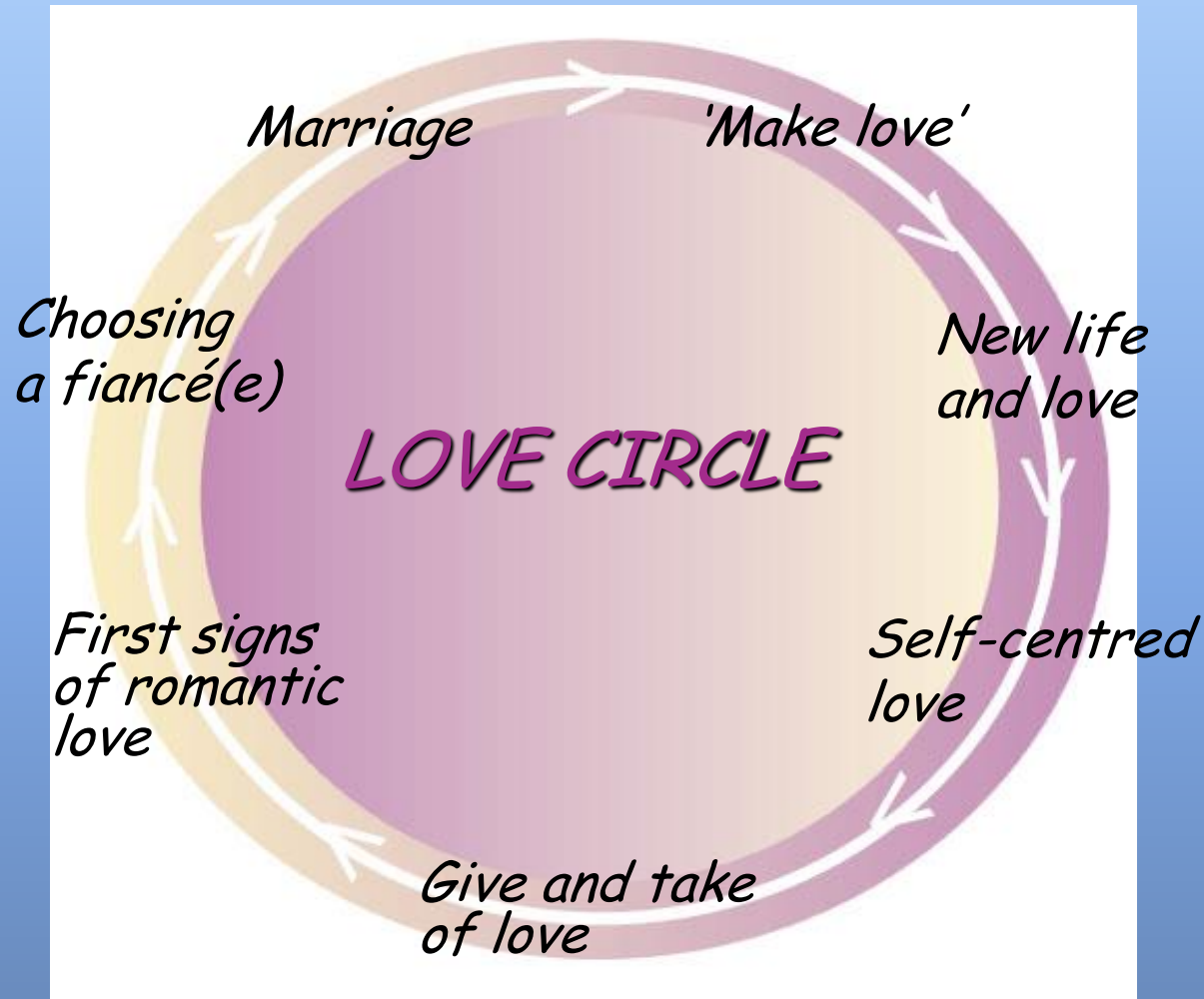
Keywords

God
Christian
Appropriate
Dignity
Sexuality
Intercourse
Fiancé

Fallopian
Conceive
Relationship
Uterus
Cervix
Marriage



The circle of love and life



'click'



Love proclaims its presence by signs and the deepest, most intimate and most wonderful of human signs of love is the gift of self in sexual intercourse.

