

Sacred Heart Catholic Primary School



Relationships and Sex Education *A Guide for Parents*

*'With joyful hearts, we love, learn and praise as
the family of God'*

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 to develop an understanding how to love God, love each other and love themselves.
- 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.

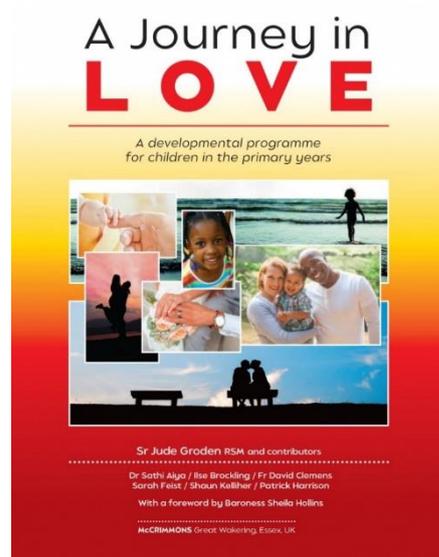
Our RSE Programme

The programme for Relationships and Sex Education which we use at Sacred Heart is called '**A Journey in Love**' created by Sister Jude Groden RSM.

This booklet for parents outlines how the programme is organised and what is covered in each year group. A Journey in Love has at its foundation the belief that we are made in the image and likeness of God, and as a consequence, 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 themselves and what successful relationships look like. The programme encourages the children to explore, their love for one another, for God but more importantly for themselves.

An aspect of the mystery of love is treated in each year group; children and young people are encouraged at this marvel at the wonder and beauty of God's creative love. This is reflected in each stage of a person's growth in the primary years through a series of suggested, progressive and developmental tasks, activities and reflections that focus on social, emotional, physical and spiritual developments.



How will we organise lessons for Journey in Love?

- 'A Journey in Love' lessons are taught as part of the usual RE units of study. This ensures that RSE is an embedded and integral part of our pupils social, emotional and spiritual development.
 - 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
 - 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 and homework.

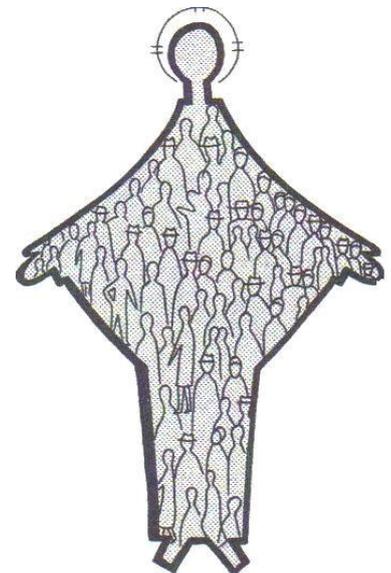
What if a child asks a difficult question?

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.

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.

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



Can I withdraw my child from Relationship and Sex Education?

Parents have the right to withdraw their children from RSE except in those elements which are required by the Science National Curriculum.

Should parents wish to withdraw their child they are asked to notify the school by contacting Mrs Bramhall, the Headteacher. The school will provide support by providing material for parents to help the children with their learning.



A Journey in Love – Curriculum Overview

EYFS - Nursery & Reception

Unit Title	Aim:	Children will be taught:
The Wonder of Being special and unique	To explore the wonder of being special and unique	<p>Social and Emotional To recognise the joy of being a special person in their family</p> <p>Physical To recognise that we are all different and unique</p> <p>Spiritual To celebrate the joy of being a special person in God’s family</p>
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	

Year 1

Unit Title	Aim:	Children will be taught:
We meet God’s Love in our Family	To focus on families and especially growing up in a loving, secure and stable home.	<p>Social and Emotional To recognise the signs that they are loved in their family</p> <p>Physical To recognise how they are cared for and kept safe in their family</p> <p>Spiritual To celebrate ways that God loves and cares for us.</p>
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, throat, neck, shoulders, arms, breasts, nipple, waist, elbows, penis, vagina, vulva, bottom, anus, legs, knees, ankles, feet, toes	

Year 2

Unit Title	Aim:	Children will be taught:
We meet God's love in the community	To describe how we are growing and developing in diverse communities that are God-given	<p>Social and Emotional To recognise the joy and friendship of belonging to a diverse community.</p> <p>Physical To describe ways of being safe in communities.</p> <p>Spiritual To celebrate ways of meeting God in our communities</p>
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	

