

*St Vincent's Catholic Primary
School*



*Relationships and Sex
Education:
A Journey in Love*

A Guide for Parents and Carers

To love, serve and learn as Jesus shows us

Aims of Relationship and Sex Education (RSE)

The aims of Relationship, Sex and Health Education (RSHE) at St. Vincent's Catholic Primary School are to:

- Provide a framework in which sensitive discussions can take place.
- Help pupils develop feelings of dignity, self-worth, self-respect, confidence and empathy.
- Prepare pupils for puberty and give them an understanding of sexual development and the importance of health and hygiene.
- Create a positive culture around issues of sexuality and relationships.
- Teach pupils the correct vocabulary to describe themselves and their bodies.

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

To love, serve and learn as Jesus shows us

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**.

God is love (1 John 4:9), and 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 St Vincent'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.

Themes explored in each year group:

Reception: The wonder of being special and unique

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 - The wonder of being special and unique

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

Social & Emotional - Learning Intention: *To recognise the joy of being a special person in my family.*

Physical – Learning Intention: *To recognise that we are all different and unique.*

Spiritual – Learning Intention: *To celebrate the joy of being a special person in God's family.*

Key words: God, wonder, love, hands, fingers, nails, faces, noses, lips, ears, hair, features, colour, shape, size, unique, belonging, different, special womb, describe, friends, generous, worried, Baptism

Key skills: listening, sharing, speaking, respecting, observing, praying, relating, celebrating and creating.

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.

Social & Emotional - Learning Intention: *To recognise signs that I am loved in my family.*

Physical – Learning Intention: *To recognise how I am cared for and kept safe in my family.*

Spiritual – Learning Intention: *To celebrate ways that God loves and cares for us.*

Key words: unique, friend, respect, secure, God, love, care, commitment, stable, important, different, special, signs, healthy, safe, boundaries, kindness, teasing, bullying, positive, negative, wrong, unacceptable, truth, lies, head, eyes, nose, mouth, teeth, tongue, throat, neck, shoulders, arms, breasts, nipple, waist, elbows, penis, vagina, vulva, bottom, anus, legs, knees, ankles, feet, toes.

Key skills: listening, observing, relating, speaking, respecting, praying, reflecting, understanding, recognising, supporting, celebrating, deciding

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.

Social & Emotional - Learning Intention: *To recognise the joy and friendship of belonging to a diverse community.*

Physical – Learning Intention: *To describe ways of being safe in communities.*

Spiritual – Learning Intention: *To celebrate ways of meeting God in our communities.*

Key words: community, local, global, impact, responsibility, harm, improve, God-given, belonging, family, diverse, father, mother, carer, guardian, feelings, recognise, emotions, friendships, relationships, secrets, stereotypes, respect, equal.

Key skills: listening, observing, relating, speaking, respecting, praying, reflecting, understanding, describing, recognising, informing, forgiving

Year Three - 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.

Social & Emotional - Learning Intention: *To describe and give reasons how friendships make us feel happy and safe.*

Physical – Learning Intention: *To describe and give reasons why friendships can break down, how they can be repaired and strengthened.*

Spiritual – Learning Intention: *To celebrate the joy and happiness of living in friendship with God and others.*

Key words: community, God-given, belonging, family, diverse, father, mother, carer, guardian, feelings, emotions, friends, loyalty, kindness, trust, selfless, generous, reasons, difficulties, positive, respectful.

Key skills: listening, observing, relating, speaking, respecting, praying, reflecting, understanding, describing, articulating, welcoming, choosing wisely

Year Four - 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.

Social & Emotional - Learning Intention: *To describe how we all should be accepted and respected.*

Physical – Learning Intention: *To describe how we should treat others making links with the diverse modern society we live in.*

Spiritual – Learning Intention: *To celebrate the uniqueness and innate beauty of each of us.*

Key words: God, gifts, talents, difference, development, change, stereotype, acceptance, cultural, biological, respect, courtesy, manners, sensitivity, religious, belief, bullying, polite, uniqueness, innate, beauty, dignity.

Key skills: respecting, encouraging, recognising, appreciating, celebrating, relating

Year Five - God loves me in my changing and development

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.

Social & Emotional - Learning Intention: *To show knowledge and understanding of emotional relationship changes as we grow and develop.*

Physical – Learning Intention: *To show knowledge and understanding of the physical changes in puberty.*

Spiritual – Learning Intention: *To celebrate the joy of growing physically and spiritually.*

Key words: God, sensitivity, puberty, presence, celebrate, external, internal, change, develop, ovulation, biological, respect, reproduction, menstrual cycle, hormones, pituitary gland, uterus, fertilised ovum, fallopian tube, vagina, vulva, cervix, womb, period

Key skills: respecting, adapting, relating, developing, considering, supporting, deciding, accepting, helping

Year Six - 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.

Social & Emotional - Learning Intention: *To develop a secure understanding that stable and caring relationships, which may be of different types, are at the heart of happy families.*

Physical – Learning Intention: *To explain how human life is conceived.*

Spiritual – Learning Intention: *To show an understanding of how being made in the image and likeness of God informs decisions and actions when building relationships with others, including life-long relationships.*

Key words: God, Christian, appropriate, dignity, sexuality, intercourse, fallopian, conceive, relationship, uterus, cervix, fiancé, fiancée

Key skills: categorising, observing, classifying, listening, questioning, speaking, relating, respecting, reflecting, thinking, identifying, accepting, empathising, understanding, communicating, presenting, evaluating, researching

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
- 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 their 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.