*But the natural outcome
(all conditions being fulfilled)
of sexual intercourse is the
conception of new life.
As co-creators the parents
bestow life on a new human being.*



*That human being needs love and will, in time,
express love:
will make love,
and a new
human being
will join us!*



*To remove 'life', 'love' or 'sex' from the circle
destroys God's intended balance and produces
severe problems for society.*



*We are not some casual
and meaningless product of
evolution.*

*Each of us is the result of
a thought of God.*

Benedict XVI



PHYSICAL

In all of us

Voice box

Heart

Lungs

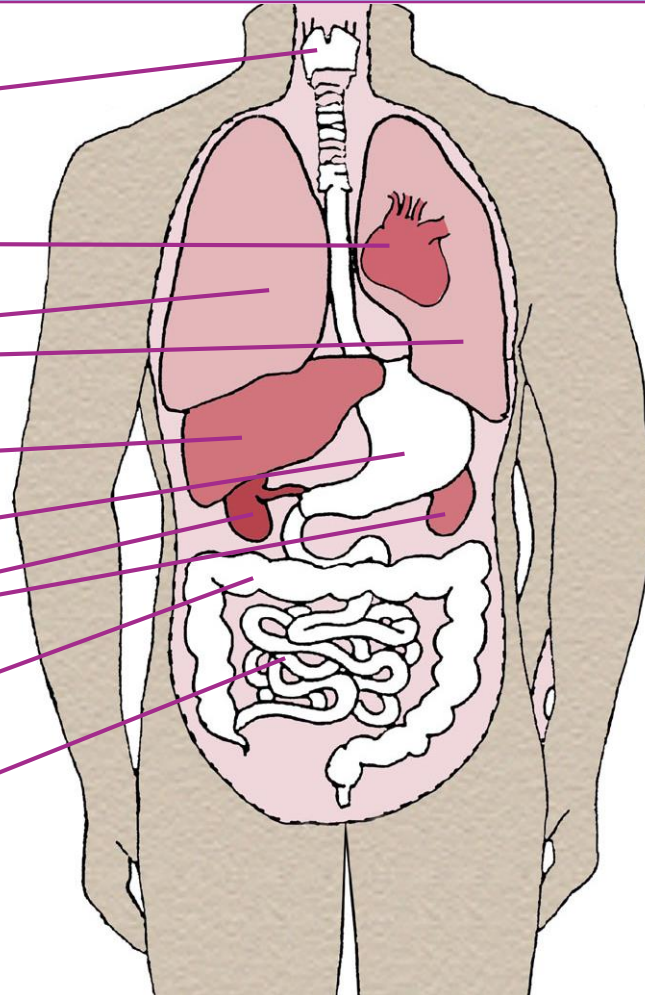
Liver

Stomach

Kidneys

Large intestine

Small intestine



In boys

Sperm duct

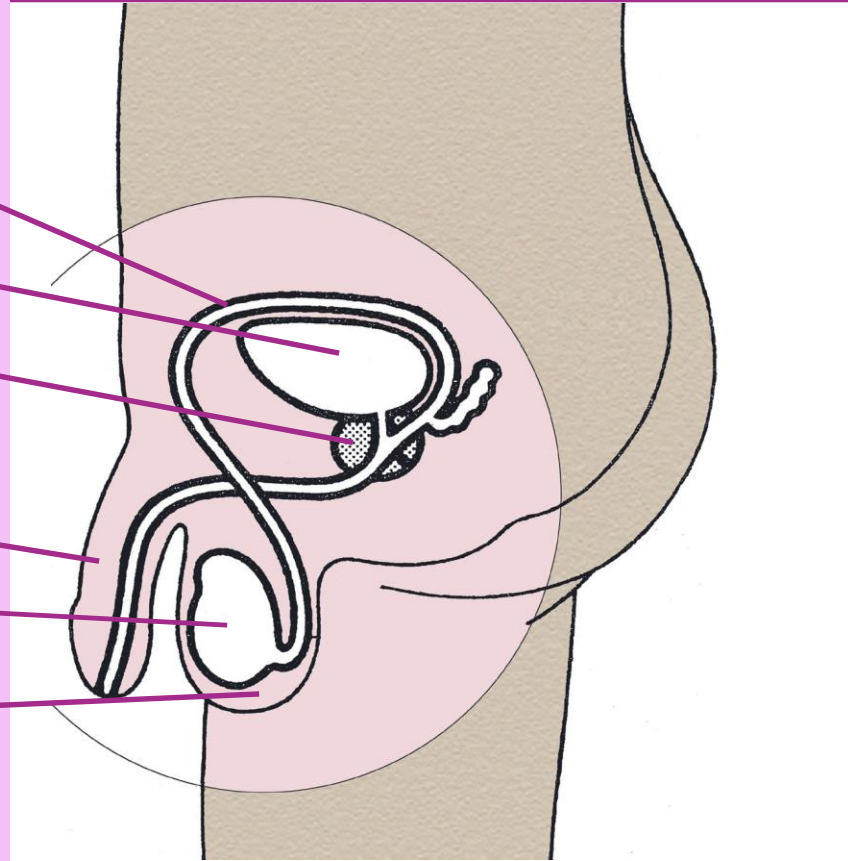
Bladder

Prostate gland

Penis

Testicle

Scrotum



In girls

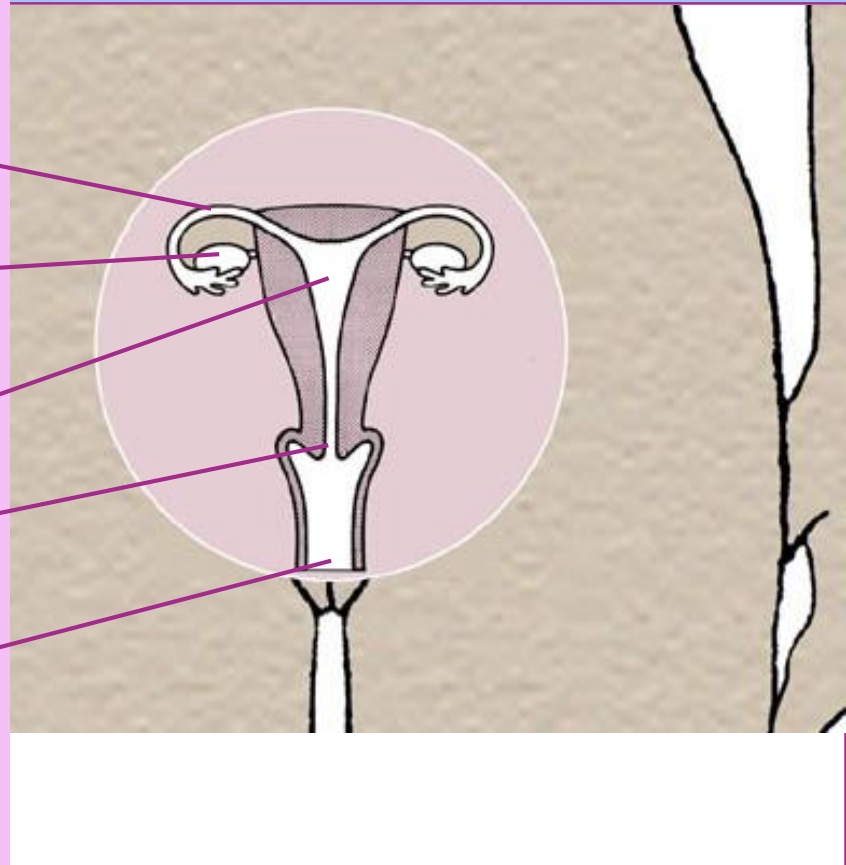
Fallopian tube

Ovary

Uterus (womb)

Cervix

Vagina



Sexual intercourse between husband and wife is a joyful expression of their love for each other.