Year 3

Unit Title	Aim:	Children will be taught:
How we live in love	To describe and give reasons for how we grow in love, in caring and happy friendships where we are safe and secure	<p>Social and Emotional To describe and give reasons how friendships make us feel happy and safe</p> <p>Physical To describe and give reasons why friendship can break down, how they can be repaired and strengthened</p> <p>Spiritual To celebrate the joy and happiness of living in friendship with God and others</p>
Key Words:	Community, God-given, belonging, family, diverse, father, mother, carer, guardian, feelings, emotions, friends, loyalty, kindness, trust, selfless, generous, reasons, difficulties, positive, respectful	

Year 4

Unit Title	Aim:	Children will be taught:
God loves us in our differences	<p>To make links and connections to show that we are all different,</p> <p>To celebrate these difference as we appreciate that God's love accepts us s we're now and as we change</p>	<p>Social and Emotional To describe how we all should be accepted and respected.</p> <p>Physical To describe how we should treat others making links with the diverse modern society we live in.</p> <p>Spiritual To celebrate the uniqueness and innate beauty of each of us.</p>
Key Words:	God, gifts, talents, differences, development, change, stereotype, acceptance, cultural, biological, respect, courtesy, manners, sensitivity, religious, belief, bullying, polite, uniqueness, beauty, dignity	

Year 5

Unit Title	Aim:	Children will be taught:
God Loves us in our changing and developing	<p>To show 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</p>	<p>Social and Emotional To show knowledge and understanding of emotional relationship changes as we grow and develop</p> <p>Physical To show knowledge and understanding of the physical changes in puberty.</p> <p>Spiritual To celebrate the joy of growing physically and spiritually</p>
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	

Year 6

Unit Title	Aim:	Children will be taught:
The Wonder of God's love in creating new life	To develop a secure understating of what stable, caring relationships re and the different kinds there may be. Focussing on Catholic teaching, children will also know and understand bout the conception of a child.	Social and Emotional To develop secure understanding that stable and caring relationships, which may be of different types are t the heart of happy families Physical To explain how human life is conceived Spiritual To show and understanding of how being made in the image and likeness of God informs decisions and actions when building relationship with others, including life-long relationships
Key Words:	God, Christian, appropriate, dignity, sexuality, fallopian, conceive, relationship, uterus, cervix, fiancé, fiancée.	





FAQs from Parents

Question 1

Why teach Sex and Relationship Education in Catholic Schools?

We teach Sex and Relationship Education because the Book of Genesis teaches us that we are made in the image and likeness of God, male and female. So our gender is part of our identity and is essential to forming healthy relationships with other people. The greatest fulfilment and deepest relations for most people will be within the Sacrament of Marriage, when the complementarity of genders allows us to glimpse our God as Creator. Other relationships, such as those with parents and siblings, are also influenced by our gender, as are friendships and other forms of love.

The above is part of the understanding of God's Creation and we respect and worship God by relating to his Creation in the appropriate way according to our age and our commitments to God and one another.

Question 2

What do we teach?

The Programme a 'Journey in Love' is a recommended resource for the teaching of Relationship and Sex Education because it is compiled specifically to present a Catholic vision. In each Year group, an aspect of love is explored and developed starting from: Early Years to Key Stage Two. Young people are encouraged to marvel at the wonder and beauty of God's creative love reflected in each person under the components: social and emotional, physical and spiritual. Each section has suggested progressive/developmental tasks/activities/reflections, cross-curricular links e.g. RE, science, art, drama, music, literacy, prayer and hymns.

Question 3

The programme presents the ideal; how are families with other family structures referenced?

The programme presents Church teaching which is what is expected in Catholic schools. The compilers and all those using this are sensitive to the fact that not all children are from the same background or family setting.

Question 4

Do you find that have Sex Education lessons draws attention to the subject and thereby encourages children and young people to 'try it out'?

We have no evidence to suggest this, but knowledge is surely better than ignorance. We do not want to leave our children in dangerous spaces.

Question 5

Do you teach boys and girls separately and why?

This is entirely up to the school. In most instances when the information is shared children receive it together.

Question 6

When are children taught about homosexuality and how do you approach this in a Catholic setting?

This would be dealt with before the end of Key Stage 2 (if it arises) and information would be expected to be age appropriate.

Question 7

My parents were not married when I was born. Was that wrong? My parents are not married now.

We need to teach that the best care of children is within marriage. We do not, however, level judgment. Pope Francis advocates a special kind of tenderness and compassion toward young unmarried couples.