

St Patrick's Catholic Primary School



Relationships, Sex and Health Education
(RSHE)

A Guide for Parents and Carers

‘A Journey in Love’

A developmental programme for children in the
primary years

*Faithfully following in the footsteps of Jesus,
we serve, love and learn together
inspiring each other to excellence.*

Our belief in the unique dignity of the human person as made in the image and likeness of God underpins the approach to all education in our school. Our approach to relationship and sex education therefore is rooted in the Catholic Church's teaching of the human person and is presented positively and prudently. Stemming from this vision of what it means to be human, we seek to educate the whole child: spiritually, intellectually, morally, emotionally, psychologically, and physically towards our understanding of Christian maturity.

At St Patrick's we have opted to use the 'Journey in Love' RSE programme, recommended by Liverpool Archdiocese and the Catholic Bishops of England and Wales. This programme is authentic to the Catholic faith and supports the teaching and learning of our pupils from Reception to Year 6.

Through RSHE, we aim to:

- 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 personal and social skills necessary to develop and sustain positive and healthy 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 educate and increase understanding of the child's own growth and development and the different rates at which changes take place (puberty).
- To develop a respect for their own bodies and the bodies of others.
- To provide an acceptable vocabulary for all parts of the body.
- To promote the belief that each human person has a unique and special dignity and worth and is not dependent on an individual's age, abilities, social acceptability or any other characteristic.
- To enable the development of well informed, balanced persons capable of making choices and accepting responsibility for the consequences of their actions.
- To be sensitive and tolerant to the decisions and choices that people make.
- To foster the attitude that what we say with our bodies should reflect what we mean in our hearts and minds.
- 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.



At St. Patrick's our visions and values are at the core of everything we do. They underpin our teaching and learning, and provide an environment which prepares our pupils to be confident and happy citizens.

We aim to:

- Welcome and support our children, their families and the wider community.
- Provide an enjoyable, high quality education which meets the spiritual, academic, physical and social needs of each child.
- Encourage our children to be respectful and to show sensitivity to the feelings of others.

Celebration of our Faith

- To nurture each child's relationship with God through learning, prayer and celebration, encouraging a Catholic way of living.
- Recognise and respect different faiths and beliefs. We invite all of our children to pray and to say their own prayers respectfully and quietly. We are all praying for the same reasons.

Relationships

- To ensure that our children experience positive relationships in school which will have an influence on their understanding of everyday life.

Individual Support

- To provide appropriate support for our children, their families and members of staff.
- To ensure that our school is a safe community in which the emotional and physical well-being of our children is safeguarded.

Curriculum

- To provide opportunities for all our children to develop their knowledge, skills and understanding in a stimulating high quality learning environment where each child's contribution is valued.



It is with these visions and values 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.

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.

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, accepting themselves positively, and in turn loving their neighbour.

Through our love for others, we link ourselves with God the Father, through Jesus Christ his Son, and through the Spirit.

Our chosen programme for Relationships, Sex and Health Education is called 'A Journey in Love' and this booklet for parents and carers 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 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.

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 us in our changing and developing

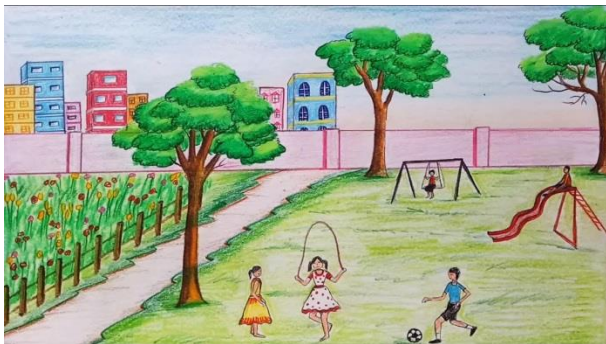
Year Six: The wonder of God's love in creating new life



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.
- 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?