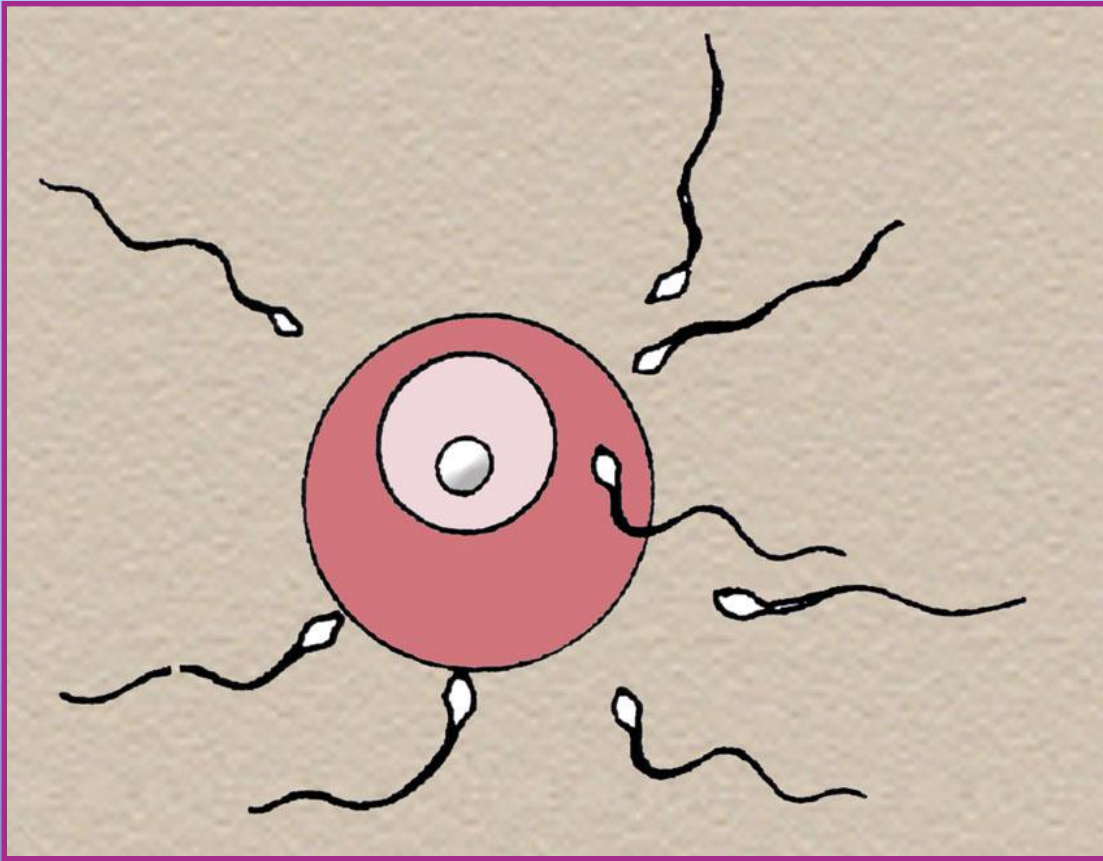
It is an act of self-giving made by two people who want to give everything of themselves to the person they love and respect.



When a couple make love the husband's penis becomes stiff and is placed inside his wife's vagina. Millions of sperm cells are released when the man ejaculates.

Each sperm cell has a long tail that it uses to swim through the cervix, into the uterus, and eventually into the wife's fallopian tubes.

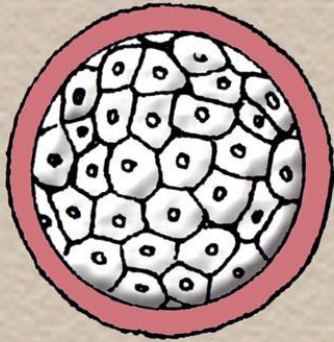




Although a hundred sperm cells may reach the egg cell only one sperm can enter the egg to fertilise it.

This is called 'conception'

A baby develops in the mother's womb



After a few days, the cell divides repeatedly to form a ball of cells.