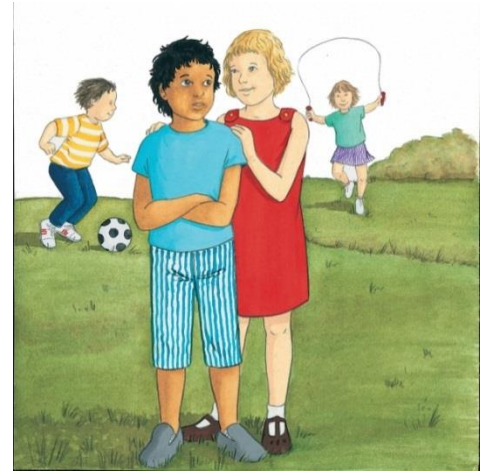
- By talking with your child at home.
- By discussing their work after each lesson.
- By listening to any concerns.
- By reassuring your child that you are there if they need to talk about anything at all.
- By helping with homework activities.



Reception – God loves each of us in our uniqueness

Children will explore the wonder of being special and unique and know and understand that they are part of the wonder of God's love and creation.

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



Physical

- How we are different from each other.
- What it is that makes us all different.
- Why God made us all different and special to him.
- How we can be friendly to each other; making and keeping friends, showing care and being generous when we are together.

Social and Emotional

- Why you are special to your family.
- How do you know you are special?
- Explore what you love and enjoy about belonging to your family.
- People you could ask for help if you felt worried.
- How God shows love to you and your family.

Spiritual

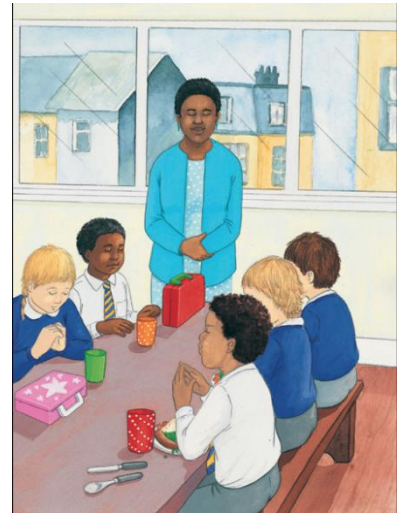
- How we celebrate each other.
- What we can remember about happy celebrations we enjoy.
- What church celebrations we enjoy.
- How we can celebrate being a special part of God's family.



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

Children will focus on families and specially growing up in a loving, secure and stable home.

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.



Physical

- Who is in my family and how families show love and care for one another.
- What are some of the characteristics of a happy family?
- How should we act with adults who are not in our family and that we do not know?
- In what ways are we made in the image and likeness of God?
- How our family helps keep us healthy, including physical, mental and spiritual health.

Social and Emotional

- How love is shown in your family.
- Why the words 'please', 'thank you' and 'sorry' are important to help create a happy family.
- How saying sorry can help build bridges, keep us safe and help us to build a happy family and mend broken friendships.
- Why teasing and bullying are wrong and unacceptable within families and friendships.
- Why we should always tell the truth.

Spiritual

- How can we and how have we grown in love and security in our families?
- How have we and how can we show love to our families?
- How we know that we are loved and cared for by God.
- Through the story of the Lost Sheep, children will learn how God shows love and care for us each day in our families and school community.
- How we can thank God for his unconditional love.

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

Children will learn to describe how we are growing and developing in diverse communities that are God-given.

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.

Physical

- What makes us feel safe in our families, in our friendships and in our wider communities?
- What could make you feel unsafe and when is it not right to keep a secret?
- Who I can go to if I feel worried about another person who I think is unsafe.
- Knowing how to ask for help and who to talk to.
- How to keep safe when using the internet and digital devices.
- Online safety- knowing what is true and how we can check.
- Recognise things that are harming our world and know what to do to prevent them.

Social and Emotional

- What a community is, the joys of belonging to a community can bring and how individuals enrich our communities.
- The roles and responsibilities in a community and the qualities we can bring to the communities we belong to.