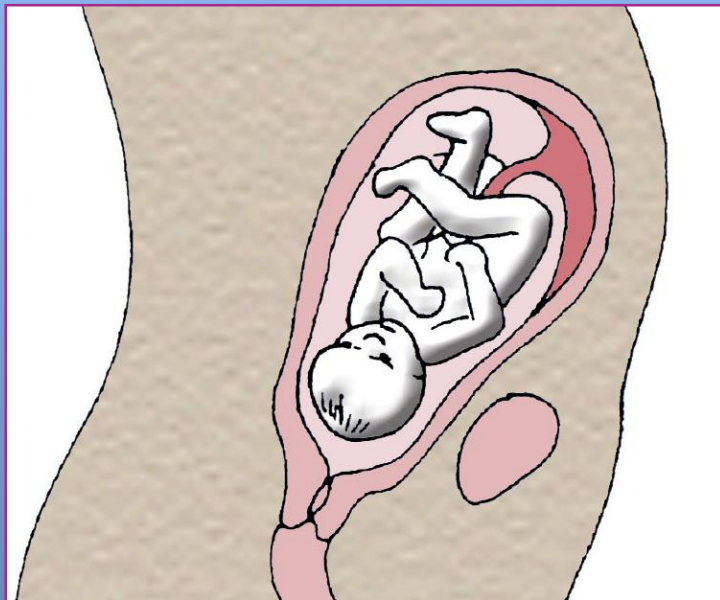
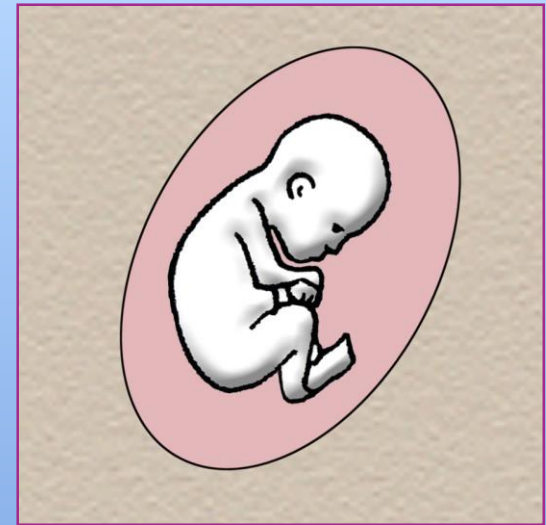
After 8 weeks, the baby has eyes but no eyelids.

It starts making tiny movements but its mother cannot feel it yet.



After 16 weeks, the baby begins to swallow and to pass urine. It has fingers and toenails.

At this stage its skin is bright red and transparent.



After 24 weeks, the baby can hear voices and other sounds from outside its mother. It has some hair and eyebrows and eyelashes. Its skin is very wrinkled.





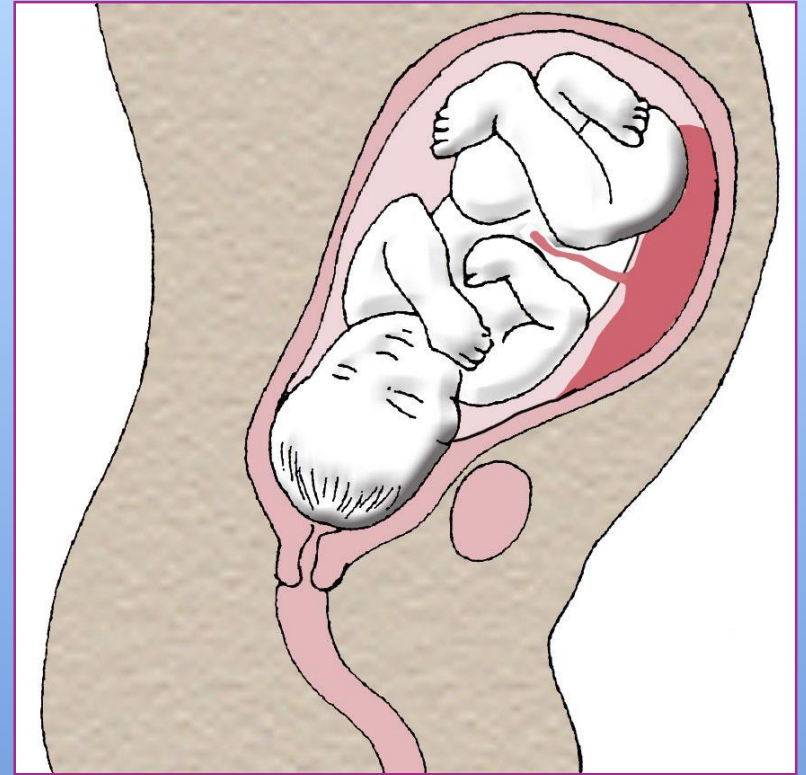
After 28 weeks, the baby's kicks are quite strong and can be felt by putting a hand on the mother's stomach.



After 36 weeks, the baby has taken up its final position in the uterus. Its lungs are getting ready to take their first breath.

The baby continues to get fatter. Some time after 36 weeks, the baby's head is positioned ready for birth.

The baby could arrive any time between the 38th and 42nd week of pregnancy.



From the policy: "It is our hope that parents would wish their children to be involved in the school's positive and prudent programme of relationship and sex education, following the annual meeting regarding the school's approach. However, we recognise parents have the right to withdraw their children from such lessons (not included in National Curriculum Science) after discussion with the headteacher."

Right of Withdrawal



Thank you for your support.