Spiritual

- How our school mission statement celebrates our community.
- How we as a community can reach out and help others in their times of need.
- Where and how we can meet God in the community.
- How we show respect, love and care for all God has created and how we can strive to keep each other safe.



Year Three – How we live in love

Children will learn to describe and give reasons for how we grow in love in caring and happy friends where we are secure and safe.

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

Physical

- What can trigger disagreements between friends and within friendship groups.
- Feelings we might experience when we have been part of a disagreement.
- How to resolve conflict in friendships.
- How healthy friendships can make people feel included and how we should react if others feel lonely or excluded.
- Why violence is never the answer.

Social and Emotional

- How friendships make us feel happy and secure.
- Knowing who to turn to when feeling unsafe in a friendship.
- Understanding the difference between a relative a friend and an acquaintance.
- How to respond to an adult you do not know who makes you feel uncomfortable or unsafe.
- The qualities and characteristics of a true friend.
- How we make sure online friendships are positive and safe and how friendships can change.

Spiritual

- How the gift of the Sacrament of Reconciliation can help restore friendship with God and others.
- How the words; inspire, help and guide and help us to improve our friendships.
- Sharing Bible stories that teach us about the beauty of forgiveness.
- How forgiveness in friendship can teach us valuable lessons and strengthen a friendship.

Year Four – God loves us in our differences

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

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

Physical

- How we respect each other even when we are different from one another, either physically, ethnically, culturally or in religious beliefs.
- How our differences change overtime as we grow.
- The ways we can expect to be treated with respect by others and in turn show them the same respect.
- How we can challenge stereotypes that encourage bullying of all kinds.
- How we can recognise the innate dignity of every person and how we can ask God to help us to see it.

Social and Emotional

- How being polite and courteous can make the world a better place.
- How to keep myself and others safe in our community.
- Recognising others who can help keep us safe so that we work better together in our communities.
- How we should and how we can include everyone and celebrate each other's differences in school, home and in the community.

Spiritual

- What makes you unique?
- What are your special qualities, gifts and talents?
- What attributes do others recognise in you?
- Why are being honest, truthful and having integrity positive attributes?
- How can your gifts be used for the Common Good?
- What is it that we can do for each other to support each other's mental health and well being, recognising the importance of expressing feelings?

Year Five – God loves us in our changing and developing

To 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.

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

Physical

- Recognising the emotional, internal and external changes that happen during puberty.
- Hygiene routines during puberty and why this is needed to maintain a good personal hygiene.
- What physical contact is appropriate, inappropriate or unsafe.
- How we can recognise the God of love who journeys with us.

Social and Emotional

- Recognise behavioural changes as we grow and develop and how these changes can affect friendships.
- How we can become more sensitive to our emotional development and that of others.
- How we can support others who might struggle with their self-esteem and self-confidence.
- Where to go and who to talk to for advice because you are worried about being unsafe, feeling uncomfortable or concerned for your own or another person's mental health and well being.
- How can this translate to keeping safe on-line.

Spiritual



- What it means to grow holistically; physically, socially, emotionally, intellectually and spiritually.
- The ways and means we can ensure that each aspect happens healthily.
- What difficulties you might face as our body changes and grows.
- That God's love surrounds you always and his Holy Spirit guides and protects you.
- How you can be respectful of your own body and courageous in the face of changes.

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

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.

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

Physical

- What the key building blocks for a loving relationship are.
- How conception takes place.
- How a baby develops in a mother's womb.

Social and Emotional

- Consider ways we experience love using scripture to support our ideas.
- That families are unique and loved by God.
- Identify qualities and gifts that can contribute to having a stable, caring, happy and loving family.
- How the Sacrament of Marriage is a union of man and woman and is a reflection of the love between Christ and the Church and the love of God.

Spiritual

- What the characteristics of a positive, respectful relationship are.
- Online safety when building relationships- what is appropriate, inappropriate or unsafe.
- If boundaries are crossed, how do we report this and get advice?
- How can we discover the presence of God in family and friends?

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

